
	<p align="center">Williamsburg Aquatic Club Summer Sizzle A/BB/B/C June 25-26, 2016 SANCTION NO. VS-16-86</p>	<p align="center">Hosted by  Williamsburg Aquatic Club</p>
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SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-16-86USA Swimming, Inc., Virginia Swimming, Inc., Williamsburg Aquatic Club and the Collegiate School Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.									
LOCATION:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, Va. 23234									
FACILITY:	<p>Competitive Pool:</p> <ul style="list-style-type: none">The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.Indoor 8 lane 50 meter x 25 yard pool, has 9 ft. wide lanes with non-turbulent lane lines, a depth of 7'6" at the sides and 8'2" in the center.Omega starting blocks, CTS6 with Dolphin wireless stopwatches and full color LED scoreboard will be used. <p>Instructional Pool:</p> <ul style="list-style-type: none">Indoor 6 lane 25 yard pool for continuous warm-up/warm-down.									
MEET DIRECTOR:	<table><tr><td>Name: Harold Baker</td><td>Chris Tonk</td><td>Earl Anderson</td></tr><tr><td>Email: coachharold2@cox.net</td><td>ctonk99@yahoo.com</td><td>snikt.daddy@gmail.com</td></tr><tr><td>Phone: (757) 229-8662</td><td>(757) 250-3340</td><td>(757) 259-0383</td></tr></table>	Name: Harold Baker	Chris Tonk	Earl Anderson	Email: coachharold2@cox.net	ctonk99@yahoo.com	snikt.daddy@gmail.com	Phone: (757) 229-8662	(757) 250-3340	(757) 259-0383
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ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered before the first day of the meet.No on-deck USA Swimming athlete registration will be permitted.No on-deck Virginia Swimming athlete registration will be permitted.2013-2016 NAG time standards are in effect.Age on June 25th, 2016 will determine age for the entire meet.									
DISABILITY SWIMMERS:	<ul style="list-style-type: none">Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.									
FORMAT:	<ul style="list-style-type: none">All 10 & under as well as the 11 & 12 Boy swimmers will swim in the A.M. sessions.All 13 & overs as well as the 11 & 12 Girl swimmers will swim in the P.M. sessions.All events will be Timed Finals.									
WARM-UP:	<ul style="list-style-type: none">Morning sessions: Warm-ups at 7:30 A.M.; competition starts at 8:30 A.M.Afternoon sessions: Warm-ups not before 12:30 P.M.; competition starts not before 1:30 P.M.Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter.The approximate start time for the distance sessions will be posted on the Swimwac.com website no later than Wednesday June 22, 2016 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.Lane assignment and warm-up times for individual clubs will be posted on the Swimwac.com website no later than Wednesday June 22, 2016 and will also be emailed to the contact person of the participating clubs.If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.									
ENTRIES:	THE DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY JUNE 15, 2016.									

	<ul style="list-style-type: none"> • Entries must be submitted in Long Course Meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries via email. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. • Coach Time (CT) entries will be accepted for events in which a swimmer does not have a time of record. CT <u>must be slower than an "A" time</u>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>4 individual events and 1 relay events per day</i>. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events; which actions may require reseeding. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. • Email entries to: Harold Baker at coachharold2@cox.net. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
FEES:	<p>Individual events: \$6.50 Relay events: \$14.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Williamsburg Aquatic Club • Mail payment to: Williamsburg Aquatic Club 3013 South Court Williamsburg Va. 23185 • Payment must be received by Wednesday June 15, 2016 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for 1st through 8th place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & over age groups. ○ 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & over age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & under age groups. ○ Heat winner ribbons will be awarded for all 10 & Under individual events. • Relay events: Ribbons will be awarded for 1st through 8th Place.
SEEDING:	<ul style="list-style-type: none"> • All events, except #45 & #46 will be pre-seeded. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • Events #45, #46, #54, #61, #62, #63, #71, #72, #73, #88, #89 & #90 will require a positive check-in to swim. • Positive check-in will close at the end of warm-ups. These events will be reseeded only if reseeding results in fewer Heats. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • All Positive Check in events will be swum slowest to fastest in the normal # order.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for the event swum illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with USA Swimming before the first day

