



**POSEIDON CLASSIC**  
**BB+ Meet**  
**May 7-10, 2015**  
**SANCTION NO. VS-15-85**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-15-85</b></li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Poseidon and Collegiate School Aquatics Center 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>	Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234
<b>FACILITY:</b>	<b>Competition Pool:</b> <ul style="list-style-type: none"><li>• Indoor 8 lane 50 meter x 25 yard pool, has 9 ft. wide lanes with non-turbulent lane lines. Pool depth of 7'7" at the sides and 8'2" in the center. Competition course is swum bulkhead to bulkhead.</li><li>• Omega starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used.</li><li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li></ul> <b>Instructional Pool:</b> <ul style="list-style-type: none"><li>• Indoor 6 lane 25 yard pool for continuous warm-up/warm-down</li></ul>
<b>MEET DIRECTOR:</b>	Name: Amy Bollinger Email: <a href="mailto:admin@poseidonswimming.com">admin@poseidonswimming.com</a> Phone: (804) 447-2487
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes. All athletes must be registered members of USA Swimming before the first day of the meet. Teams will be limited to 150 swimmers, excluding the host team.</li><li>• No on-deck USA Swimming/Virginia Swimming athlete registration will be permitted.</li><li>• All 13 &amp; older swimmers must have a "BB" time or faster for each event entered. Swimmers entered into senior events must have the 15-16 "BB" time in each senior event entered</li><li>• All 12 &amp; younger swimmers must have BB times or faster in each event entered.</li><li>• 2013-2016 NAG time standards are in effect.</li><li>• Age on May 7, 2015 will determine age for the entire meet.</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>• Thursday Evening session 13-14 and Senior 800 freestyle timed final.</li><li>• All 12 &amp; younger swimmers will swim timed finals in the afternoons Friday and Saturday</li><li>• All 13 &amp; older swimmers will swim a preliminary session in the morning Friday and Saturday. The top 16 swimmers in 13-14 and Senior age groups will swim the finals session Friday and Saturday evening.</li><li>• Sunday morning session 13-14 and senior 1500 freestyle timed final.</li><li>• Sunday mid-day session, 10 &amp; Under, 11-12, 13-14 and Senior timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Thursday Evening session: General warm-ups start at 5:00 PM; competition starts at 6:00 PM.</li><li>• Friday and Saturday morning sessions: General warm-ups start at 6:30-7:25 am, specific start at 7:25-7:50 AM lanes 1 &amp; 8 pace and 2 &amp; 7 sprint; competition starts at 8:00 AM.</li><li>• Friday and Saturday afternoon sessions: Assigned warm-ups start not before 12:30 PM; competition starts not before 1:30 PM.</li><li>• Friday and Saturday Final sessions: General warm-ups start not before 5:00 PM, specific start</li></ul>

	<p>at 5:30 PM; competition starts at 6:00 PM.</p> <ul style="list-style-type: none"> <li>• Sunday morning distance session: General warm-ups start at 7:00 AM, pace lanes will be assigned as needed. Competition starts at 8:00 AM.</li> <li>• Sunday mid-day session: Assigned warm-ups start not before 11:00 AM; competition starts not before 12:00 PM.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than May 5, 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, APRIL 30, 2015.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries via email.</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• “No Time” (NT) entries Coaches Times (CT) will not be accepted.</li> <li>• Swimmers may enter a maximum of 3 events per day, Friday, Saturday and Sunday.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding.</li> <li>• Email entries to: Marla Shreve, <a href="mailto:entries@poseidonswimming.com">entries@poseidonswimming.com</a></li> <li>• Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms</li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Poseidon Swimming</li> <li>• Mail payment to: 5050 Ridgedale Parkway Richmond, VA 23234</li> <li>• Payment must be received by May 6, 2015 for entries. 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: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> <li>○ 13 and over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>○ 12 and under events will be given separate awards for 11-12 and 10 &amp; Under age groups.</li> <li>○ 10 &amp; under events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All 13 &amp; Older events will be deck seeded and will require that team scratch sheets be turned in to the admin table 1 hour prior to the start of the session.</li> <li>• <b>Entrants in Thursday’s 800 free and Sunday’s 1500 meter free events must confirm their intention to compete in that event by positive check-in before 5:15 PM Thursday and 11:00 AM on Saturday, respectively.</b></li> <li>• The 13-14 and Senior age groups in the 800 meter freestyle and the 1500 meter freestyle events will be seeded according to time and gender and will be swum fastest to slowest alternating women and men.</li> <li>• The 1500 meter freestyle will be limited to 2 heats each of 13-14 women and men and 2 heats each of senior women and men.</li> </ul>

