



THE HANOVER HAWKS HOLIDAY HIGH SCHOOL SWIM INVITATIONAL

Saturday, December 17, 2016

Revised 10/22/16

SANCTION

Held under sanction of the Virginia High School League for Swimming

LOCATION

SwimRVA, Collegiate Aquatic Center. 5050 Ridgedale Parkway, Richmond, VA 23234

FACILITY

A 50-meter, 8-lane competition pool with movable bulkheads. This pool was used in the 2008 Olympic trials in Omaha, Nebraska. Twenty one American records and nine world records were set in this pool! At 7'7" and 79 degrees, this spectacular competition pool is the only 50-meter pool in Central Virginia and one of the finest along the East Coast! Colorado Timing System will be used in conjunction with Hy-Tek Meet Management software.

MEET DIRECTOR

Prior to the meet: George Massey 804-852-8639 hhswimming1@gmail.com
During the meet : Ashley Walters 804-869-6928

SCHEDULE

6:30-7:45AM Preliminary warm-ups (assign lanes)
7:15AM Officials Meeting – Hospitality
7:30AM Timers Meeting – Pool deck entrance
7:45AM Coaches Meeting – Hospitality
8:05AM Prelims begin
11:00AM Prelims end

4:00-4:50PM Finals warm-ups (open)
4:15PM Officials Meeting – Hospitality
4:30PM Timers Meeting – Pool deck entrance
5:00PM Finals begin
8:00PM Finals end

CHAMPIONSHIP MEET FORMAT

All swimmers and relays will compete in the morning preliminaries. Finals will consist of the top 16 swimmers in each event from Prelims. Two heats, slowest to fastest. For placing/scoring purposes, swimmers are locked into their heats.

WARM-UPS

Preliminaries

There will be three assigned warm-up sessions, each 25 minutes in length, utilizing both the competition course and the warm-up/cool-down area. Specific session and lane assignments must be followed. These assignments will be made available by email as of Wednesday, December 14th, and will also be available in your coaches' packet. The Meet Director reserves the right to adjust warm-up and start times of the preliminary session as required to best accommodate all entries.

We will run two 8 lane, 25 yard courses in the championship pool, the 6 lanes, 25 yard course in the training pool for preliminaries.

The 6 lane training pool will be available for warm-up/cooldown during the meet.

Finals

There will be a 60-minute general warm-up session in the competition pool area beginning at 4:00 p.m. The warm-up/cool-down area of the pool will also be available on a first come, first serve basis during this time. From 4:30-5:00 in the competition pool, lanes 1&8 will be designated for pace, and lanes 2&7 will be designated for one way sprints.

Warm-up/cooldown lanes will be available on the other half of the pool. 8 lanes minimum.

Meet Director reserves the right to change the time and arrangement of warm-ups if necessary to make sure the meet stays within the specified timeline.

ENTRIES

DEADLINE FOR THE RECEIPT OF ENTRIES IS SUN, DEC 11th, 1:00PM.

The qualifying period for this meet is Nov. 30, 2015 through Dec. 10, 2016.

Each swimmer may enter and compete in a maximum of FOUR (4) events, no more than two of which may be individual events.

Each team will be permitted a maximum of FOUR (4) entries per individual event. The Meet Director reserves the right to adjust the number of permitted individual entries per event per team, so as to best serve the needs of competing athletes.

The 500 free may be limited to the top 32 boys and top 32 girls (based on meet timeline). Teams will be given the opportunity to move any entries cut to other events, even if this means your team will have more than four entries in that event.

Relay Events. Each team may enter TWO (2) relays per event. These relays must be designated 'A' and 'B' relays. Both the A and B relays in each relay event are eligible to advance to the finals session.

Entries must be submitted in short course yard times. Entries should be submitted using Hy-Tek Team Manager. An events file will be emailed to each team which can be imported into Hy-Tek Team Manager. If the team does not have Team Manager, a free copy of Team Manager Lite may be downloaded from the Hy-Tek web site. This program will allow the team to import the event file and enter swimmers. Teams should submit entries to the Meet Director as an email attachment (**preferred**). Entries must include the swimmer's first name, last name, grade and seed time in yards. **"Relay only" swimmers must be included with the entries.** Only swimmers that are included in your entries may be entered in your relays.

FEES

\$300.00 per school (includes both Boys & Girls teams)

OR

\$30.00 per swimmer (maximum of \$300.00)

Checks should be made payable to **Hanover High School**. Payment needs to be postmarked by Dec. 8th.

Send payment and checks to:

Hanover High School

Attn: Bob Bollander/Hawk Swim Invit

10307 Chamberlayne Road

Mechanicsville, VA 23116

DEADLINE

All **payments** need to be **postmarked no later than Thursday, December 8th** unless you have cleared it ahead of time with the Meet Manager.

All electronic **entries** or hard entry forms must be received by the Meet Director no later than **Sunday, December 11th, 1:00pm**. Send to George Massey at hswimming1@gmail.com

PENALTIES This meet will be run in a championship format. As such, a competitor officially becomes a participant in an individual event when entries are delivered to the Meet Director by the indicated deadline. A competitor may withdraw from an individual preliminary or final event only with a declared false start. Notice must be given to the Deck Referee before the EVENT is called to the blocks. The event will still count as an entry for the competitor, but it does not disqualify the competitor from further competition.

