



**2015 VSI REGIONAL SUMMER AWARDS**  
**July 10-12, 2015**  
**SANCTION NO. VS-15-XX**

Hosted by  
**Team Name**  
**(or Logo)**

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-15-XX</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., and _____ (venue) 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.</li> </ul>
<b>LOCATION:</b>	Facility Name, address, phone number
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Course, length of pool, <b>depth of pool (new requirement – must be included)</b> number of lanes, with non-turbulent lane lines, and special pool characteristics. Timing system. Indoor or outdoor.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4) The copy of such certification is on file with USA Swimming  <p align="center"><b>OR</b></p> </li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)</li> </ul>
<b>MEET DIRECTORS:</b>	Name Email phone
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams: <ul style="list-style-type: none"> <li><b>CGBD, OBX, NSU, ODAC, SEVA, EF, TIDE, TAC, TCAC, VYAC, WAC</b></li> <li>OR</li> <li><b>BAC, DC, NOVA, PSDN, RACE, RAYS, QSTS</b></li> <li>OR</li> <li><b>ACST, BASS, BRAC, CAST, CCA, CYAC, FUAC, GATR, GRTD, HA, HOKI, LASO, LY, QDD, PWSC, RAPP, RPST, SCAT, SMAC, STAT, STLH, STRM, TSU, VAST, VSTP, WST, YMST, YRVS</b></li> </ul> </li> <li>The qualifying period for this meet is January 1, 2014 through July 9, 2015.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li><b>8 and younger swimmers may compete in any 8 and under event regardless of their time. 8 and younger swimmers may compete in any 10 and under event in which they have a time that is slower than the age group championship qualifying time.</b></li> <li><b>14 and younger swimmers may compete in any event in which they have a time that is slower than the age group championship qualifying time.</b></li> <li><b>15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time.</b></li> <li>Age on July 10, 2015 will determine age for the entire meet.</li> <li>10 &amp; 12 year old swimmers aging up from July 10 to July 23, 2015, and 14 year old swimmers aging up from July 10 to July 16, 2015, with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> <li>Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event.</li> <li>Any 14 year swimmer who does not qualify for Senior Champs may enter the event</li> <li>10, 12, &amp; 14 year old swimmers aging up between championships will be seeded correctly by time, however will swim exhibition only, and will not be eligible to receive an award.</li> </ul> </li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>

<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All Events will be timed finals.</li> <li>12 and younger swimmers will swim in the morning sessions</li> <li>13 and older swimmers will swim in the afternoon sessions</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li><b>Morning sessions: Warm-ups at _____; competition starts at _____.</b></li> <li><b>Afternoon sessions: Warm-ups not before _____; competition starts not before _____.</b></li> <li>Distance session (800 Free): The pool will be opened for 15 min. of open warm-ups immediately following the finish of the afternoon session with competition starting 5 min. thereafter. <ul style="list-style-type: none"> <li>The approximate start time for the distance sessions will be posted on the _____ website, no later than Tuesday, July 7, 2015, and will also be emailed to the contact person of the participating clubs.</li> <li>The distance session will start no earlier than the estimated times.</li> </ul> </li> <li>Lane assignment and warm-up times for individual clubs will be posted on the _____ website, no later than Tuesday, July 7, 2015 and will also be emailed to the contact person of the participating clubs.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 30, 2015.</b></p> <ul style="list-style-type: none"> <li><b>Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards</b> using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>Teams submit entries via e-mail.</li> <li>A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li><b>Swimmer may enter a maximum of 9 individual events, no more than 3 per day.</b></li> <li>“No Time” (NT) entries will be accepted.</li> <li>The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>Proof of Entry time, if requested, must be provided to the Age Group Chair within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed.</li> <li>Email entries to: _____ (name and email address)</li> <li><b>Late entries will be accepted.</b> All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$ Relay events: \$ Swimmer surcharge: \$ per person (entered in the meet in any capacity)</p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> <li><b>Checks should be made payable to: _____ (Host Team Name)</b></li> <li><b>Mail payment to: _____ (Name &amp; address)</b></li> <li><b>Payment must be received by July 8, 2015 for all entries.</b> Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li><b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events will be scored and awarded medals 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 16<sup>th</sup> place.</li> <li>13 &amp; over events will be awarded as 13-14 and 15 &amp; over.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except the 400 and 800 freestyles, and the 400 IM's will be pre-seeded.</li> <li><b>The above events will require a positive check-in to swim.</b></li> </ul>