	<ul style="list-style-type: none"> <li>○ The 16 swimmers in each age group with the fastest entry times will be accepted. We will make complete heats should an age group not have 16 swimmers.</li> <li>○ For example, if there are only twelve 13-14 women entered and there are more than 16 senior women, we will allow 4 additional senior women to swim to complete the heat.</li> <li>● The 400 meter freestyle events will be limited to 4 heats each of 12 &amp; Y, 13-14 women and men and 15 &amp; Older women and men; for a total of 32 swimmers per event.</li> <li>● The 400 meter IM will be limited to 6 heats each of 13-14 and 15 &amp; O women and men.</li> <li>● Deck seeding will be done using meet manager. Heat sheets will be provided to coaches and officials and posted poolside for spectators.</li> <li>● All 12&amp;U events will be pre-seeded, <b>with the exception of the 400 free, events 63 &amp; 64 and Sunday's events which will be deck seeded. Positive check-in for these events closes 1 hour prior to the start of the session.</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> </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 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>● Chases starts may be used in lieu of overhead starts for all sessions.</li> <li>● The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation).</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 with valid USA Swimming credentials but 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: Bryan Wallin</b>  <b>Email: <a href="mailto:thewallin5@comcast.net">thewallin5@comcast.net</a></b>  <b>Phone: 804-389-2438</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 chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Georgia Coopersmith, Email:<a href="mailto:georgia.coopersmith@comcast.net">georgia.coopersmith@comcast.net</a> no later than May 3, 2015.</li> <li>● Officials will meet one hour prior to the start of each session.</li> </ul>
	Virginia Swimming Meet Safety 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</li> </ul>

