

Sanctioned by the Virginia LMSC for USMS Inc.
Sanction number _____

Sponsored by: Virginia Wesleyan University

Meet Director: Mike Ginder (mginder@vwu.edu)
Meet Referee:

Date: Sunday, January 12, 2020. Warm-ups begin at 12pm and the meet starts at 1pm.

Facility: Eight-lane, 25-yard pool, with non-turbulent lane markers. At least six lanes will be used for competition (may use seven lanes depending on total number of entrants); one or two lanes will be available for continuous warm-up and cool down. Access to male and female lockers rooms will be available. Bleachers will be available on-deck for seating. Concessions will not be available. Please bring your own snacks/beverages. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1

Parking: Ample parking is available in the Batten parking lot. Please let the Security Gate know you are here for the swim meet and they will direct you where to park.

Directions: From I-64, take exit 282, Rte 13/Northampton Blvd/Chesapeake Bay Bridge-Tunnel, and go north on Northampton Blvd. Turn right onto Wesleyan Drive. At the second light, turn right into Virginia Wesleyan University. After the Security Gate, turn left onto Smith Drive and take the third right (before the traffic circle) into the Batten parking lot. Enter the main doors to the Jane P Batten Student Center (by the painted Marlin on the sidewalk) and follow the hallway down to the rock wall. Turn right at the rock wall, walk past the racquetball courts and into the fitness center. The door to the pool will be on your right. Signage will be posted inside the Batten Center.

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). Your age on 1/12/20 is your age for the competition. **All swimmers must be registered with USMS and must include a copy of their USMS card if entering with a paper entry form.**

Entries: \$8.00 per event for online entries, plus a \$10.00 facility fee to help defray the costs of data entry, automatic timing and printing. There is no cost to enter in the 25s of each stroke at the end of the meet. Online meet registration is paid by credit card to "ClubAssistant.com Events". Paper entry forms are available at USMS Calendar of Events or from Mike Ginder at mginder@vwu.edu, and must be received by Monday, January 6. Deck entries will be accepted up until 30 minutes prior to meet at a cost of \$10.00 per event, plus the \$10.00 facility fee. Deck entries will only be made to fill up heats. No entry limits.

Relays: Relays will be deck-entered and deck-seeded at no cost. The deadline for the 200 Medley relays will be **30 minutes before the start of the meet**, the deadline for the 200 Free relays will be at the **start of Event 6**, and the deadline for the 100 Free relays will be at the **start of Event 23**. All relay deadlines are on the day of the meet.

Entry Deadline: Online entries are strongly encouraged. To be seeded, paper-entries must be received by **Monday, January 6, 2020**. Online entries close on **Tuesday, January 7, 2020, at 11:59 PM EDT**. No refunds and/or swimmer substitutions will be allowed.

Warm-up/Warm-down Procedure: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

Rules and Seeding: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. "NT" will be seeded arbitrarily. Women and Men will swim separately in all individual events. For relays, Women, Men and Mixed relays will swim separately if entry levels warrant, but otherwise may be combined. Age groups will be combined in all events.

Psych Sheets, Meet Results and Heat Sheets: Meet Results will be posted at www.vaswim.org and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet participants by Friday, January 10, and will be posted at multiple locations on the pool deck.

Awards: A King Neptune and a Queen Salacia will be crowned for the fastest man and fastest woman based on aggregate 25 times. **You must be entered and swim in all four (4) 25s in order to be eligible for the award.** There is no charge to enter in the 25s. Results will be posted at www.vaswim.org and will be uploaded to the USMS results database.

Nearby Lodging:

DoubleTree by Hilton Norfolk Airport
1500 North Military Highway, Norfolk, VA 23502
757.466.8000

Hilton Garden Inn at Town Center
252 Town Center Dr., Virginia Beach, VA 23462
757.326.6200

Holiday Inn Virginia Beach-Norfolk Hotel and Conference Center
5655 Greenwich Rd., Virginia Beach, VA 23462
757-499-4400

Best Western Oceanfront
2809 Atlantic Ave., Virginia Beach, VA 23451
757.428.5370

Order of Events – There will be two breaks: one before Event 15 and one before Event 32.

Warm-ups start at 12:00 PM
Meet starts at 1:00 PM

Event #	Sex	Event
1	Women	200 Medley Relay
2	Men	200 Medley Relay
3	Mixed	200 Medley Relay
4	Women	100 Free
5	Men	100 Free
6	Women	100 Breast
7	Men	100 Breast
8	Women	50 Fly
9	Men	50 Fly
10	Women	200 IM
11	Men	200 IM
12	Women	200 Free Relay
13	Men	200 Free Relay
14	Mixed	200 Free Relay
15	Women	100 Back
16	Men	100 Back
17	Women	50 Free
18	Men	50 Free
19	Women	100 IM
20	Men	100 IM
21	Women	50 Breast
22	Men	50 Breast
23	Women	100 Fly
24	Men	100 Fly
25	Women	50 Back
26	Men	50 Back
27	Women	200 Free
28	Men	200 Free
29	Women	100 Free Relay

30	Men	100 Free Relay
31	Mixed	100 Free Relay
32	Women	25 Fly
33	Men	25 Fly
34	Women	25 Back
35	Men	25 Back
36	Women	25 Breast
37	Men	25 Breast
38	Women	25 Free
39	Men	25 Free