



Greater Peninsula Swimming Association Championship Meet



July 29, 2023

LOCATION:	<ul style="list-style-type: none">Coventry Harvest Lake Pool 206 Honeysuckle Lane Yorktown, VA 23693
FACILITY:	<ul style="list-style-type: none">The Coventry Harvest Lake Pool provides a 25-meter outdoor pool with 8 lanes, pool depth varies from 6' deep at the start and 3'6" deep at the turn ends, with non-turbulent lane markers.A semi-automated timing system made by Time Drops and manual timing with stopwatches will be used for all events.Eight lanes will be used for competitionLifeguards and AED equipment will be available to athletes participating in the meet.Teams may erect tents in the designated area allotted for their team.Portable restrooms will be available outside of the pool area for general public use.Coventry Harvest Lake Pool restrooms will be reserved for swimmers, officials, coaches, and GPSA reps.
MEET DIRECTORS:	<ul style="list-style-type: none">Dan Goergen, Suzy MaddockEmail: meetdirector@gpsaswimming.org
ELIGIBILITY:	<ul style="list-style-type: none">Open to all athletes on the roster of a GPSA team who meet the qualifying time for each event entered within the present GPSA season. Times must have been swum under GPSA stroke and turn rules using GPSA judging standards. Times swam at any event sanctioned by another league or swimming body are not permissible.Age on June 1, 2023 will determine age for the meet.Each swimmer must have a signed City Meet Waiver. This could have been signed at time of swim team registration online or via paper copy submitted at time of team check-in. GPSA Representatives are responsible for ensuring the GPSA City Meet Waiver has been signed for each swimmer entered.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">Athletes with a disability are welcome and shall provide advance notice of desired accommodation(s) to the Meet Directors.The athlete (or athlete's coach) is also responsible for notifying the session referee and Meet Directors of any disability prior to the start of the meet.Any specific equipment or staff requirements, such as a "tapper", are the responsibility of the team. This includes the coach escorting the swimmer to their specific lane assignment / event if the swimmer is in need of assistance. The officials will comply with the spirit of this rule based on equipment and staff available.
FORMAT:	<ul style="list-style-type: none">All events will be timed finals.Session 1 (8 & Under): Events 9, 10, 11, 12, 21, 22, 31, 32, 33, 34, 43, 44Session 2 (9 - 12): Events 1, 2, 3, 4, 13, 14, 15, 16, 23, 24, 25, 26, 35, 36, 37, 38, 45, 46, 47, 48Session 3 (Relays): Events 53, 54, 55, 56Session 4 (13 - 18): Events 5, 6, 7, 8, 17, 18, 19, 20, 27, 28, 29, 30, 39, 40, 41, 42, 49, 50, 51, 52

EVENTS:	<ul style="list-style-type: none"> ● 6&U 25M Free ● 7-8 25M Free ● 8&U 25M Breast ● 6&U 25M Back ● 7-8 25M Back ● 8&U 25M Butterfly ● 10&U 100M IM ● 11-12 100M IM ● 9-10 50M Free ● 11-12 50M Free ● 9-10 50M Breast ● 11-12 50M Breast ● 9-10 50M Back ● 11-12 50M Back ● 9-10 50M Fly ● 11-12 50M Fly ● Open 200M Medley Relay ● Open 200M Free Relay ● 13-14 100M IM ● 15-18 100M IM ● 13-14 50M Free ● 15-18 50M Free ● 13-14 50M Breast ● 15-18 50M Breast ● 13-14 50M Back ● 15-18 50M Back ● 13-14 50M Fly ● 15-18 50M Fly
WARM-UP:	<ul style="list-style-type: none"> ● Session 1: Warm-ups at 7:30 am; competition starts at 8:30 am. Teams will be assigned lanes during one of three (3) 15 minute warm-up periods. ● Session 2: Warm-up and start times will be announced once the meet has been seeded. Teams will be assigned lanes during one of three (3) 20 minute warm-up periods. ● Session 3-4: Warm-up and start times will be announced once the meet has been seeded. Teams will be assigned lanes during one of four (4) 20 minute warm-up periods. Session 3 and 4 will share one warm-up period. ● Diving will not be permitted in lanes where swimmers are swimming in both directions. Diving will only be permitted from the starting end and where swimmers are swimming one-way.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS: 12:00 pm (noon) on July 22, 2023</p> <ul style="list-style-type: none"> ● Entries will be submitted via SwimTopia. Teams must have their team marked as Ready to Merge no later than 12:00 pm (noon) on Saturday July 22, 2023. Prior to marking as Ready to Merge, teams must review their <i>Meet Entries by Athlete</i> report and submit it to meetdirector@gpsaswimming.org. Once a team selects Ready to Merge they are indicating that all entries have been reviewed by their coaches and reps and require no further changes. ● The team representative responsible for processing entries must be accessible from July 22, 2023 to July 24, 2023 for final review of entries and questions from the Meet Director. ● Hard copy entries will not be accepted. ● Swimmers may enter a maximum of three (3) individual events and one (1) relay. ● Each team may enter one (1) team in each relay event.

