



Greater Peninsula Swimming Association 8&U Superhero Splashdown

July 15, 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 will be used for all events. Eight lanes will be used for competition Lifeguards 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 Maddock Email: meetdirector@gpsaswimming.org
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all athletes on the roster of a GPSA team 8 years old and younger. Age on June 1, 2023 will determine age for the meet.
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 Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none"> All events, excluding event 8, will be timed finals.
EVENTS:	<ul style="list-style-type: none"> 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. 6&U 25M Free 7-8 25M Free 8&U 25M Breast 6&U 25M Free with kickboard 6&U 25M Back 7-8 25M Back 8&U 25M Butterfly 8&U 100M Free Relay 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.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups will begin at 7:30 am. Each team will be assigned a 20-minute warm-up session and lane(s) assigned based on entries. Competition starts at 9:00 am

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS: 12:00 pm (noon) on July 8, 2023</p> <ul style="list-style-type: none"> • Entries must be completed in SwimTopia. • Teams must have entries locked and set their status as Ready to merge. • Hard copy entries will not be accepted. • Swimmers may enter a maximum of four (4) individual events and one (1) relay. Events 1 and 17 do not count toward this limit. • Each team may enter one (1) team in each relay event. • Deck entries will be accepted to the extent that open lanes are available. No Extra heats will <i>may</i> 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 director and will be charged a fee of \$4.00 per event. The meet will not <i>may</i> be re-seeded on deck <i>at the discretion of the Meet Director</i>. • Times must be submitted in SCM. • "No Time" (NT) entries will be accepted. • The Meet Director 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. • Swimmers entered into event 8 must be able to complete the event in 1:30.00 and cannot be entered into any other event.
FEES:	<ul style="list-style-type: none"> • Swimmer Surcharge: \$2.00 • Individual Events: \$2.00 • Relay Events: \$8.00 • Checks should be made payable to: Greater Peninsula Swimming Association. • Payment must be received on-deck by 7:30 am July 15, 2023.
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. • All events will be pre-seeded slowest to fastest. • 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. • Heat sheets will be distributed electronically at no cost.
AWARDS:	<ul style="list-style-type: none"> • Heat winners will receive an award. • Best Superhero costume for each group (boy & girl) will receive an award.
RULES:	<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. • 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. • The relay events are unofficial and will not be officiated in accordance with GPSA / USA Swimming stroke and turn regulations. • Coaches will not be permitted to swim with their athletes.
OFFICIALS / VOLUNTEERS:	<ul style="list-style-type: none"> • Officials will be needed for all positions for this meet. • Volunteer positions will be assigned to each participating team based on the number of entries.

GENERAL:	<ul style="list-style-type: none"> • Swimmer/Spectator Conduct: Each team is responsible for supervising the conduct of its swimmers and spectators. • Team Areas: Tents and chairs will be allowed in the grass areas surrounding the pool deck. • SwimTopia Mobile App: Will be used for all events. • Concessions: Concessions will be available. 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. • This meet is specifically intended to be a fun celebration of our younger swimmers.
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
1	100 Superhero in Float	1
2	6&U 25M Free	3
4	7-8 25M Free	5
6	8&U 25M Breast	7
8	6&U 25M Free with kickboard	8
9	6&U 25M Back	10
11	7-8 25M Back	12
13	8&U 25M Butterfly	14
15	8&U 100M Free Relay	16
17	200 Dress Coach Relay	17

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.



Spectators are permitted in designated areas only.

Teams will be allowed to set up chairs and tents on the grassy areas defined below. Space is available in a first come first served fashion. Tents may not be erected prior to July 15, 2023. GPSA, its Directors, or Representatives shall **not** be responsible for any cost of damage to tents erected on Harvest Lake Recreation Area property.

Lounge chairs will **not** be permitted on the pool deck. Spectators are encouraged to come and watch their swimmer(s) and then return to their team area. Only persons with disabilities requiring a chair may bring a chair onto the pool deck, 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.

