
	<p align="center"><b>Norfolk Academy Sprint Kick-Off</b></p> <p align="center"><b>November 19, 2021</b></p> <p align="center"><b>Vaughan Aquatic Center Norfolk Academy Norfolk, Virginia</b></p>	<p align="center">Hosted by: <b>Norfolk Academy</b></p>
--	---	---

Location:	Vaughan Aquatic Center, Norfolk Academy 1585 Wesleyan Drive Norfolk Virginia 23503 (757) 452-6732																																	
Facility:	Eight-lane, 25-yard, indoor pool with non-turbulent lane markers, Colorado touch-pad Timing System, and large results display board.																																	
Meet Directors:	Kristen Kirkman (757) 452-6732 O or (757) 513-0462 C kkirkman@norfolkacademy.org	Bill Gill (757) 631-6185 Bill.gill@suez.com																																
Rules:	The meet will be governed by NFHS rules for championship meets.																																	
Warm-up Schedule:	Session I: 3:30-3:55	Team Assignments NA																																
	Session II: 3:55-4:20	Team Assignments HRA, WA																																
	Session III: 4:20-4:45	Team Assignments Steward, Divers																																
Schedule:	4:30 p.m.	Officials' and Timers' meetings																																
	4:45 p.m.	Coaches' meeting																																
	4:58 p.m.	National Anthem																																
	5 p.m.	Start of Event #1																																
	After event #20, 200 Free Relay	Break/Open Warm-up																																
Eligibility	<ul style="list-style-type: none"><li>• Athletes must be enrolled in a VISAA or VHSL school full time.</li><li>• No swimmer may swim more than 4 total events, with no more than 2 individual events</li></ul>																																	
Events:	<table><thead><tr><th>Event #</th><th>Event</th></tr></thead><tbody><tr><td>1-2</td><td>200 Medley Relay</td></tr><tr><td>3-4</td><td>200 Freestyle</td></tr><tr><td>5-6</td><td>50 Backstroke</td></tr><tr><td>7-8</td><td>100 IM</td></tr><tr><td>9-10</td><td>50 Free</td></tr><tr><td>11-12</td><td>1 Meter Diving</td></tr><tr><td>13-14</td><td>50 Breaststroke</td></tr><tr><td>15-16</td><td>100 Butterfly</td></tr><tr><td>17-18</td><td>100 Freestyle</td></tr><tr><td>19-20</td><td>200 Free Relay</td></tr><tr><td></td><td>**Break**</td></tr><tr><td>21-22</td><td>100 Backstroke</td></tr><tr><td>23-24</td><td>50 Butterfly</td></tr><tr><td>25-26</td><td>100 Breaststroke</td></tr><tr><td>27-28</td><td>400 Free Relay</td></tr></tbody></table> <p><i>Note: Odd events are Girls, even events are Boys</i></p>		Event #	Event	1-2	200 Medley Relay	3-4	200 Freestyle	5-6	50 Backstroke	7-8	100 IM	9-10	50 Free	11-12	1 Meter Diving	13-14	50 Breaststroke	15-16	100 Butterfly	17-18	100 Freestyle	19-20	200 Free Relay		**Break**	21-22	100 Backstroke	23-24	50 Butterfly	25-26	100 Breaststroke	27-28	400 Free Relay
Event #	Event																																	
1-2	200 Medley Relay																																	
3-4	200 Freestyle																																	
5-6	50 Backstroke																																	
7-8	100 IM																																	
9-10	50 Free																																	
11-12	1 Meter Diving																																	
13-14	50 Breaststroke																																	
15-16	100 Butterfly																																	
17-18	100 Freestyle																																	
19-20	200 Free Relay																																	
	**Break**																																	
21-22	100 Backstroke																																	
23-24	50 Butterfly																																	
25-26	100 Breaststroke																																	
27-28	400 Free Relay																																	
Entries:	<ul style="list-style-type: none"><li>• All entries are due by Wednesday November 17, 5:00p.m.</li><li>• Send entries to Kristen Kirkman: kkirkman@norfolkacademy.org</li></ul>																																	

	<p style="text-align: center;"><b>Norfolk Academy Sprint Kick-Off</b></p> <p style="text-align: center;"><b>November 19, 2021</b></p> <p style="text-align: center;"><b>Vaughan Aquatic Center Norfolk Academy Norfolk, Virginia</b></p>	<p style="text-align: center;">Hosted by: <b>Norfolk Academy</b></p>
--	--	--

	<ul style="list-style-type: none"> <li>• All entries must be submitted with a Hy-tek Team Manager export file. A free version of the software, called TM Lite, can be downloaded from <a href="http://www.besmartinc.com/">http://www.besmartinc.com/</a>. This site also has instructions. Please use this software - the scorers are all volunteers.</li> <li>• Each team may enter an unlimited number of individual swimmers and relays. <b>Swimmers may enter up to 4 individual events and 2 relays.</b></li> <li>• <b>Entries must include seed times.</b> Since many swimmers do not have actual times for many of the events in this meet, please make the best estimate possible. If a coach time is possible to obtain times, it would be helpful. For relays, please make the best seed time estimate possible.</li> <li>• Except for relays, all entries are final once they are submitted.</li> </ul>
Relay Entries	<ul style="list-style-type: none"> <li>• Relay entries should be submitted with specific swimmers listed, but will not be final until official relay cards are submitted to the Meet Scorer. Please mark relay teams "A," "B," "C" etc....</li> </ul>
Seeding:	<ul style="list-style-type: none"> <li>• All events will be pre-seeded by the scorers and lanes will be assigned based on the times submitted by the coaches.</li> <li>• Heats will be seeded from slowest to fastest.</li> <li>• Realistic relay times for the anticipated line-up would be appreciated.</li> <li>• A preliminary psych sheet and meet sheet will be distributed via e-mail prior to the day of the meet.</li> </ul>
Scoring:	This meet will NOT be scored
Timers:	<ul style="list-style-type: none"> <li>• A total of 16 timers will be required to execute the meet.</li> <li>• Each team will be responsible for providing at least, 3 timers..</li> <li>• To back up the Colorado Timing System, two timers will have a CTS backup button.</li> <li>• Each lane will have 2 stopwatches as a tertiary backup.</li> </ul>
Starting Procedures	<ul style="list-style-type: none"> <li>• The Referee and Starter will use a whistle start procedure for this meet.</li> <li>• Dive-over starts will be used to expedite the meet.</li> </ul>
Stroke and Turn Judges	<ul style="list-style-type: none"> <li>• Please let me know if you have any parents that are willing to help!</li> </ul>
COVID Protocols	<ul style="list-style-type: none"> <li>• All athletes shall be in a mask until behind the starting blocks</li> <li>• All athletes should come to Norfolk Academy already in competitive swim wear- locker room use will be limited</li> <li>• Each athlete will be limited to 2 spectators</li> <li>• Spectators and officials shall wear a mask indoors</li> </ul>