


<p><b>Links:</b>  <a href="#">Livestream Link</a>  <a href="#">Volunteer Link</a>  <a href="#">Main Meet Website</a></p>	<p><b><u>2024 BIM 2<sup>nd</sup> Annual</u></b>  <b><u>Time Trials</u></b>  <b>November 2<sup>nd</sup>, 2024</b></p> <p><b>The St. James: Sports, Wellness &amp; Entertainment Complex</b></p>	<p>Hosted by:  <b>BASIS McLean Swim Team</b></p>  <p><b>BIM Swim</b></p>
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Participating Teams	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>• BASIS Independent McLean</li> <li>• TBD</li> </ul>	<p><b>Diving:</b></p> <ul style="list-style-type: none"> <li>• N/A – <i>if you believe that there is a mistake for this box, please contact the Meet Director with the contact listed below.</i></li> </ul>
Location/Facility:	<p><b>The St. James: Sports, Wellness and Entertainment Complex in Springfield, VA</b>          Located on 6805 Industrial Road, Springfield, VA 22151          (703) 239-6870</p> <p>Facility Details:</p> <ul style="list-style-type: none"> <li>• The pool at The St. James is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 6-8 lanes, 25 yards, running from the bulkhead to the wall at the southern end of the pool.</li> <li>• Water depth of 7' 4" at the starting end and 4' at the turning end of the competition course.</li> <li>• 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 should it be needed.</li> </ul>	
Entry Deadline:	<p><b>FINAL ENTRY FILE IS DUE BY 11:00 PM, WEDNESDAY, OCTOBER 31<sup>st</sup>, 2024.</b></p> <p>IMPORTANT: The above date is the deadline for schools/teams to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your coaches for this information on when you need to submit your entries.</p>	
Meet Directors:	<p>Brayden Bagla: (571) 421-0956  <a href="mailto:bbagla@bimswim.com">bbagla@bimswim.com</a>  <i>Head Meet Director</i></p>	
Rules:	<p>This meet will be governed by the 2023-2024 National Federation High School <i>Swimming, Diving, and Water Polo</i> rules for championship meets.</p>	
Eligibility:	<ul style="list-style-type: none"> <li>• The meet is open to all students who are in 6<sup>th</sup> grade through 12<sup>th</sup> grade.</li> <li>• A swimmer must be in good standing with the school that he/she is representing.</li> <li>• 5<sup>th</sup> grade and below swimmers are eligible to swim as “exhibition” non-scoring swimmers.</li> <li>• A swimmer must be no older than 19 years of age on the August 1<sup>st</sup> immediately prior to the meet. No post-graduates are permitted to swim in this meet.</li> </ul>	
Diving Warm-up and Competition Schedule (if applicable):	<ul style="list-style-type: none"> <li>• N/A unless a DIVE team is entered into the meet.</li> </ul>	

Meet Warm-up and competition Schedule:	Warm-Ups: 7:00 AM to 8:00 AM		Lane Assignments Published Separately		
	Officials Meeting: 7:30 AM		Near the Data Entry Table by the Starting Machine & Time Console.		
	Timers Meeting: 7:45 AM		Near the Data Entry Table by the Starting Machine & Time Console.		
	National Anthem: 7:55 AM		Disrespect in action or appearance will be grounds for disqualification.		
	First Event: 8:00 AM		Event schedule begins!		
