



2024 CGBD 8-12 Christmas Champs

December 13-15, 2024

SANCTION NO. VS-25-42

Hosted by



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-42 USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphins and Hampton Virginia Aquaplex, shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. In applying for this sanction, the Host, Coast Guard Blue Dolphins agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and The City of Hampton. 	
LOCATION:	Hampton Virginia Aquaplex 1908 Coliseum Drive Hampton, VA 23666 (757) 263-0999	
FACILITY:	<ul style="list-style-type: none"> 8-lane, 50 -meter indoor pool, 6 feet 8 inches deep at one end and 13 feet deep at the diving board end; lanes are 8 feet 2 inches wide; overflow gutters; non-turbulent lane markers; Colorado Timing System. Warm-up/Warm-down Pool: 8 lane 25-yard indoor pool, 3 feet 6 inches deep at one end and 4 feet 6 inches at the other end. NO DIVING is allowed in this pool. The 50-meter pool will be set up into two 25-yard courses. 1500 second level seating is available for spectators. Only swimmers, coaches and officials are allowed on the pool deck. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations There will be lifeguards and additional Aquatics staff along with 2 AED located on the opposite sides of the pool deck in both the competition and teaching pools. The Aquatics staff uses 2-way radios for communication. To provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming. 	
MEET DIRECTOR:	Name: Ray Jock Email: meetdirector@CGBDswim.org Phone: 803-468-0458	Name: Meredith Stevens Email: stevens.meredith83@gmail.com Phone: 832-215-0263
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. Age on December 13, 2024, will determine age for the entire meet. Entry to the meet is open to swimmers 9-12 years old regardless of time. 8-year-old swimmers must have at least a "BB" time in each entered event and will only swim in the preliminary sessions. 2024-2028 NAG time standards are in effect. 	
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome 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. 	
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee prior to the competition of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g. concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion. The swimmer/coach shall provide a Personal Assistant(s) as needed. 	
FORMAT:	<ul style="list-style-type: none"> The meet will be prelim/finals on all three days. 	

	<ul style="list-style-type: none"> ● The following swimmers will advance to the final in each individual event except the 400 IM and 500 Free which will be timed final events swum during the preliminary sessions. <ul style="list-style-type: none"> ○ The fastest eight (8) 9-year-olds and 11-year-olds. ○ The fastest sixteen (16) 10-year-olds and 12-year-olds. ○ 8-year-old swimmers will swim in preliminary sessions only. They are not eligible for finals. ● The session order will be: <ul style="list-style-type: none"> ○ 11-12 Girls & Boys Preliminary Session ○ 8-10 Girls & Boys Preliminary Session ○ 9-12 Girls & Boys Finals Session ● The meet director in consultation with the meet referee reserves the right to run this meet using a dual course format based on the number of entries received. Teams will be notified as to the number of courses that will be utilized not later than Monday, December 9, 2024.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, December 2, 2024.</p> <ul style="list-style-type: none"> ● Swimmers may enter a maximum of 9 individual event(s). No more than 3 individual events and 2 relays per day. ● Entries must be submitted in Short Course times using Commlink-2 software. ● Teams submit entries via email. ● A printout of entries must be included with the name of the person to contact in case of questions must accompany the entries. ● “No Time” (NT) entries will be accepted. ● Coach Times (CT) will not be accepted. ● Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. ● Email entries to: Ray Jock at meetdirector@CGBDswim.org ● Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added. Late entries close 40 minutes prior to start of each session.
FEES:	<p>Individual events: \$12.00 Relay events: \$20.00 Swimmer surcharge \$2.50</p> <ul style="list-style-type: none"> ● Checks should be made payable to: CGBD ● Mail payment to: 35 Stratford Road Newport News, VA 23601 ● Payment must be received by Tuesday, December 10, 2024, 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.
SEEDING:	<ul style="list-style-type: none"> ● Swimmers in all sessions should report directly to the blocks for their events. ● All events will be pre-seeded SLOWEST to FASTEST. ● Coaches will be asked to submit scratches for distance events (400 IM & 500 Free) At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received. Scratches will close 30 minutes prior to the start of the session of that event.
WARM-UP:	<ul style="list-style-type: none"> ● Both courses of the 50-Meter pool (NORTH and SOUTH) will be used for warm-ups. The 8-lane instructional pool MAY be used for warm-ups during prelim sessions. The 8-lane instructional pool WILL NOT be used for warm-up during finals. If both North and South courses are used for prelims, the 8-lane instructional pool will be available for warm-up/warm-down. ● 11-12 Preliminary Sessions (Friday, Saturday, & Sunday): 7:00 am (2-25-minute warm-up sessions) Meet Starts: 8:00 am ● 8-10 Preliminary Sessions (Friday, Saturday, & Sunday): Not before 11:00 am (2-25-minute warm-up sessions). Meet Starts not before: 12:00 am ● 9-12 Final Sessions (Friday, Saturday, & Sunday): <ul style="list-style-type: none"> ○ 11-12 swimmers (all times are not before) <ul style="list-style-type: none"> ▪ 4:30 pm to 4:50 pm (North and South Course: General Warm-Up) ▪ 4:50 pm to 5:00 pm (South Course: RACING STARTS ALL LANES, North Course: GENERAL WARM-UP ALL LANES.) ○ 9-10 swimmers (all times are not before) <ul style="list-style-type: none"> ▪ 5:00 pm to 5:15 pm (North and South Course: General Warm-Up). ▪ 5:15 pm to 5:25 pm (South Course: RACING STARTS ALL LANES, North Course: GENERAL WARM-UP ALL LANES.)

