



GPSA 8&U SUPERHERO SPLASHDOWN

July 19, 2022



LOCATION	Colony Pool, 347 Eastwood Drive, Newport News, VA 23602, Phone: 757-833-3220
FACILITY	6-lane, 25-meter outdoor pool (1.07 conversion); non-turbulent lane markers - Limited on-deck seating, but chairs may be brought and setup in designated areas
MEET DIRECTORS	Jeff Griffiths, 757-353-1521, president@gpsaswimming.org Jodi Clark, 757-876-8400, coachjodiclark@gmail.com
ELIGIBILITY	- Open to all registered GPSA swimmers 8 years old and younger. No on-deck athlete registration will be permitted - Age on June 1, 2022 will determine age for the entire meet
DISABILITY SWIMMERS	- Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Directors - The athlete (or the athlete's coach) is also responsible for notifying the referee of any disability prior to the competition
FORMAT	- Warm-ups will begin at 4:30 PM. All swimmers will be assigned a 20-minutes warm-up session. Subject to change based on entries. - The meet will begin at 6:00 PM.
EVENTS	- Superhero Relay in Float with Coaches: Coaches will be in the water with large floats pushing the superheroes like a parade. Swimmers must wear costumes/apparel that can get wet. - Dress a Coach as a Superhero Relay: Coaches sit on chairs behind the starter blocks. Swimmers will swim 25M, grab an article of clothing, then swim back to put on their coach. Props will be provided. 6&U 25M Free 7-8 25M Free 8&U 25M Free with kickboard 8&U 25M Breast 6&U Back 7-8 25M Back 8&U Butterfly 8&U 100M Free Relay
AWARDS	- Heat winners will receive an award. - Best Superhero costume for each group (boy & girl) will receive an award.
FEES	- Swimmer surcharge: \$2.00 surcharge per person entered in the meet in any capacity - Individual events: \$1.50 per event - Relay events: \$6.00 per relay event

RULES	○ Current GPSA Rules for Interpool Meets, Revised May 2020, will apply with appropriate modifications for number of teams and lanes, as well as any modifications made in this invitation. Article 105, from the 2010 USA Rules and Regulations, which addresses guidelines for swimmers with a disability, shall also be incorporated into the rules of this meet. It shall be the responsibility of the GPSA representative and/or coach to notify the Meet Director and Referee of the disability prior to the start of the meet. ○ 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 not permitted. ○ Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. ○ The relay events are unofficial and will not be officiated in accordance with GPSA/ USA Swimming stroke and turn regulations. ○ Colony Pool is not a standard 25-meter pool, so a conversion factor (1.07) will be used for all City Meet qualifying times.
OFFICIALS	Each team will be asked to provide officials and support staff for the meet.
GENERAL	This meet is specifically intended to be a fun celebration of younger swimmers. Concessions will be provided during the meet by Colony Pool.
ENTRIES	○ Deadline for the receipt of meet entries is Friday, July 15 at 9:00 PM ○ Entries must be prepared on Team Manager (or TM Lite) which can be downloaded through the GPSA Website. Entries shall be submitted by email to: entries@gpsaswimming.org by the entry deadline. ○ Times must be 25-meter times. Times swum at George Wythe, Hidenwood, or Wendwood (25-yard pools) must be multiplied by 1.09 to convert to meters. Times swum at Colony must be multiplied by 1.07. ○ "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. ○ Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i>. ○ 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. ○ This meet will be pre-seeded. Swimmers will be deck added if there is room in an event. Any scratches will result in an empty lane. Late entries will occupy those lanes left open by scratches. If all lanes are full in an event, no late entries will be allowed.

ORDER of EVENTS

BOYS	EVENT	GIRLS
1	Superhero Relay in Float with Coaches	2
3	Dress a Coach as a Superhero Relay	4
5	6&U 25M Free	6
7	7-8 25M Free	8
9	8&U 25M Free with kickboard	10
11	8&U 25M Breast	12
13	6&U 25M Back	14
15	7-8 25M Back	16
17	8&U 25M Butterfly	18
19	8&U 100M Free Relay	20