<b>Breaks MAY be inserted after entries are received.</b>					
Meet Format/Seeding:	<ul style="list-style-type: none"> <li>The meet will use a championship, timed finals format.</li> <li>All heats will be seeded based on entry times.</li> </ul>				
Order of Events:		<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>	
		1	100 Freestyle	2	
		3	100 Backstroke	4	
		5	100 Breaststroke	6	
		7	50 Butterfly	8	
		9	50 Freestyle	10	
		11	200 Individual Medley (IM)	12	
		13	50 Breaststroke	14	
		15	500 Freestyle	16	
		17	100 Butterfly	18	
Entry Rules:	<ul style="list-style-type: none"> <li>Individual Events: <ul style="list-style-type: none"> <li>An eligible swimmer may swim any number of events they please to swim. This is a Time Trials meet—no points are recorded.</li> <li>Each team is allowed unlimited entries into individual events, but only a team's top FOUR (4) swimmers are eligible to score points.</li> <li>Do NOT mark any events as exhibition as there are no points that will be scored for individual events.</li> </ul> </li> <li><del>Relays.</del> *There are NO relays at Time Trials. s</li> </ul>				
Disability Swimmers:	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the PVS inclusion policy as adopted by the PVS BOD. Athletes with a disability are welcome and asked to provide an advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is responsible for notifying the session referee of any disability prior to competition.</li> </ul>				
Entry Submission and Procedures:	<ul style="list-style-type: none"> <li>As <i>previously stated</i>, the <b>FINAL entry file is due by 11:00 PM on Wednesday, October 30<sup>th</sup>, 2024.</b></li> <li>No manual or hardcopy entries will be accepted for this meet.</li> <li>All entries <b>MUST</b> include first and last name, gender, grade, and seed times. Seed times can include actual seed times or converted short-course yard (SCY) times. Because this meet is in the time frame that it is in, coach's times (i.e., estimates or practice times) are not only acceptable, however encouraged if no other time is available for that swimmer so that that respective swimmer can get into competitive heats.</li> <li><b>All entries are FINAL on Friday, November 1<sup>st</sup>, 2024, at 6:00 PM.</b> <ul style="list-style-type: none"> <li>Only scratches will be accepted. Deck entries are not permitted.</li> </ul> </li> <li>Team(s) should submit their entries using a Team Manager entry file or using the Swimcloud interface via the Swimcloud Meet Profile (linked BELOW).</li> </ul>				

	<ul style="list-style-type: none"> <li>• <i>Note:</i> Entries that are submitted from an individual team member will NOT be accepted for this meet.</li> <li>• Entries by phone or fax will also NOT be accepted.</li> <li>• Deck entries are prohibited during this meet.</li> <li>• The Meet Director will acknowledge the submission of entries via email within 24 hours. The contents of that email will contain the team’s official entries. It should be clear that it is the responsibility of the person submitting the entries to verify that the entries were received and received accurately.</li> <li>• <b><u>All Teams/Schools should SUBMIT their entries through Swimcloud.</u></b> If a team does not use Swimcloud, they should submit their entries to <b>Brayden Bagla</b> at <a href="mailto:bbagla@bimswim.com">bbagla@bimswim.com</a> as a Hy-TEK Team Manager file.</li> <li>• There are NO fees for entries for this meet for both visiting and home team(s).</li> <li>• <b>Links for this Meet:</b> <ul style="list-style-type: none"> <li>○ <a href="#">SwimCloud Meet Profile</a></li> <li>○ <a href="#">Main Meet Website</a></li> </ul> </li> </ul>
Seeding:	<ul style="list-style-type: none"> <li>• All events will be seeded prior to the start of the meet and lanes will be assigned based on the entry times provided in the submission of entries from the coaches.</li> <li>• Heats will be seeded from slowest to fastest.</li> <li>• Swimmers entered without a seed time (i.e., NT or no time) will automatically be seeded into the slowest heat – so <b>please put a time on EVERY entry possible</b>, even if that time you can put is a “coach’s time.”</li> <li>• If every team submits their entries on time, a preliminary Psych Sheet and Meet Program will be sent via e-mail prior to the day of the meet. <ul style="list-style-type: none"> <li>○ Meet Programs and Meet Data will also be streamlined to the Hy-Tek <b>Meet Mobile application.</b></li> </ul> </li> </ul>
Scoring:	No points will be assigned to this meet since this is a Time Trials Meet.