	<ul style="list-style-type: none"> • Deck entries will be accepted to the extent that open lanes are available. No extra heats will be added. The deadline for deck entries is 7:30 am on the day of the meet. New entries MUST be made by the GPSA representative to the administrative clerk of course. Each entry must be approved by the Meet Directors and will be charged a fee of \$6.00 per event. If this is a new swimmer, the \$4.00 swimmer surcharge will also be charged. The meet will not be re-seeded on deck for late entries. Coaches or GPSA Representatives are responsible for bringing the late add swimmer to the referee the event before the one to be added to. The referee will then add the swimmer to an empty block if one is available. The deck additions will only be for swimmers who were properly put on the add form by 7:30 am. • Times must be submitted in SCM. Times swum in any other distance must be converted pursuant to section XII.F.1 of the GPSA Rules for Interpool Meets. • “No Time” (NT) entries will not be accepted. • The Meet Directors reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Switching of individual events is not permitted. • Relay names and relay entry times are due by the entry due date. Final name changes are due by 7:30 am the day of the meet. Changes can only be made if there are extenuating circumstances and with approval from the Meet Directors. The replaced swimmer may not be moved to another relay. • Coaches will be given a list of their team's entries prior to their assigned warm-up time. Teams are asked to scratch any swimmer that is not in attendance or not intending to swim their event(s) that day. Scratches should be made by 8:00 am and must be submitted by the GPSA representative to the administrative clerk of course. These eliminations will not be given a refund.
FEES:	<ul style="list-style-type: none"> • Swimmer Surcharge: \$4.00 • Individual Events: \$4.00 • Individual Events (submitted after entry due date): \$6.00 • Relay Events: \$16.00 • Checks should be made payable to: Greater Peninsula Swimming Association. • Each team shall submit only one check per team. • Payment must be received on-deck by 7:30 am July 29, 2023. • There will be no refunds (surcharge and/or entry fees) if the meet or part of the meet must be canceled due to inclement weather or unforeseen problems.
SEEDING:	<ul style="list-style-type: none"> • A clerk of course volunteer position will be assigned to organize swimmers and escort them to the blocks for their assigned heats for Session 1 only. • All events will be pre-seeded slowest to fastest. • Heat sheets will be distributed electronically at no cost.
AWARDS:	<ul style="list-style-type: none"> • Heat winners will receive a ribbon. • Medals for 1st - 8th places in individual and relay events. • <i>Stoney Glass Cup</i> for City Meet Team Champion (to be passed each year to next City Meet Team Champion). • Team trophies for 1st - 6th place.
SCORING:	<ul style="list-style-type: none"> • All entries are eligible to score points. • Individual Events: 9, 7, 6, 5, 4, 3, 2, 1 • Relay Events: 18, 14, 12, 10, 8, 6, 4, 2