	<p>entered in each session.</p> <ul style="list-style-type: none"> <li>Swimmers will need to provide their own timer for the 800 free and 1500 free events.</li> <li>The number of timers required per club and their lane assignments will be posted on the Poseidon no later than Monday, May 4, 2015, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>																								
<b>SCRATCHES:</b>	<ul style="list-style-type: none"> <li>Scratches for preliminaries, Friday and Saturday, and timed finals on Sunday are to be reported to the admin table by using the scratch sheets provided to each team in the team packet. The scratch sheets shall be turned in to the admin table 1 hour prior to the meet start. Scratch sheets for Friday and Saturday prelims must be turned in by 7:00 AM. Scratch sheets for Sunday's afternoon session must be turned in by 11:00 AM.</li> <li><b>All scratch sheets must be turned in from all teams, whether or not you have scratches. Please write "No Scratches" across the top if you have none.</b></li> </ul> <table border="1"> <thead> <tr> <th>Session</th> <th>Procedure</th> <th>When</th> </tr> </thead> <tbody> <tr> <td>Thursday, 800 M free</td> <td>Positive check in</td> <td>By 5:15 PM Thursday</td> </tr> <tr> <td>Friday Prelims</td> <td>Scratch sheets</td> <td>By 7:00 AM Friday</td> </tr> <tr> <td>Friday Afternoon</td> <td>Pre-seeded</td> <td></td> </tr> <tr> <td>Saturday Prelims</td> <td>Scratch sheets</td> <td>By 7:00 AM Saturday</td> </tr> <tr> <td>Saturday Afternoon</td> <td>Pre-seeded, except for 63 &amp; 64 positive check-in</td> <td>By 1:00 PM Saturday</td> </tr> <tr> <td>Sunday 1500 M free</td> <td>Positive check in</td> <td>By 11:00 AM Saturday</td> </tr> <tr> <td>Sunday Afternoon</td> <td>Scratch sheets</td> <td>By 11:00 AM Sunday</td> </tr> </tbody> </table>	Session	Procedure	When	Thursday, 800 M free	Positive check in	By 5:15 PM Thursday	Friday Prelims	Scratch sheets	By 7:00 AM Friday	Friday Afternoon	Pre-seeded		Saturday Prelims	Scratch sheets	By 7:00 AM Saturday	Saturday Afternoon	Pre-seeded, except for 63 & 64 positive check-in	By 1:00 PM Saturday	Sunday 1500 M free	Positive check in	By 11:00 AM Saturday	Sunday Afternoon	Scratch sheets	By 11:00 AM Sunday
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<b>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>Meet programs:</b> Programs will be sold for \$10 and will include coupons for prelims and finals heat sheets. Without program purchase heat sheets will cost \$2.00 per session.</li> <li><b>Concession:</b> Food and drink will be available during the meet featuring products by Martin's, Coca-Cola and Ukrop's Homestyle Foods. Concessions will open for warm-ups and during competition each day. It may close 1 hour prior to the estimated end time of the meet each day.</li> <li><b>Hospitality:</b> <ul style="list-style-type: none"> <li>Refreshments and light dinner will be provided on Thursday.</li> <li>A light breakfast will be provided Friday, Saturday and Sunday.</li> <li>Lunch and a light dinner will be provided to coaches and officials Friday and Saturday. On Sunday, a light breakfast and brunch will be provided.</li> <li>Hospitality will available when warm-ups start and may close one hour prior to the end of the meet each day.</li> </ul> </li> <li>If necessary, overflow parking will be available at Martin's behind the aquatic center.</li> </ul>																								
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>No glass containers of any kind are permitted in the facility.</li> <li>No spectators/parents will be allowed on deck unless working the meet.</li> <li>No smoking is allowed on the campus.</li> <li>Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility.</li> </ul>																								
<b>DIRECTIONS:</b>	Go to <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> for directions.																								
<b>HOTELS:</b>	Hotel information is available at <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> , "Meets/Events", "Visitor Hotel Info".																								

## SCHEDULE OF EVENTS

**Thursday Evening, May 7, 2015**

**13-14 and Senior Timed Finals**

**Warm-ups: 5:00 to 5:50 pm, Meet Starts: 6:00 pm**

<u>Women</u>	<u>Event</u>	<u>Men</u>
1	13-14 800 m Free	2
3	Senior 800 m Free	4

\*For events 1-4, all women will be seeded together, and all men will be seeded together, by time, swimming in alternating heats of women and men, fastest to slowest.  
13-14 and Senior women and men will be awarded separately.

**Friday Morning, May 8, 2015**

**13-14 and Senior Preliminary Events**

**Warm-ups: 6:30 to 7:25 am - general; 7:25 to 7:50 am - specific**

**Lanes 1, 8 pace, Lane 2, 7 sprint, more sprint lanes will be added as necessary**

**Meet Starts: 8:00 am**

<u>Women</u>	<u>Event</u>	<u>Men</u>
5	13-14 400 m Free*	6
7	Senior 400 m Free*	8
9	13-14 100 m Breast	10
11	Senior 100 m Breast	12
13	13-14 200 m Back	14
15	Senior 200 m Back	16
17	13-14 100 m Free	18
19	Senior 100 m Free	20
21	13-14 200 m Fly	22
23	Senior 200 m Fly	24

\*The 400 freestyle is limited to 4 heats of women and 4 heats of men per event.

