



Greater Peninsula Swimming Association City Meet

August 1, 2026



LOCATION:	Hampton Virginia Aquaplex (HVA) 1908 Coliseum Drive Hampton, VA 23666
FACILITY:	- The HVA Pool provides a 50-meter indoor pool with 8 lanes, pool depth varies from 6' 8" deep at the start and 13' deep at the diving board end, with overflow gutters and non-turbulent lane markers. - The 50-meter pool will be set up into a 25-meter competition course and a 25-yard warm-up/warm-down course. - A Colorado Timing System consisting of touchpads and buttons. - Eight lanes will be used for competition. - Lifeguards and AED equipment will be available to athletes participating in the meet. - Spectators may use the bathrooms located inside the facility. The HVA locker rooms will be reserved for swimmers only. - A 1,500 person second level seating area is available for spectators.
MEET DIRECTOR:	- Dan Goergen and Suzy Maddock - Email: meetdirector@gpsaswimming.org
MEET REFEREE	- Dan Goergen - Email: dan@gpsaswimming.org
MEET SAFETY OFFICER	- Meredith Stevens - Email: meetsafety@gpsaswimming.org
ELIGIBILITY:	- Open to all athletes on the roster of a GPSA team. - Swimmers may compete in any event in which they have a time that is equal to or faster than the GPSA City Meet qualifying time. Swimmers may compete in relay events regardless of having a qualifying time. Times must have been swum under GPSA stroke and turn rules using GPSA judging standards. - Age on June 1, 2026 will determine age for the meet. - Each swimmer must have a signed GPSA Invitational Participation Waiver. This could have been signed at time of swim team registration online or via paper copy submitted at time of team check-in. GPSA Representatives are responsible for ensuring the GPSA GPSA Invitational Participation Waiver has been signed for each swimmer entered.
DISABILITY SWIMMERS:	- 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 and Meet Director of any disability prior to the start of the meet. - Any specific equipment or staff requirements, such as a "tapper", are the responsibility of the team. This includes the coach escorting the swimmer to their specific lane assignment / event if the swimmer is in need of assistance. The officials will comply with the spirit of this rule based on equipment and staff available.
FORMAT:	- All events will be timed finals. - Order of Finish will be determined by times. - GPSA Events 1-56 - Breaks will be provided between strokes - The meet director reserves the right to shorten breaks

WARM-UP:	• Warm-ups start at 8:00 am; competition will not start before 9:00 am. • Diving will not be permitted in lanes where swimmers are swimming in both directions. Diving will only be permitted from the starting end and where swimmers are swimming one-way. • Lane assignment and warm-up times for individual teams will be posted to the GPSA Invationals website.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS: 12:00 pm (noon) on July 26, 2026 • Entries will be submitted via SwimTopia. Teams must have their team marked as Ready to Merge no later than 12:00 pm (noon) on Sunday July 26, 2026. Prior to marking as Ready to Merge, teams must review their <i>Meet Entries by Athlete</i> report and submit it to meetdirector@gpsaswimming.org. Once a team selects Ready to Merge they are indicating that all entries have been reviewed by their coaches and representatives and require no further changes. • The team representative responsible for processing entries must be accessible from July 26, 2026 to July 27, 2026 for final review of entries and questions from the Meet Director. • Hard copy entries will not be accepted. • Swimmers may enter a maximum of three (3) individual events and one (1) relay. • Each team may enter one (1) team in each relay event. • Late/Deck entries will be accepted to the extent that open lanes are available. No extra heats will be added. <u>The deadline for deck entries is 30 minutes prior to the start of the session.</u> 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 the normal per event fee. If this is a new swimmer, the swimmer surcharge will also be charged. The meet will not be re-seeded on deck for late entries. Coaches or GPSA Representatives are responsible for bringing the approved late add swimmer to the referee the event before the one to be added to. The referee will then add the swimmer to an empty block if one is available. • Times must be submitted in SCM. Times swum in any other distance must be converted pursuant to section 9.1 of the GPSA Rulebook. • "No Time" (NT) and Coach Times (CT) entries will not 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. • Switching of individual events is not permitted. • Relay names and relay entry times are due by the entry due date. Final name changes are due 30 minutes prior to the start of the session. Changes can only be made if there are extenuating circumstances and with approval from the Meet Director. The replaced swimmer may not be moved to another relay. • 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 no later than 30 minutes prior to the start of the session and must be submitted by the GPSA representative to the administrative clerk of course. These eliminations will not be given a refund.
FEES:	• Swimmer Surcharge: \$6.00 • Individual Events: \$5.00 • Relay Events: \$20.00 • Checks should be made payable to: Greater Peninsula Swimming Association. • Each team shall submit only one check per team. • Payment must be received on-deck by 9:00 am August 1, 2026. • There will be no refunds (surcharge and/or entry fees) if the meet or part of the meet must be canceled due to inclement weather or unforeseen problems.
SEEDING:	• All events will be pre-seeded slowest to fastest. • Heat sheets will be distributed electronically at no cost.