For relay events, only the four individuals declared on the relay entry card, which shall be submitted directly to the lane timers at the time the event is called to the blocks, shall be permitted to compete in that event. Once the relay card has been delivered to the lane timers, the four competitors listed on the relay card may withdraw from the event only with a declared false start, with notice being given to the Deck Referee before the EVENT is called to the blocks. The event will still count as an entry for the competitors, but it does not disqualify them from further competition.

A SCRATCH WILL WITHDRAW A COMPETITOR FROM ANY FURTHER COMPETITION. Any known scratches, for reasons of injury, illness or absence, will be appreciated and accepted at the Announcer's table, to assist the Referees in the operation of the meet.

For a competitor(s) participating in more than the allowable number of events, the competitor(s) shall be disqualified from that event and further competition.

For failing to compete in all races, heats and rounds for which he/she has qualified or entered, the competitor shall be disqualified from further competition unless the Deck Referee determines that illness or injury has forced the competitor to withdraw. The competitor shall not be disqualified from events in subsequent rounds for which he/she has previously qualified.

AWARDS

1st-3rd place, Boy's Champion, Girl's Champion. Most Spirited. Best Dressed in the Holiday Spirit.

SCORING

Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

SEEDING All individual and relay events will be pre-seeded. Swimmers in all preliminary events are to report directly to the starting area as called. Relay cards for the meet will be distributed in the coaches' packets before warm-ups. Coaches are asked to designate the FOUR (4) competitors in the correct order, choosing from the names listed on the Master Entry List, and have the relay swimmers submit the relay card to the lane timers when they report to the blocks for the event.

A positive check-in is required for Events 13 and 14, the Boys and Girls 500-yard Freestyle.

Check-in must be completed at the Clerk of Course table by the end of preliminary warm-ups at 7:30 a.m. The events may be reseeded at that time and seedings will be posted on the pool deck, on the wall of the grandstands, and distributed to the coaches.

OFFICIALS The Meet Referee is Bryan Wallin. If you are interested in working at this meet, contact Bryan at thewallin5@comcast.net. There will be an official's meetings prior to scheduled start of each session (7:15am and 4:30pm respectively).

USA SWIMMING TIMES

This meet has been approved to be observed by USA Swimming.

GENERAL NOTES

1. Swimmers, officials and volunteers ONLY allowed on the pool deck.
2. Teams will be assigned team areas on the pool deck.
2. Spectator entry fee: 13&over: \$10.00 (includes entry into both sessions and heat sheets)
Ages 9-12: \$5.00 (includes entry into both sessions)
8 & U: Free
3. Additional heat sheets can be purchased for \$2.00.
4. Meals will be provided for officials and coaches for both sessions.
5. Meet T-shirts and travel mugs will be available for purchase prior to the meet. Limited quantities will be available for purchase at the meet.
6. Harvest Bread Company will be on site during a portion of the morning prelims with a slice event and free samples.

THE HAWK HOLIDAY SWIM INVITATIONAL
ORDER OF EVENTS AND QUALIFYING TIMES
NO BREAKS SCHEDULED FOR PRELIMS AT THIS TIME

<u>EVENT</u>	<u>QUALIFYING TIME</u>
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1 -- BOYS 200 YARD MEDLEY RELAY	NO TIME
2 -- GIRLS 200 YARD MEDLEY RELAY	NO TIME

3 -- BOYS 200 YARD FREESTYLE	2:15.00
4 -- GIRLS 200 YARD FREESTYLE	2:35.00

5 -- BOYS 200 YARD INDIVIDUAL MEDLEY	2:32.00
6 -- GIRLS 200 YARD INDIVIDUAL MEDLEY	2:50.00

7 -- BOYS 50 YARD FREESTYLE	27.00
8 -- GIRLS 50 YARD FREESTYLE	31.00

10 MINUTE BREAK AT FINALS FOR SPIRIT COMPETITION

9 -- BOYS 100 YARD BUTTERFLY	1:10.00
10 -- GIRLS 100 YARD BUTTERFLY	1:25.00

11 -- BOYS 100 YARD FREESTYLE	59.00
12 -- GIRLS 100 YARD FREESTYLE	1:08.00

13 -- BOYS 500 YARD FREESTYLE	6:00.00
14 -- GIRLS 500 YARD FREESTYLE	6:40.00

15 -- BOYS 200 YARD FREESTYLE RELAY	NO TIME
16 -- GIRLS 200 YARD FREESTYLE RELAY	NO TIME

**10 MINUTE BREAK AT FINALS TO ANNOUNCE SPIRIT AND
BEST DRESSED-FOR-SEASON AWARD WINNERS**

17 -- BOYS 100 YARD BACKSTROKE	1:10.00
18 -- GIRLS 100 YARD BACKSTROKE	1:20.00

19 -- BOYS 100 YARD BREASTSTROKE	1:20.00
20 -- GIRLS 100 YARD BREASTSTROKE	1:30.00

21 -- BOYS 400 YARD FREESTYLE RELAY	NO TIME
22 -- GIRLS 400 YARD FREESTYLE RELAY	NO TIME

**ANNOUNCEMENT OF TEAM SCORES AND AWARD OF TEAM TROPHIES
PICK UP MEDALS IN HOSPITALITY**