	<ul style="list-style-type: none"> ○ Meet Starts: not before 5:40 pm ● Warm-up times and lane assignments will be posted to the CGBD web site (www.cgbdswimming.org) no later than Sunday, December 8, 2024 and will also be emailed to the contact person of the participating clubs. If any session runs late, warm-ups for the next session will begin immediately after the session ends. Competition will begin 1-hour after the start of the warm-ups.
AWARDS:	<ul style="list-style-type: none"> ● Ribbons will be awarded 1st through 8th place, girls and boys, in each single age group 8 through 12 years old. ● Individual High Point Trophies will be presented to the top three scoring individuals, girls and boys, in each single age group 9 through 12 years old.
RULES:	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. ● All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. ● 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. ● Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. ● 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, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. ● In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool. ● An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. ● In accordance with Virginia Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area. ● Any swimmer initially announced as qualifying for an event in finals who fails to scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed.
PENALTIES:	<ul style="list-style-type: none"> ● A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as: <ul style="list-style-type: none"> ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. ● If the swimmer is representing a club in a competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. ● Any event in which an athlete participated illegally will be re-scored and re-awarded.
OFFICIALS:	<p>Meet Referee: Megan Parker Email: meganparker65@gmail.com Phone: 757-355-4880</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 Eric Griffith at eric.griffith@verizon.net, no later than Sunday, December 8, 2024. ● Officials meeting will be held in the hospitality area one hour prior to the start of each session. ● General meeting for coaches and key officials will be held in the hospitality area 30 minutes prior to the start of the meet at the discretion of the Meet Referee.

SAFETY:	<p>MEET SAFETY OFFICERS:</p> <p>Name: Ray Jock Email: meetdirector@CGBDswim.org Phone: 803-468-0458</p> <p>Name: Meredith Stevens Email: stevens.meredith83@gmail.com Phone: 832-215-0263</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • We will use two timers per lane except for distance events. • 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 CGBD website no later than Sunday, December 8, 2024, and will also be emailed to the contact person of each of the individual clubs. • Athletes are responsible for providing their own timer and counter for distance events. (400 IM & 500 Free)
GENERAL:	<ul style="list-style-type: none"> • Hospitality: CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast, Lunch and Dinner and light snacks will be provided. Bottled water will be available for coaches, officials and volunteers on the pool deck in a cooler near the administrative table. Only Coaches, Officials, and meet staff are allowed in the Hospitality Room. • Snack Bar: A concession stand will be operated during the meet. • Swim Supplies: Aquawear will operate a Swim Shop during the meet. • Heat Sheets: Heat Sheets will be made available to everyone on the Meet Mobile app and will be posted on the CGBD website in a pdf format that can be viewed or printed. • Results: The meet results will be available on Meet Mobile, posted to the CGBD website and will be posted to the Virginia Swimming website after the conclusion of the meet.
FACILITY RULES:	<ul style="list-style-type: none"> • Swimmer/Spectator Conduct: Each club/team is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates the rules of the Hampton Virginia Aquaplex (posted at the pool) may be removed from the meet and required to leave the facility. • Deck Access: Access to the pool deck will be strictly controlled. <ul style="list-style-type: none"> ○ Only coaches, officials, swimmers and meet volunteers will be allowed on the pool deck. ○ Seating for spectators is available in the 1500 seat above deck seating area. • No deck seating will be allowed behind the starting blocks Team Banners: Permission must be obtained from Aquaplex Management to hang banners and attach any signs to the walls. If approved, signs must be posted using pre-approved methods. No duct tape, wires or any other non-pre-approved methods may be used. • Additional Rules: <ul style="list-style-type: none"> ○ Park only in designated parking spaces. Parking next to a curb in the Aquaplex parking lot could result in ticketing and/or towing of the vehicle. ○ No outside food or beverage is allowed in the facility. Concessions food is allowed on the pool deck and in the above deck seating area. Please help us keep this beautiful facility clean by using the trash receptacles provided. ○ All concession drinks must have a lid. ○ The following ARE NOT allowed inside the facility: <ul style="list-style-type: none"> • No glass • No chewing gum • No outside food • No coolers (excluding for medical use) • No personal chairs • No shaving • No running or horseplay • NO SMOKING
DIRECTIONS:	Go to: MapQuest.com
HOTELS:	Newport News Marriott at City Center https://www.marriott.com/en-us/hotels/phfoy-newport-news-marriott-at-city-center/overview/

