



Cardinal Classic Invitational

December 16th, 2023

Hosted by:



MEET DIRECTOR Matthew Mast Gainesville Head Coach MastMS@PWCS.edu	MEET REFEREE Chris Oliver cntoliver@hotmail.com	ENTRIES COORDINATOR John Avelis Javelis3@mac.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of VHSL. Observation from Virginia Swimming has been approved. Coaches from each team may submit their swimmers' USA Swimming IDs to the Entries Coordinator to have times count for both High School Swimming and USA Swimming. To ensure times are imported correctly, please ensure every athlete is entered with their correct legal name and birth date. In granting this sanction it is understood and agreed that Prince William County Public Schools, Gainesville High School, PWCS Aquatics Center and the Virginia High School League shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 																
FACILITY	<p style="text-align: center;">PWCS Aquatics Center 13833 Dumfries Rd, Door #25 Manassas, VA 20112 571-374-6333</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth range of 7.0' at the starting end and 7.0' at the turning end. Prelims running wall to wall and finals running wall to bulkhead. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming. 																
ENTRY DEADLINE	December 11th, 2023 at 8:30pm																
SCHEDULE	<p style="text-align: center;">Saturday, December 16th, 2023</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Session</th> <th>#</th> <th>WARM UP</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td><i>Prelims</i></td> <td>1</td> <td>7am</td> <td>8am</td> </tr> <tr> <td><i>Dive</i></td> <td>2</td> <td>12pm</td> <td>12:30pm</td> </tr> <tr> <td><i>Finals</i></td> <td>3</td> <td>5pm</td> <td>6pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. After entries are received, the precise timeline of the finals session will be determined to ensure all athletes have adequate rest before returning. 	Session	#	WARM UP	Meet Start	<i>Prelims</i>	1	7am	8am	<i>Dive</i>	2	12pm	12:30pm	<i>Finals</i>	3	5pm	6pm
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ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered athletes of invited teams. Teams interested in receiving an invitation should contact the meet director. 																
FACILITY ENTRY	<ul style="list-style-type: none"> Spectators will enter through Door #25. Admission will be \$5 and will be valid the entire day. Tickets will be available through Ticket Spicket and link will be shared on 12/13. The meet will be livestreamed on the PWCS Aquatics Center website for free: https://www.youtube.com/@PWCSAquatics Athletes, volunteers, and coaches will enter through Door #27. When submitting entry files, coaches should submit any coaches and managers that need entry so they are not charged entry 																

	fees.
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic Timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> Current NFHS and VHSL rules will govern the meet. The use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. The use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. Deck changes are prohibited. Operation of a drone or any other flying devices 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. Dive-over starts will be used at this meet during preliminary sessions. No deck entries will be accepted.
EVENT RULES	<ul style="list-style-type: none"> All individual events except the 500 freestyle will be Prelims/Finals events. The 500 freestyle will be a Timed Finals event. The top 16 swimmers in each prelims/finals event except the 50 freestyle and 100 freestyle will advance to the finals session. In the 50 freestyle and 100 freestyle, the top 24 swimmers in each event will advance to finals. All relays will be Timed Finals events. The fastest heat of relays will swim in Finals and all remaining relays will swim in prelims. Each team may submit up to 5 swimmers in each individual event except the 500 freestyle, 50 freestyle, and 100 freestyle. Each school may enter 3 swimmers in the 500 free. Each school may have unlimited entries in the 50 and 100 free. Each team may submit up to 2 relays in each relay event. Swimmers may enter in up to 4 events, with no more than 2 being individual events. The meet director reserves the right to change the format of the meet to best accommodate the space and time for each session.
POSITIVE CHECK IN	<ul style="list-style-type: none"> There will be no positive check-in for events, but coaches may submit scratches up until December 15th at 6pm.
WARM-UP	<ul style="list-style-type: none"> The Meet Director will assign lanes for each preliminary swimmers based on the number of swimmers entered from each team for each session. Finals sessions will be open warm-up. During the last 30 minutes of warm-ups for the finals session, lanes 1 & 8 will be pace lanes and lanes 2 & 7 will be start lanes. Additional start lanes may be created if needed with the consent of the Meet Director and Meet Referee.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. Meet Marshals will be used to patrol the facility as well as help with crowd control.
SEEDING	<ul style="list-style-type: none"> Preliminary sessions will be seeded slow to fast with the last 3 heats being circle-seeded. The fastest heat of relays will swim in Finals and all remaining relays will swim in prelims. The fastest heat of the 500 freestyle will compete in Finals while the remaining heats will compete in preliminary sessions. The meet director may determine if combining sessions is needed to provide additional competitive opportunities and time between events.
SCORING	<ul style="list-style-type: none"> The top 16 finishers in each individual event will earn the following points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. The top 16 finishers in each relay event will earn the following points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

	<ul style="list-style-type: none"> Men's and Women's scores will remain separate.
AWARDS	<ul style="list-style-type: none"> Top 3 swimmers in each event will receive a medal and will have their name announced following the Championship Final of each event. There will be approximately a 3 minute break after every Men's event for awards.
PROGRAMS	<ul style="list-style-type: none"> Programs will be emailed to the Head Coach of each team for distribution and will not be sold. Programs will also be posted to Meet Mobile.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, coaches, and deck officials will be permitted on the deck.
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should contact complete the interest form here: https://forms.office.com/r/SEffqLZxS5. Officials' briefing will take place 45 minutes before the start of each session.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Entries Coordinator at javelis3@mac.com. Include in the subject of the email, "Cardinal Classic- ****" with the school's initials in place of the asterisks. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Entries by phone or fax will not be accepted. The Entries Coordinator will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Entries Coordinator.
ENTRY FEES	<p>Each school will be asked to contribute to the cost of running the meet. Entry fees for each school will be \$275.</p> <ul style="list-style-type: none"> Make checks payable to Gainesville High School. Checks may be mailed to: 13150 University Boulevard C/O Jason Ritenour – Director of Student Activities Gainesville, Virginia 20155 Entry fees are due within 2 weeks after the completion of the meet.

ORDER OF EVENTS – PRELIMS & FINALS

GIRLS	EVENT	BOYS
1	200 Medley Relay^	2
3	200 Freestyle*	4
5	200 Individual Medley*	6
7	50 Freestyle**	8
9	100 Butterfly*	10
11	100 Freestyle**	12
13	500 Freestyle^	14
15	200 Freestyle Relay^	16
17	100 Backstroke*	18
19	100 Breaststroke*	20
21	400 Freestyle Relay*	22

*Prelims/Finals – Top 16 advance

**Prelims/Finals – Top 24 advance

^Timed Finals – Fastest heat in finals, remaining in prelims

ORDER OF EVENTS – DIVE

GIRLS	EVENT	BOYS
24	1 meter – 11 dives	23