<p>RULES:</p>	<ul style="list-style-type: none"> ● Current GPSA Rules for Interpool Meets, revised May 2023 will apply with appropriate modifications for number of teams and lanes, as well as any modifications made in this invitation. ● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks. ● Spectators are encouraged to take photos / videos during the course of the meet. However, absolutely NO PHOTOS or VIDEOS may be taken from behind the starting blocks. This rule will be strictly enforced by both meet staff and officials on deck. Any spectator who is found violating this rule will be asked to stop immediately and to delete the offending photos/videos. Refusal to comply with these requests will result in the offender being banned from the meet and potentially suspended/banned from future GPSA meets. Section XIV.J.1.d.1 of the GPSA Rules for Interpool Meets regarding suspended/banned individuals shall be enforced. ● Changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than in a locker room, rest room, or other space designated for changing is PROHIBITED. ● After the meet, times swum at the Championship Meet will be compared with entry times. Any swim times more than 10% slower than the entry time will be flagged. Teams will be required to verify the validity of the entry time. If the entry time cannot be verified as valid there will be a \$25 fine per occurrence and the swimmer will be disqualified from all events entered/swam. ● Swimmers must swim in their own age groups as determined by GPSA rules, except for relays where a swimmer may represent an older age group. ● Possession of weapons, squirt guns, cap guns, or any item that has the appearance of a weapon will result in immediate dismissal from the meet and potentially being suspended/banned from future GPSA meets. ● Tech Suits are not permitted at this meet.
<p>OFFICIALS / VOLUNTEERS:</p>	<ul style="list-style-type: none"> ● Officials will be needed for all positions for this meet. ● Prior to the meet, each team will be advised of officials/staff needed. Requirements will be prorated to teams based on the number of swimmers entered. ● Each team will be required to have at least one (1) volunteer to assist with both setup and teardown of the meet. ● Hospitality will provide bottled water for all officials, coaches, and GPSA representatives during the meet. Lunch tickets will be provided to officials working the <i>entire</i> meet, two coaches from each team, and each GPSA representative. Additional lunch tickets will be available for purchase at \$10.00 per ticket.
<p>GENERAL:</p>	<ul style="list-style-type: none"> ● Swimmer/Spectator Conduct: Each team is responsible for supervising the conduct of its swimmers and spectators. ● Team Areas: Teams may erect tents in the designated areas allotted for their team. ● All events shall be started at the starting-end of the pool, including the 25-meter events. Timers shall move to the finish end of the pool for the 25-meter events. ● Three (3) timers will be required for each lane during the entire meet. Each timer will operate a Time Drops button. Two (2) of the timers will also operate a stopwatch and the third timer will record the times from the stopwatches. Official times will be determined in accordance with USA Swimming Rules. ● SwimTopia Mobile App: Will be used to publish results after each event. ● Concessions: Concessions will be available in the pavilion outside the pool area. Teams may also bring their own snacks. ● T-shirts: Commemorative t-shirts will be available for sale on-site. ● First Aid: See Lifeguard for assistance. ● Every effort will be made to run the meet on the scheduled date. ● Each team shall complete the attached Entry Summary Worksheet and submit it

	to the GPSA Treasurer at meet check-in.
FACILITY RULES:	<ul style="list-style-type: none"> ● Please obey all posted signs. ● No glass, smoking, or pets inside the fenced pool area or near the entrance. ● No alcohol permitted in the Harvest Lake Recreation Area.
DIRECTIONS:	<p>Coventry Harvest Lake Pool - 206 Honeysuckle Lane, Yorktown, VA 23693</p> <p>From I-64 take exit 258B US-17 North. Turn right onto Coventry Blvd. Turn right onto Honeysuckle Lane. Turn right into Harvest Lake Recreation Area. Pool will be at the end of the drive.</p>

Order of Events

BOYS	EVENT	GIRLS
Session 1 (8&U)		
9	6&U 25M Free	10
11	7-8 25M Free	12
21	8&U 25M Breast	22
31	6&U 25M Back	32
33	7-8 25M Back	34
43	8&U 25M Butterfly	44
Session 2 (9-12)		
1	9-10 100M IM	2
3	11-12 100M IM	4
13	9-10 50M Free	14
15	11-12 50M Free	16
23	9-10 50M Breast	24
25	11-12 50M Breast	26
35	9-10 50M Back	36
37	11-12 50M Back	38
45	9-10 50M Butterfly	46
47	11-12 50M Butterfly	48
Session 3 (Relays)		
53	Open 200M Medley Relay	54
55	Open 200M Free Relay	56
Session 4 (13-18)		
5	13-14 100M IM	6
7	15-18 100M IM	8
17	13-14 50M Free	18
19	15-18 50M Free	20

27	13-14 50M Breast	28
29	15-18 50M Breast	30
39	13-14 50M Back	40
41	15-18 50M Back	42
49	13-14 50M Butterfly	50
51	15-18 50M Butterfly	52

Entry Summary Worksheet

TEAM NAME: _____

TEAM CODE: _____

			FEES
Swimmer Surcharge (Number of Swimmers)		@ \$4.00/swimmer	
Individual Events (Total # of Indv. Events)		@ \$4.00/event	
Relay Events (Total # of Relays)		@ \$16.00/relay	
		TOTAL	

NAME AND ADDRESS OF PERSON TO CONTACT FOR ENTRY QUESTIONS

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

Information for Participants

The GPSA has secured the rights to use the Coventry Harvest Lake Pool as guests of the Coventry HOA. Please be considerate of the residents and grounds so that we can continue to use these amazing facilities for future meets and events.

There will be **limited** handicap parking available in the pool parking lot. People parking in handicap spaces **must** have a valid handicap placard/decal/plate.