ORDER OF EVENTS

Friday, December 13, 2024

Session 1: 11-12 Prelims Warm-up: 7:00 am; Start: 8:00 am		
Girls	Events	Boys
7	11-12 100 Back	8
11	11-12 50 Breast	12
15	11-12 200 Free	16
19	11-12 50 Fly	20
10-minute Break		
23	11-12 400 Free Relay	24
5-minute Break		
25	11-12 400 Medley (TF)	26

Session 2: 8-10 Prelims Warm-up: 11:00 am; Start: 12:00 am (Times are not earlier than)		
Girls	Events	Boys
5	8-10 100 Backstroke	6
9	8-10 50 Breast	10
13	8-10 200 Free	14
17	8-10 50 Fly	18
10-minute Break		
21	8-10 400 Free Relay	22

Session 3: 9-12 Finals Warm-up: 4:30 pm; Start: 5:40 pm (Times are not earlier than)		
Girls	Events	Boys
1	9-10 200 Free Relay	2
3	11-12 200 Free Relay	4
5-Minute Break		
5	9-10 100 Back	6
7	11-12 100 Back	8
9	9-10 50 Breast	10
11	11-12 50 Breast	12
13	9-10 200 Free	14
15	11-12 200 Free	16
17	9-10 50 Fly	18
19	11-12 50 Fly	20

Saturday, December 14, 2024

Session 4: 11-12 Prelims Warm-up: 7:00 am; Start: 8:00 am		
Girls	Events	Boys
31	11-12 200 Fly	32
35	11-12 100 Breast	36
39	11-12 50 Back	40
43	11-12 100 Free	44
47	11-12 200 Medley	48
10-minute Break		
51	11-12 400 Medley Relay	52

Session 5: 8-10 Prelims Warm-up: 11:00 am; Start: 12:00 am (Times are not earlier than)		
Girls	Events	Boys
33	8-10 100 Breast	34
37	8-10 50 Back	38
41	8-10 100 Free	42
45	8-10 200 Medley	46
10-minute Break		
49	8-10 400 Medley Relay	50

Session 6: 9-12 Finals Warm-up: 4:30 pm; Start: 5:40 pm (Times are not earlier than)		
Girls	Events	Boys
27	11-12 200 Medley Relay	28
29	9-10 200 Medley Relay	30
5-minute Break		
31	11-12 200 Fly	32
33	9-10 100 Breast	34
35	11-12 100 Breast	36
37	9-10 50 Back	38
39	11-12 50 Back	40
41	9-10 100 Free	42
43	11-12 100 Free	44
45	9-10 200 Medley	46
47	11-12 200 Medley	48

Sunday, December 15, 2024

Session 7: 11-12 Prelims Warm-up: 7:00 am; Start: 8:00 am		
Girls	Events	Boys
55	11-12 200 Breast	56
59	11-12 100 Fly	60
63	11-12 50 Free	64
65	11-12 200 Back	66
69	11-12 100 Medley	70
10-minute Break		
72	11-12 Mixed 200 Free Relay	
5-minute Break		
75	11-12 500 Free (TF)	76

Session 8: 8-10 Prelims Warm-up: 11:00 am; Start: 12:00 am (Times are not earlier than)		
Girls	Events	Boys
57	8-10 100 Fly	58
61	8-10 50 Free	62
67	8-10 100 Medley	68
10-minute Break		
71	8-10 Mixed 200 Free Relay	
5-minute Break		
73	8-10 500 Free (TF)	74

Session 9: 9-12 Finals Warm-up: 4:30 pm; Start: 5:40 pm (Times are not earlier than)		
Girls	Events	Boys
53	11-12 Mixed 200 Medley Relay	
54	9-10 Mixed 200 Medley Relay	
5-minute Break		
55	11-12 200 Breast	56
57	9-10 100 Fly	58
59	11-12 100 Fly	60
61	9-10 50 Free	62
63	11-12 50 Free	64
65	11-12 200 Back	66
67	9-10 100 Medley	68
69	11-12 100 Medley	70