



FRESH START INVITATIONAL
A/BB/B/C Meet
April 20-22, 2012
SANCTION NO. VS-12-67



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-67USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming 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:	Competition Pool: <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, a depth of 7'6" at the sides and 8'2" in the center.Omega starting blocks, CTS6 with Dolphin wireless stopwatches and 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). Instructional Pool: <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 USA Swimming athletes registered by the first day of the meet.No on-deck USA Swimming athlete registration will be permitted.Age on April 20, 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">All 12 & younger swimmers will swim in the morning sessions on Saturday and Sunday.All 13 & older swimmers will swim in the afternoon sessions on Saturday and Sunday.Friday's afternoon session will include 11-12 800 freestyle and 13 & older 1500 freestyle swum fastest to slowest.All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Friday distance session: Warm-ups at 4:00 PM; competition starts at 5:00 PM.Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AM.Afternoon sessions: Warm-ups not before 12:30 PM; competition starts not before 1:30 PM.Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Tuesday, April 17, 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, April 16, 2012.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, APRIL 12, 2012. <ul style="list-style-type: none">Entries must be submitted in SCY times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.Teams 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

	<p>of how they are submitted.</p> <ul style="list-style-type: none"> • Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a 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. • Swimmers may enter 1 event on Friday a maximum of 3 individual events per day Saturday and Sunday. • 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 • 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: 2050 Chartstone Drive Midlothian, VA 23113 • IMPORTANT: 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. • Payment must be received by April 17, 2012 for all 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. <ul style="list-style-type: none"> ○ 13 & Older events will be given separate awards for 13-14 and 15 & Over age groups. ○ 10 & Younger events will be given separate awards for 9-10 and 8 & Under age groups. ○ Heat winner ribbons will be awarded for all 10 & Under individual events.
SEEDING:	<ul style="list-style-type: none"> • All events of 400 m or more in distance will be deck seeded and require positive check-in. This includes event #'s 1-2 (11-12 800 free), 3-4 (1500 free), 17-18 (10 & younger 400 free), 19-20 (11-12 400 free), 51-52 (13-14 400 free), 53-54 (15 & O 400 free), 77,78 (11-12 400 IM) and 99-100 (13-14 400 IM) and 101-102 (15 & O 400 IM). For all other events, swimmers should report directly to the blocks for their events. • Only top 24 swimmers (3 heats) of each event 1-4 will be swum, fastest to slowest. • Positive check-in will close 30 minutes prior to the start of the session. • On Friday, positive check-in for events 1-4 will close at 4:30 PM. • On Saturday, positive check-in for events 17-20 will close at 7:30 AM and for events 51-54 at 1:45 PM. • On Sunday, positive check-in for events 77 and 78 will close at 7:30 AM and for events 99-102 at 1:30 PM. • If the morning runs late, check in times will be adjusted to 30 minutes prior to the start of the session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ 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. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms 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 <ul style="list-style-type: none"> ○ 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.
OFFICIALS:	<p>Meet Referee: Doug Drummond Email: dougbdrummond@gmail.com Phone: (804) 399-3859</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, Email: williamross122@comcast.net or Phone: (804) 379-3370 no later than Sunday April 15, 2012. • Officials meeting will be held 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 team website, www.poseidonswimming.com no later than April 16, 2012, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Hospitality will be provided for coaches and officials. • Food/drink concessions will feature products by Martin's, Coca-Cola and Ukrop's Homestyle Foods. • Swim shop will be on site and serviced by Disco Sports • Heat sheets will be sold for \$10 and include coupons for deck seeded heat sheets. • If necessary, overflow parking will be available at Martin's behind the aquatics center.
FACILITY RULES:	<ul style="list-style-type: none"> • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed on deck unless working the meet. • Workers will be required to wear a meet badge. • No glass containers will be allowed in the aquatics center. • 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 to the pool.
HOTELS:	Go to www.poseidonswimming.com , Upcoming Events" for hotel list.

ORDER OF EVENTS

Friday, April 20, 2012, Distance Session #1

Warm-up: 4:00 PM

Start: 5:00 PM

Girls	Events	Boys
1*	11-12 800 free	2*
3*	13 & O 1500 free	4*

*requires positive check-in for seeding, check-in closes 4:30 PM, top 3 heats swim, fastest to slowest

Saturday, April 21, 2012

Morning Session, #2 Warm-up: 7:00 AM; Start: 8:00 AM		
Girls	Events	Boys
5	10 & Y 200 free	6
7	11-12 200 free	8
9	10 & Y 100 breast	10
11	11-12 100 breast	12
13	10 & Y 50 back	14
15	11-12 200 back	16
17	10 & Y 400 free**	18
19	11-12 400 free	20
21	10 & Y 50 fly	22
23	11-12 50 fly	24
25	11-12 200 fly	26
27	10 & Y 100 free	28
29	11-12 100 free	30

** requires positive check-in for seeding, check-in closes 7:30 AM

Afternoon Session, #3 Warm-up: 12:30 PM Start: 1:30 PM (Times are approximate)		
Girls	Events	Boys
31	13-14 200 free	32
33	15 & O 200 free	34
35	13-14 200 breast	36
37	15 & O 200 breast	38
39	13-14 100 back	40
41	15 & O 100 back	42
43	13-14 100 fly	44
45	15 & O 100 fly	46
47	13-14 200 IM	48
49	15 & O 200 IM	50
51	13-14 400 free#	52
53	15 & O 400 free#	54

requires positive check-in for seeding, check-in closes 1:45 PM

Sunday, April 22, 2012

Morning Session, #4 Warm-up: 7:00 AM; Start: 8:00 AM		
Girls	Events	Boys
55	10 & Y 200 IM	56
57	11-12 200 IM	58
59	10 & Y 50 free	60
61	11-12 50 free	62
63	10 & Y 100 back	64
65	11-12 100 back	66
67	10 & Y 50 breast	68
69	11-12 50 breast	70
71	11-12 200 breast	72
73	10 & Y 100 fly	74
75	11-12 100 fly	76
77	11-12 400 IM**	78

** requires positive check-in for seeding, check-in closes 7:30 AM

Afternoon Session, #5 Warm-up: 12:30 PM Start: 1:30 PM (Times are approximate)		
Girls	Events	Boys
79	13-14 200 fly	80
81	15 & O 200 fly	82
83	13-14 50 free	84
85	15 & O 50 free	86
87	13-14 100 breast	88
89	15 & O 100 breast	90
91	13-14 200 back	92
93	15 & O 200 back	94
95	13-14 100 free	96
97	15 & O 100 free	98
99	13 -14 400 IM#	100
101	15 & O 400 IM#	102

requires positive check-in for seeding, check-in closes 1:30 PM