**Friday Afternoon, May 8, 2015**

**10 & Younger, 11-12 Timed Finals**

**Warm-ups: not before 12:30pm; Meet Starts: not before 1:30pm**

<u>Women</u>	<u>Events</u>	<u>Men</u>
25	10 & Y 50 m Free	26
27	11-12 50 m Free	28
29	10 & Y 200 m IM	30
31	11-12 200 m IM	32
33	10 & Y 100 m Back	34
35	11-12 100 m Back	36
37	10 & Y 50 m Fly	38
39	11-12 50 m Fly	40
41	11-12 200 m fly	42

**Friday Evening, May 8, 2015**

**13-14 and Senior Consols and Finals Events**

**Warm-ups: not before 5:00 to 5:30 pm – general, not before 5:30 to 5:45 pm - specific;**

**Meet Starts: not before 6:00 pm**

**Events 3-22 Consols and Finals**

**Saturday Morning, May 9, 2015**  
**13-14 and Senior Preliminary Events**  
**Warm-ups: 6:30 to 7:25 am - general, 7:25 to 7:50 am - specific**  
**Lanes 1,8 pace; Lanes 2, 7 sprint, more sprint lanes will be added as necessary**  
**Meet Starts: 8:00 am**

<b>Women</b>	<b>Events</b>	<b>Men</b>
43	13-14 200 m Free	44
45	Senior 200 m Free	46
47	13-14 100 m Back	48
49	Senior 100 m Back	50
51	13-14 200 m Breast	52
53	Senior 200 m Breast	54
55	13-14 100 m Fly	56
57	Senior 100 m Fly	58
59	13-14 200 m IM	60
61	Senior 200 m IM	62

**Saturday Afternoon, May 9, 2015**  
**10 & U, 11-12 Timed Finals Events**  
**Warm-ups: not before 12:30pm; Meet Starts: not before 1:30pm**

<b>Women</b>	<b>Events</b>	<b>Men</b>
63	12 and Younger 400 m Free***	64
65	10 & Y 50 m Breast	66
67	11-12 50 m Breast	68
69	11-12 200 m Breast	70
71	10 & Y 100 m Fly	72
73	11-12 100 m Fly	74
75	10 & Y 100 m Free	76
77	11-12 100 m Free	78
79	10 & Y 50 m Back	80
81	11-12 50 m Back	82

\*\*\*limited to 4 heats per event

**Saturday Evening, May 9, 2015**  
**13-14 and Senior Consols and Finals Events**  
**Warm-ups: not before 5:00 to 5:30 pm - general, not before 5:30 to 5:45 pm - specific;**  
**Meet Starts: not before 6:00 pm**  
**Events 41-60, Consols and Finals**

**Sunday Morning, May 10, 2015**

**13-14 and Senior 1500 Events**

**Warm-ups: 7:00 to 7:50 am - general, pace lanes will be assigned if needed**

**Meet Starts: 8:00 am**

<b>Women</b>	<b>Events</b>	<b>Men</b>
83	13-14 1500 m Free +#	84
85	Senior 1500 m Free	86

+All women 13 & older will be seeded together, and all 13 & older men will be seeded together, swimming alternating heats of women and men, fastest to slowest. 13-14 and Senior Women and Men will be awarded separately.  
# limited to 2 heats of 13-14 women and 2 of 15 & older women; and 2 heats of 13-14 men and 2 heats of 15 & older men.  
Complete heats will be made.

**Sunday Afternoon, May 10, 2015**

**Age Group and Senior Timed Finals Events**

**Warm-ups: not before 11am; Meet Starts: not before 12:00 pm**

<b>Women</b>	<b>Events</b>	<b>Men</b>
87	13-14 50 m Free	88
89	Senior 50 m Free	90
91	11-12 200 Back	92
93	13-14 400 m IM**	94
95	Senior 400 m IM**	96
97	10 & Y 100 m Breast	98
99	11-12 100 m Breast	100
101	10 & Y 200 m Free	102
103	11-12 200 m Free	104

\*\* limited to 6 heats per event