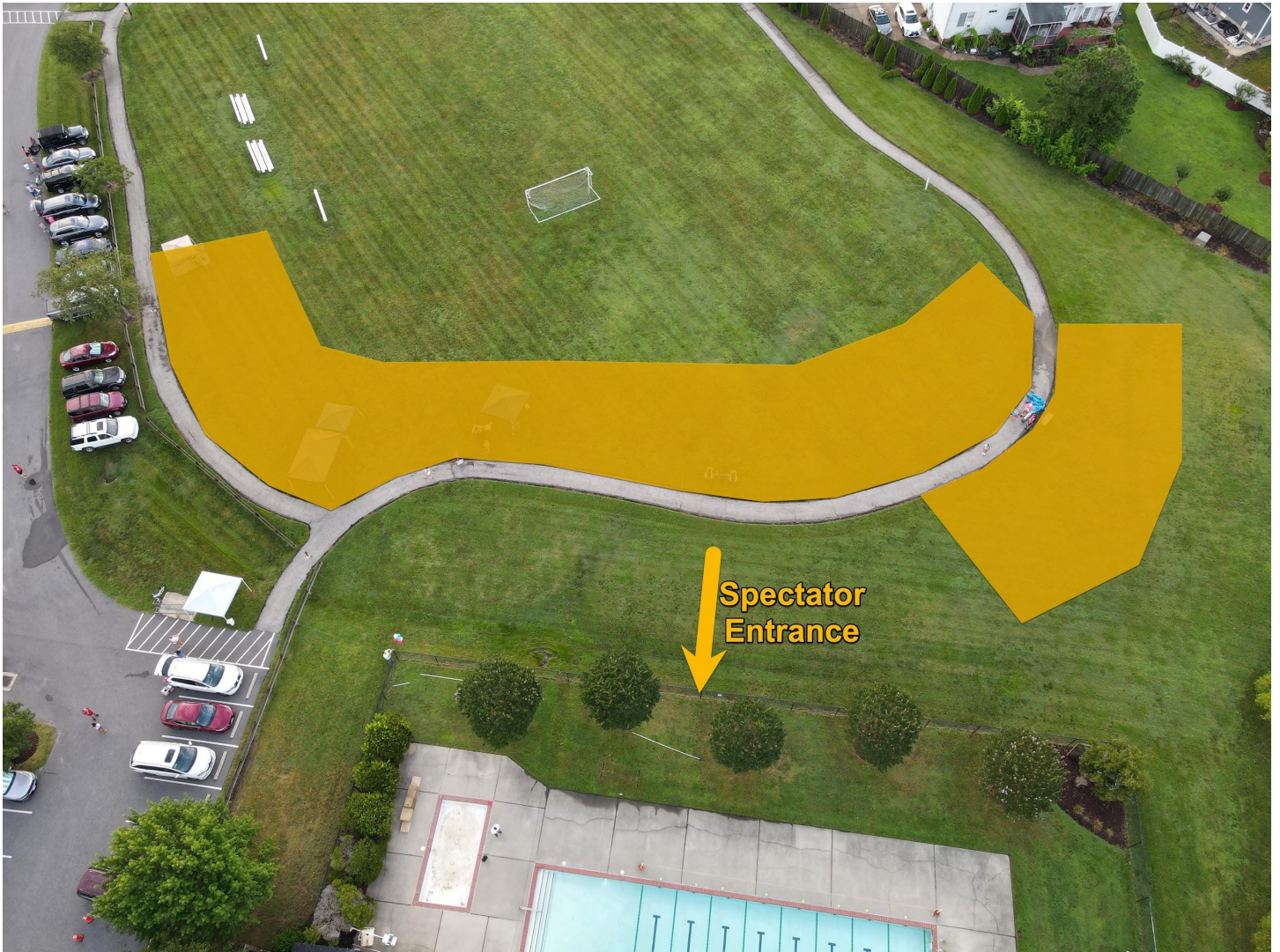
Cars may unload in designated areas only. Meet marshals will be present to direct traffic and help enforce these rules.

Park in designated areas only. Out of respect for the Coventry community, do **not** park in front of houses or driveways.

Parking can be a challenge as space is limited, please work with your team to carpool as much as possible to help everyone have an enjoyable day.



Teams will be allocated space for tents. A map delineating team space will be emailed to GPSA Representatives. Additional guidelines may be sent to clarify space size. No exceptions will be made to the space allocations. Tents may not be erected prior to July 29, 2023. GPSA, its Directors, or Representatives shall **not** be responsible for any cost of damage to tents erected on Harvest Lake Recreation Area property.



Spectators are permitted in designated areas only.

Lounge chairs will **not** be permitted inside the fenced area of the pool. Spectators are encouraged to come and watch their swimmer(s) and then return to the team field. Only persons with disabilities requiring a chair may bring a chair into the fenced pool area, a designated area will be available.

Spectators shall not approach the scoring table to determine lane and event placement for a swimmer. This information can be obtained from a coach, via the SwimTopia Mobile App, or viewing the published Heat Sheet on the GPSA website. Any spectator concerns should be made to their respective GPSA Representative.