Warm-Up:	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of the warm-up, including times/lane assignments.</li> <li>• <i>The Meet Director reserves the right to change warm-up assignments AFTER all entries have been received by teams/schools.</i></li> <li>• Lane Assignments will be published <a href="#">HERE (the meet folder)</a> and on many walls throughout The St. James near assigned team areas.</li> <li>• Warm-Ups may be <i>together</i> where both teams will swim at the same time and <b>SPLIT</b> the lanes so that maximum efficiency can be achieved. Details uploaded to the Main Meet Folder that hosts the important meet files.</li> </ul>
Supervision:	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>• Teams and swimmers should treat this facility (The St. James Sports Complex: Springfield) with respect as they would with their own facility.</li> </ul>

Meet Officials/Volunteers:	<p>Data Entry/Time System Operator: Brayden Bagla  Team Representatives (BASIS Independent McLean): Lori Bagla &amp; Gergana Jostova  Starter: Lori Bagla  Chief Timer: Arin Jung-Kim</p> <p><b>Each team’s volunteers and officials should sign-up using the Sign-Up Genius link posted below.</b></p> <ul style="list-style-type: none"> <li>The BASIS McLean Swim Team <u>WILL</u> provide digital stopwatches for timers timing at the meet.</li> </ul> <p><b><a href="#">Time Trials Volunteer Sign Up Link (click HERE)</a></b></p>
Stroke and Turn Officials:	<ul style="list-style-type: none"> <li>Each team is responsible for providing AT LEAST TWO (2) certified stroke and turn judges (*where possible). The larger teams should plan to provide more.</li> <li>If more officials volunteer, the meet director/referee will relieve officials at the break.</li> <li>Stroke and Turn Judges from <a href="#">ALL Teams Should Sign-Up HERE (Sign-Up Genius)</a>.</li> </ul>
Timing:	<ul style="list-style-type: none"> <li>Timing will be recorded using the Colorado Timing System with touchpads (primary).</li> <li>To back-up the CTS touchpads, two timers will use the CTS back-up buttons.</li> <li>Each lane will have a manual digital stopwatch as a tertiary backup to the CTS system.</li> <li>We will run the meet with TWO (2) timers per lane. <b>Timing responsibilities for each lane will be assigned to a specific team/school.</b> Lane assignments will be published separately with the warm-up schedule on the Meet Website (<a href="#">linked HERE</a>).</li> <li>Timers from all teams should sign-up <a href="#">HERE (Sign-Up Genius Link)</a>.</li> </ul>
Starting Procedures:	<ul style="list-style-type: none"> <li>The Starter <b>MAY</b> be using a whistle start procedure for this meet.</li> <li>The start procedure will be as follows (for this meet): <ul style="list-style-type: none"> <li>For the next event(s), the swimmers will be lined up behind the blocks ready to go for their respective event as indicated on the Meet Program.</li> <li>The scoreboard will read the correct event number (when it is time).</li> <li>Once the swimmers indicate (through body language) that they are ready to begin—the starter will then announce the event, the heat, and who is swimming in each lane.</li> <li>After that, there will be a brief pause—then the starter will <b>give the START command</b> (that includes “take your mark” and the buzzer to indicate “go”). A white <i>MAY</i> be used by the starter to get attention.</li> <li>For backstroke events only, the starter will indicate when to step into the water if it is not clear in the first place.</li> </ul> </li> <li><b>Dive over starts will be used</b> to increase the progression of the meet and to ensure that we finish the meet on-time (by 10:00 AM).</li> </ul>
USA Swimming Upload of Times:	<ul style="list-style-type: none"> <li>Times that are obtained from this meet are <b>NOT</b> going to be uploaded to PVS or USA swimming as this is NOT a sanctioned meet by USA swimming/Potomac Valley Swimming (PVS). However, they will be posted to <i>SwimCloud</i>.</li> </ul>