	<ul style="list-style-type: none"> <li>• Positive check-in will close at _____ Friday, for event #17-18.</li> <li>• Positive check-in will close at _____ Friday, for event #25-26.</li> <li>• Positive check-in will close at _____ Saturday, for event #47-48.</li> <li>• Positive check-in will close at _____ Saturday, for event #57-58.</li> <li>• Positive check-in will close at _____ Sunday, for events #87-88.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>Events 87 &amp; 88 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.</b></li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.</b></li> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>• If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>• <b>A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.</b></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Any swimmer entered in the meet must be dive certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• The overhead start procedure will be used for the _____ sessions, and may be used for the _____ sessions at the discretion of the Referee.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>• In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Name:</b>  <b>Email:</b>  <b>Phone:</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: _____ (name, phone, &amp; email) <b>no later than Tuesday, July 7, 2015.</b></li> <li>• There will be an officials' meeting approximately 1 hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the _____ website, no later than Tuesday, July 7, 2015, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer / Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers / spectators.</li> </ul>

	<ul style="list-style-type: none"> <li>• Deck Access:</li> <li>• Team Areas</li> <li>• Spectator Seating:</li> <li>• Team Banners: .</li> <li>• Programs: .</li> <li>• Snack Bar:</li> <li>• Swim Supplies:</li> <li>• First Aid:</li> <li>• Lost and Found:</li> <li>• Hospitality:</li> </ul>
<b>FACILITY RULES:</b>	•
<b>DIRECTIONS:</b>	•
<b>HOTELS:</b>	

# VSI SUMMER AWARDS ORDER OF EVENTS

Friday, July 10, 2015

## Morning Session

Warm Up:

Start:

Event #

1&2	11-12 200m Backstroke
3&4	9-10 50m Breaststroke
5&6	11-12 50m Breaststroke
7&8	8 & U 50m Breaststroke
9&10	11-12 200m Freestyle
11&12	10 & U 200m Freestyle
13&14	11-12 100m Butterfly
15&16	10 & U 100m Butterfly
17&18	11-12 400m Individual Medley

## Afternoon Session

Warm Up:

Start:

Event#

19&20	13 & O 200m Freestyle
21&22	13 & O 100m Breaststroke
23&24	13 & O 100m Butterfly
25&26	13 & O 400m Individual Medley

Saturday, July 11, 2015

## Morning Session

Warm Up:

Start:

Event #

27&28	11-12 200m Butterfly
29&30	8 & U 50m Freestyle
31&32	9-10 50m Freestyle
33&34	11-12 50m Freestyle
35&36	10 & U 100m Breaststroke
37&38	11-12 100m Breaststroke
39&40	8 & U 50m Backstroke
41&42	9-10 50m Backstroke
43&44	11-12 50m Backstroke
45&46	10 & U 400m Freestyle
47&48	11-12 400m Freestyle

## Afternoon Session

Warm Up:

Start:

Event #

49&50	13 & O 200m Butterfly
51&52	13 & O 50m Freestyle
53&54	13 & O 200m Breaststroke
55&56	13 & O 100m Backstroke
57&58	13 & O 400m Freestyle

Sunday, July 12, 2015

## Morning Session

Warm Up:

Start:

Event #

59&60	11-12 200m Breaststroke
61&62	10 & U 100m Backstroke
63&64	11-12 100m Backstroke
65&66	8 & U 100m Freestyle
67&68	9-10 100m Freestyle
69&70	11-12 100m Freestyle
71&72	8 & U 50m Butterfly
73&74	9-10 50m Butterfly
75&76	11-12 50m Butterfly
77&78	10 & U 200m Individual Medley
79&80	11-12 200m Individual Medley

## Afternoon Session

Warm Up:

Start:

Event #

81&82	13 & O 200m Backstroke
83&84	13 & O 100m Freestyle
85&86	13 & O 200m Individual Medley
87&88	13 & O 800m Freestyle