AWARDS:	• Medals for 1st - 8th places in individual and relay events. • <i>Stoney Glass Cup</i> for City Meet Team Champion (to be passed each year to next City Meet Team Champion). • Team trophies for 1st - 6th place.
SCORING:	• All entries are eligible to score points. • Individual Events: 9, 7, 6, 5, 4, 3, 2, 1 • Relay Events: 18, 14, 12, 10, 8, 6, 4, 2
RULES:	• The Current GPSA Rulebook will apply with appropriate modifications for the 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. • Spectators are encouraged to take photos / videos during the course of the meet. However, absolutely NO PHOTOS or VIDEOS may be taken from behind the starting blocks. This rule will be strictly enforced by both meet staff and officials on deck and in the spectator area behind the blocks. Any spectator who is found violating this rule will be asked to stop immediately and to delete the offending photos/videos. Refusal to comply with these requests will result in the offender being banned from the meet and potentially suspended/banned from future GPSA meets. Section 6.2.4 of the GPSA Rulebook regarding suspended/banned individuals shall be enforced. • 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. • After the meet, times swum at the Championship Meet will be compared with entry times. Any swim times more than 10% slower than the entry time will be flagged. Teams will be required to verify the validity of the entry time. If the entry time cannot be verified as valid there will be a \$25 fine per occurrence and the swimmer will be disqualified from all events entered/swam. • Swimmers must swim in their own age groups as determined by GPSA rules, except for relays where a swimmer may represent an older age group. • Possession of weapons, squirt guns, cap guns, or any item that has the appearance of a weapon will result in immediate dismissal from the meet and potentially being suspended/banned from future GPSA meets. • Tech Suits are not permitted at this meet.
OFFICIALS / VOLUNTEERS:	• Officials will be needed for all positions for this meet. • Prior to the meet, each team will be advised of officials/staff needed. Requirements will be prorated to teams based on the expected number of swimmers. • Hospitality will provide bottled water for all officials, coaches, and GPSA representatives during the meet. Lunch tickets will be provided to officials working the <i>entire</i> meet, two coaches from each team, and each GPSA representative. Additional lunch tickets will be available for purchase at \$25.00 per ticket.
GENERAL:	• Swimmer/Spectator Conduct: Each team is responsible for supervising the conduct of its swimmers and spectators. Any swimmer/spectator who violates the rules of the Hampton Virginia Aquaplex (posted at the pool) may be removed from the meet and required to leave the facility. • Two (2) timers will be required for each lane during the entire meet. Each timer will operate a Colorado Time System button and a stopwatch. One timer will record the times from the stopwatches. Official times will be determined in accordance with USA Swimming Rules. • All 50 meter, 100 meter, and relay events will use Colorado Time System touchpads in addition to the above mentioned timers. • SwimTopia Mobile App: Will be used to publish results after each event. • Concessions: Concessions will be available for sale inside the Aquaplex. • T-shirts: Pre-ordered commemorative t-shirts will be available for pickup on-site. • First Aid: See Lifeguard for assistance.

	• Every effort will be made to run the meet on the scheduled date. • Each team shall complete the Invitational Entry Summary and submit it to the GPSA Treasurer at meet check-in. (https://tools.gpsaswimming.org/entry-summary)
FACILITY RULES:	• Please obey all posted signs. • NO outside food or beverages are permitted in the facility. Concessions food is allowed on the pool deck and in the above deck seating area. Please help us keep this beautiful facility clean by using the trash receptacles provided. • NO glass, chewing gum, outside food, coolers (excluding for medical use), personal chairs, shaving, running or horseplay, smoking, or pets are allowed in the facility. • NO alcohol permitted in the facility. • NO spectators/parents will be allowed on the pool deck unless working the meet. • NO Lawn/deck chairs are permitted in the grandstand. • NO tape is allowed to be used to hang any banners or signs without coordination with the Meet Director. • Operation of a drone, or any other flying apparatus, is prohibited inside the Hampton Aquaplex without written approval. • Park only in designated parking spaces. Parking next to a curb in the Aquaplex parking lot could result in ticketing and/or towing of the vehicle.
DIRECTIONS:	Hampton Virginia Aquaplex - 1908 Coliseum Drive Hampton, VA 23666 From I-64 take exit 263 US-258 North toward Coliseum. Turn right onto Coliseum Dr. Hampton Virginia Aquaplex will be ahead on your left.

Order of Events

BOYS	EVENT	GIRLS
1	9-10 100M IM	2
3	11-12 100M IM	4
5	13-14 100M IM	6
7	15-18 100M IM	8
20-minute break		
9	6&U 25M Free	10
11	7-8 25M Free	12
13	9-10 50M Free	14
15	11-12 50M Free	16
17	13-14 50M Free	18
19	15-18 50M Free	20
20-minute break		
21	8&U 25M Breast	22
23	9-10 50M Breast	24
25	11-12 50M Breast	26
27	13-14 50M Breast	28
29	15-18 50M Breast	30
20-minute break		
31	6&U 25M Back	32
33	7-8 25M Back	34
35	9-10 50M Back	36
37	11-12 50M Back	38
39	13-14 50M Back	40
41	15-18 50M Back	42
20-minute break		
43	8&U 25M Butterfly	44
45	9-10 50M Butterfly	46
47	11-12 50M Butterfly	48

49	13-14 50M Butterfly	50
51	15-18 50M Butterfly	52
20-minute break		
53	Open 200M Medley Relay	54
55	Open 200M Free Relay	56