Spectators and Live Streaming:	<ul style="list-style-type: none"> <li><b>Spectators are ENCOURAGED to join us inside the St. James Poolhouse Stands.</b></li> <li>Depending on connectivity at The St. James’s facility, the meet may or may not be livestreamed. Such information will be communicated to the key contacts of each team prior the meet start time and date.</li> </ul>

Meet Program/Heat Sheets:	<ul style="list-style-type: none"> <li>• <b>Near real-time results will be made available on the Meet Mobile app which is available on both iPhone and Android Devices.</b></li> <li>• PDF copies of Meet Programs will be published to the Main Meet Website (<a href="#">linked HERE</a>).</li> <li>• <b>For an easier to read and streamlined version of the meet program, you may access that for free on the Meet Mobile application under this meet title (2024 2<sup>nd</sup> Annual BIM Time Trials).</b></li> </ul>
Spirit:	<ul style="list-style-type: none"> <li>• All swimmers should remain in the pool area throughout the meet to cheer their fellow teammates on for their races.</li> <li>• <b>Please tell your swimmers to remain on deck after they have completed all their events.</b></li> <li>• <b>We will have the traditional post-meet handshake</b> after the conclusion of the Time Trials Meet.</li> </ul>
Pool Rules:	<ul style="list-style-type: none"> <li>• The Meet Director has the authority to remove any participant or spectator who is behaving in an inappropriate or unsafe manner.</li> <li>• Please be courteous and respectful of The St. James Staff. We want to be welcome at this beautiful facility for future meets and events. We thank you for your cooperation!</li> </ul>
Pool Entry:	<ul style="list-style-type: none"> <li>• <b>Swimmers and Coaches:</b> Swimmers and coaches may entry via the <b><u>main facility door</u></b>. All non-Meet Director/Management staff will not be permitted to enter the building until 6:45 AM.</li> <li>• <b>Spectators:</b> Spectators should enter through the <b><u>main facility door</u></b> located at the entrance of the parking lot to the St. James. Spectators may utilize the stands located within the pool-house to sit and watch races.</li> </ul>
Credentials and Parent Volunteers:	<ul style="list-style-type: none"> <li>• <b>Parents that are not working the meet as a deck official, volunteer timer, or other volunteer position are not permitted on deck. Only athletes, team coaches, deck officials, and team representatives will be permitted on the deck.</b></li> <li>• The St. James facility has high quality stands for all other spectators to watch from with a view of the pool directly below the stands. The scoreboard is also visible from the designated spectator area (the stands).</li> <li>• The stands will only open once all the TIMER positions are fulfilled for this meet.</li> </ul>
Medical Assistance:	<ul style="list-style-type: none"> <li>• Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.</li> </ul>
Entry Fees:	<ul style="list-style-type: none"> <li>• There are NO Entry Fees for this meet hosted by <b>The BIM Swim Team</b>.</li> <li>• A \$0.00 fee for all teams/swimmers.</li> </ul>
Key Contacts:	<ul style="list-style-type: none"> <li>• BASIS Independent McLean swimming as <b>BIM Swim Team</b> <ul style="list-style-type: none"> <li>○ Coach &amp; Meet Director Brayden Bagla: <a href="mailto:bbagla@bimswim.com">bbagla@bimswim.com</a></li> <li>○ Coach &amp; Meet Director Michael Philipov: <a href="mailto:mphilipov@bimswim.com">mphilipov@bimswim.com</a></li> <li>○ Team Manager/Head Timer Gergana Jostova: <a href="mailto:jostova@bimswim.com">jostova@bimswim.com</a></li> <li>○ Team Manager/Starter Lori Bagla: <a href="mailto:lbagla@bimswim.com">lbagla@bimswim.com</a></li> </ul> </li> </ul>
Facility Layout:	A map/layout of the facility will be posted to the <a href="#">Main Meet Website</a> and to the <a href="#">Meet Files Folder</a> to show where the designated team areas are and where the facility's resources are hosted.
Questions?	If you have any questions about this meet, please contact the <b>Meet Director, Brayden Bagla</b> at: <a href="mailto:bbagla@bimswim.com">bbagla@bimswim.com</a>