



POSEIDON CLASSIC
A+ Meet
May 10-13, 2012
SANCTION NO. VS-12-69



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-69USA 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.
LOCATION:	Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234
FACILITY:	<p>Competition Pool:</p> <ul style="list-style-type: none">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.Omega starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). <p>Instructional Pool:</p> <ul style="list-style-type: none">Indoor 6 lane 25 yard pool for continuous warm-up/warm-down
MEET DIRECTOR:	Name: Maria and Joe Maltby Email: mariamaltby@comcast.net Phone: 804-727-7238
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes and other invited members of USA Swimming. Athletes must be registered by the first day of the meet.No on-deck USA Swimming/Virginia Swimming athlete registration will be permitted.All swimmers, except the host team, must have an "A" time or faster for each event entered. Swimmers entered into senior events must have the 15-16 "A" time in each senior event entered. Poseidon swimmers may enter any event regardless of time classification.2009-2012 NAG time standards are in effect.Age on May 10, 2012 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none">Thursday Evening session 13-14 and Senior 800 freestyle timed final.All 12 & younger swimmers will swim timed finals in the afternoons Friday and SaturdayAll 13 & 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.Sunday morning session 13-14 and Senior 1500 freestyle timed final.Sunday mid-day session, 10 & Under, 11-12, 13-14 and Senior timed finals
WARM-UP:	<ul style="list-style-type: none">Thursday Evening session: General warm-ups start at 5:00 pm; competition starts at 6:00 pmFriday and Saturday morning sessions: General warm-ups start at 6:45 am, specific start at 7:45 am; competition starts at 8:30 amFriday and Saturday afternoon sessions: Assigned warm-ups start at 1:00 pm; competition starts at 2:00 pmFriday and Saturday Final sessions: General warm-ups start at 5:00 pm, specific start at 5:30 pm; competition starts at 6:00 pmSunday morning distance session: General warm-ups start at 7:30 am, pace lanes will be assigned as needed. Competition starts at 8:30 am

	<ul style="list-style-type: none"> • Sunday mid-day session: Assigned warm-ups start at 11:30 pm; competition starts at 12:30 pm • Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than May 8, 2012 and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. • Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams will be notified not later than Monday, May 7, 2012
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, MAY 3, 2012.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams may submit entries via email. • 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. • Coach Times (CT) will be accepted for events in which a Poseidon swimmer does not have a time of record. CT may not exceed a "BB" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • "No Time" (NT) entries will not be accepted. • Swimmers may enter a maximum of 3 events, Friday, Saturday and Sunday. Swimmers closed out of the 13-14 and Senior 400 Freestyle Friday may choose an alternate event that day on the form provided mailed or emailed. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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. • Email entries to: Marla Shreve, admin@poseidonswimming.com • IMPORTANT: If entries are 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. • 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
FEES:	<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"> • Checks should be made payable to: Poseidon Swimming • Mail payment to: 5050 Ridgedale Parkway Richmond, VA 23234 • Payment must be received by May 9, 2012 for entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 and over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 12 and under events will be given separate awards for 11-12 and 13-14 age groups. ○ 10 & under events will be given separate awards for 9-10 and 8 & Under age groups. • Individual high point awards will be given to the highest scoring girl and boy in the 10 & U, 11-12, 13-14, and 15 and over age groups.
SEEDING:	<ul style="list-style-type: none"> • 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. • 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. 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 • Entrants for the 1500 meter free events must confirm their intention to compete in that

event by positive check in and must do so before 11:00 AM on Saturday morning.

- The 400 meter free will be limited to 4 heats each of 13-14 women and men and 15 & Older women and men; for a total of 32 swimmers per event. Swimmers closed out of the 400 free may enter an alternate event if submitted by the entry deadline on the Alternate Entry Form.
- All 13-14 and Senior events will be deck seeded. 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.
- Deck seeding will be done using meet manager. Heat sheets will be provided to coaches and officials and posted poolside for spectators.
- All 12 and Younger events will be pre-seeded, **with the exception of Sunday's events which will be deck seeded.**

SCRATCHES:

- Scratches for preliminaries, Friday and Saturday, and timed finals on Sunday are to be reported to Recorder by using the scratch sheets provided to each team in the team packet.
- The scratch sheets shall be turned in to the recorder 1 hour prior to the meet start. Scratch sheets for Friday and Saturday prelims must be turned in by 7:30 AM. Scratch sheets for Sunday's afternoon session must be turned in by 11:30 AM.
- 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.**

Session	Procedure	When
Thursday, 800 M free	Positive check in	By 5:15 PM Thursday
Friday Prelims	Scratch sheets	By 7:30 AM Friday
Friday Afternoon	Pre-seeded	
Saturday Prelims	Scratch sheets	By 7:30 AM Saturday
Saturday Afternoon	Pre-seeded	
Sunday 1500 M free	Positive check in	By 11:00 AM Saturday
Sunday Afternoon	Scratch sheets	By 11:30 AM Sunday

- Scratches for consolation finals and finals for 13-14 and Senior swimmers will be governed by the scratch procedures for USA-S Championship meets - Article 207.11.6, D&E of the USA Swimming, 2012 Rulebook.

PENALTIES:

Penalties for entries using fraudulent and/or non-verifiable entry times:

- Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.**
- 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.**
- Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.**
- 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.

RULES:

- The current USA Swimming Rules and Regulations will apply.
- All swimmers participating in the meet must be dive certified.
 - Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water.
 - Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.
- The overhead start procedure will be used for the all sessions.
- 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 not permitted.
- 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
 - Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director
 - Coaches with expired or non-current credentials will be required to leave the deck area.