	<p>of the meet may be fined \$100 per swimmer in each event(s) swum</p> <ul style="list-style-type: none"> If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The overhead start procedure will be used for the all sessions. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. In accordance with VSI best practices, all swimmers should shower before entering the pool. In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: John Squires Email: JPSSWMM1@YAHOO.COM Phone: 757- 642 - 4113</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Glenn Watkins, gaw1717@cox.net or (757) 871-1892 no later than Sunday June 19th, 2016. Announce any meetings, place, and time. Officials meetings must be at least one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the swimvac.com no later than Wednesday June 22, 2016, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<p>Hospitality will be provided for Coaches and Officials.</p> <p>Food & Drink concession will be provided.</p> <p>Heat Sheets will be sold</p> <p>If necessary, overflow parking will be available at Martin's behind the Aquatics Center</p>
FACILITY RULES:	<p>All Participants, Volunteers, workers and spectators are expected to follow the posted rules of the CSAC as well as follow the directions/rules given by the Lifeguards, the Pool Staff and/or Management.</p> <p>No Spectators/Parents will be allowed on the deck unless they are working the Meet.</p> <p>Shoes are required in all areas of the Facility except when on the Pool Deck.</p> <p>No Lawn/Deck Chairs are permitted in the grandstand.</p> <p>Only Painters tape can be used to hang Posters, Meet Programs, Results, or Banners.</p> <p>No Glass containers will be allowed in the Aquatic Center.</p> <p>Doors will not be propped open (HVAC) and the front door is the only entry/exit door from the facility.</p> <p>No items should block any of the 4 HVAC vents on the Pool Decks.</p> <p>No Smoking is permitted on the CSAC/SwimRVA campus, including all Parking lots.</p> <p>The Aquatic Center strongly encourages showering prior to entering the Pool.</p> <p>CSAC is not responsible for any lost or stolen items.</p>

DIRECTIONS:	Go to Swimvac.com. Click onto "Meets & Events". Click onto Meet venues.
HOTELS:	Available upon request.

**WILLIAMSBURG AQUATIC CLUB SUMMER SIZZLE
ORDER OF EVENTS**

Saturday June 25, 2016

Morning Session Warm-up: 7:30 A.M.; Start: 8:30 A.M.			Afternoon Session Warm-up: 12:30 P.M.; Start: 1:30 P.M. (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & under 100 Free	2	24	11 & 12 100 Free	
	11 & 12 100 Free	3	25	13 & over 200 Free	26
4	10 & under 50 Breast	5	27	11 & 12 50 Breast	
	11 & 12 50 Breast	6	28	11 & 12 200 Breast	
	11 & 12 200 Breast	7	29	13 & over 100 Breast	30
8	10 & under 50 Fly	9	31	11 & 12 50 Fly	
	11 & 12 50 Fly	10	32	13 & over 100 Fly	33
11	10 & under 200 Free	12	34	11 & 12 200 Free	
	11 & 12 200 Free	13	35	13 & over 200 Back	36
14	10 & under 100 Back	15	37	11 & 12 100 Back	
	11 & 12 100 Back	16	38	13 & over 200 I.M.	39
17	10 & under 200 I.M.	18	40	11 & 12 200 I.M.	
	11 & 12 200 I.M.	19	41	11 & 12 200 Fly	
21	11 & 12 200 Fly	20	42	13 & over 200 Med. Relay	43
	10 & under 200 Med. Relay	22	44	11 & 12 200 Med. Relay	
	11 & 12 Med. Relay	23	45	<u>Distance Session</u> 13 & over 1500 Free	46

Sunday June 26, 2016

Morning Session Warm-up: 7:30 A.M.; Start: 8:30 A.M.			Afternoon Session Warm-up: 12:30 P.M.; Start: 1:30 P.M. (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	11 & 12 200 Back	47	67	11 & 12 50 Back	
48	10 & under 50 Back	49	68	13 & over 100 Back	69
	11 & 12 50 Back	50	70	11 & 12 100 Fly	
51	10 & under 100 Fly	52	71	13 & 14 400 I.M.	72
	11 & 12 100 Fly	53	73	11 & 12 400 I.M.	
	11 & 12 400 I.M.	54	74	13 & over 200 Breast	75
55	10 & under 100 Breast	56	76	11 & 12 100 Breast	
	11 & 12 100 Breast	57	77	13 & over 50 Free	78
58	10 & under 50 Free	59	79	11 & 12 50 Free	
	11 & 12 50 Free	60	80	13 & over 200 Fly	81
61	10 & under 400 Free	62	82	11 & 12 200 Back	
	11 & 12 400 Free	63	83	13 & over 100 Free	84
64	10 & under 200 Free Relay	65	85	11 & 12 200 Free Relay	
	11 & 12 200 Free Relay	66	86	13 & over 200 Free Relay	87
				<u>Distance Session</u>	

				88	11 & 12 400 Free	
				89	13 & over 400 Free	90