OFFICIALS: Meet Referee: Pat Donohue
Email: usdonohues@aol.com

	<p style="text-align: center;">Phone: (840) 740-5553</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Bill Ross, williamross122@comcast.net, no later than May 6, 2012. • Officials will meet one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the Poseidon no later than Monday, May 7, 2012, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Meet programs: Programs will be sold for \$10 and will include coupons for finals heat sheets. Without a coupon finals heat sheets will cost \$2.00. • Concession: 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 will close 1 hour prior to the estimated end time of the meet each day. • Hospitality: <ul style="list-style-type: none"> ○ A light breakfast will be provided Friday, Saturday and Sunday. ○ 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. ○ Hospitality will available when warm-ups start and close one hour prior to the end of the meet each day. • Disco Sports will be the meet vendor. • If necessary, overflow parking will be available at Martin's behind the aquatic center.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus • Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility.
DIRECTIONS:	Go to www.poseidonswimming.com for directions.
HOTELS:	Hotel information is available on our website under "Upcoming Events."

SCHEDULE OF EVENTS

Thursday Evening, May 10, 2012

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 and Senior 800 m Free*	2

*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 11, 2012

13-14 and Senior Preliminary Events

Warm-ups: 6:45 to 7:45 am - general; 7:45 to 8:15 am - specific

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

Meet Starts: 8:30 am

<u>Women</u>	<u>Event</u>	<u>Men</u>
3	13-14 400 m Free*	4
5	Senior 400 m Free*	6
7	13-14 100 m Breast	8
9	Senior 100 m Breast	10
11	13-14 200 m Back	12
13	Senior 200 m Back	14
15	13-14 100 m Free	16
17	Senior 100 m Free	18
19	13-14 200 m Fly	20
21	Senior 200 m Fly	22

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

Friday Afternoon, May 11, 2012

10 & Younger, 11-12 Timed Finals

Warm-ups: 1:00 to 1:50 pm ; Meet Starts: 2:00 pm

<u>Women</u>	<u>Events</u>	<u>Men</u>
23	10 & Y 50 m Free	24
25	11-12 50 m Free	26
27	10 & Y 200 m IM	28
29	11-12 200 m IM	30
31	10 & Y 100 m Back	32
33	11-12 100 m Back	34
35	10 & Y 50 m Fly	36
37	11-12 50 m Fly	38
39	11-12 200 m fly	40

Friday Evening, May 11, 2012

13-14 and Senior Consols and Finals Events

Warm-ups: 5:00 to 5:30 pm - general, 5:30 to 5:45 pm - specific; Meet Starts: 6:00 pm

Events 3-22 Consols and Finals

Saturday Morning, May 12, 2012
13-14 and Senior Preliminary Events
Warm-ups: 6:45 to 7:45 am - general, 7:45 to 8:15 am - specific
Lanes 1,8 pace; Lanes 2, 7 sprint, more sprint lanes will be added as necessary
Meet Starts: 8:30 am

Women	Events	Men
41	13-14 200 m Free	42
43	Senior 200 m Free	44
45	13-14 100 m Back	46
47	Senior 100 m Back	48
49	13-14 200 m Breast	50
51	Senior 200 m Breast	52
53	13-14 100 m Fly	54
55	Senior 100 m Fly	56
57	13-14 200 m IM	58
59	Senior 200 m IM	60

Saturday Afternoon, May 12, 2012
10 & U, 11-12 Timed Finals Events
Warm-ups: 1:00 to 1:50 pm; Meet Starts: 2:00 pm

Women	Events	Men
61	12 and Younger 400 m Free	62
63	10 & Y 50 m Breast	64
65	11-12 50 m Breast	66
67	11-12 200 m Breast	68
69	10 & Y 100 m Fly	70
71	11-12 100 m Fly	72
73	10 & Y 100 m Free	74
75	11-12 100 m Free	76
77	10 & Y 50 m Back	78
79	11-12 50 m Back	80

Saturday Evening, May 12, 2012
13-14 And Senior Consols and Finals Events
Warm-ups: 5:00 to 5:30 pm - general, 5:30 to 5:45 pm - specific; Meet Starts 6:00 pm

Events 41-60, Consols and Finals

Sunday Morning, May 13, 2012

13-14 and Senior 1500 Events

Warm-ups: 7:30 to 8:20 am - general, pace lanes will be assigned if needed

Meet Starts: 8:30 am

Women	Events	Men
81	13-14 and Senior 1500 m Free ^{*#}	82

* All women will be seeded together, and all 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 each of 13-14 women and men and 2 heats of senior women and men. Complete heats will be made.

Sunday Afternoon, May 13, 2012

Age Group and Senior Timed Finals Events

Warm-ups: 11:30 to 12:20 pm; Meet Starts: 12:30 pm

Women	Events	Men
83	11-12 200 m Back	84
85	13-14 400 m IM	86
87	Senior 400 m IM	88
89	10 & U 200 m Free	90
91	11-12 200 m Free	92
93	13-14 50 m Free	94
95	Senior 50 m Free	96
97	10 & U 100 m Breast	98
99	11-12 100 m Breast	100

ALTERNATE ENTRY FORM

Poseidon Classic
May 10-13, 2012
Sanction No. VS-12-69

This form is to allow swimmers closed out of the 13-14 and Senior 400 meter freestyle preliminary events an **alternate entry** during the Friday preliminary session.

Please send this with entries.

TEAM NAME _____ **TEAM CODE** _____

SWIMMER NAME	AGE	USS#	EVENT #, NAME	ENTRY TIME