



RPST FALL INVITE
A/BB/B/C Mini Meet
November 12-13, 2011
SANCTION NO. VS-12-24



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-24• USA Swimming, Inc., Virginia Swimming, Inc., and St. Michael High School 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:	St. Michael High School, 6301 Campus Drive, Fredericksburg, VA 22407
FACILITY:	<ul style="list-style-type: none">• Eight Lane 25 yard indoor pool; 9 feet deep at the start end and 4 feet deep at the turn end of the pool; and Non-Turbulent Lane Markers• Colorado Automatic & Semi-Automatic Timing System. Dolphin Timing system with Dolphin watches. Two additional 20 yard lanes will be available for continuous warm-up and warm-down.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTOR:	Name: Ali Antinozzi Email: aantinozzi4@aol.com Phone: 540-220-6444
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 November 12, 2011 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 & Under swimmers will swim in the morning sessions.• All 13 & Older swimmers will swim in the afternoon sessions.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 am, competition starts at 8:10 am.• Afternoon sessions: Warm-ups not before 12 Noon, warm-ups will run for 1 hour. Competition will start 10 minutes after the completion of the final afternoon warm-up session.• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the Saturday morning and the Sunday afternoon sessions, with the distance session competition starting 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the Regency Park Swim Team's (www.swimrpst.org) website no later than Wednesday, November 9, 2011, 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 Wednesday, November 9, 2011.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 2, 2011.</p> <ul style="list-style-type: none">• Entries must be submitted in short course yards 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 of how they are submitted.• Coach Times (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

	<p>must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 4 individual event(s) and 1 relay event(s) per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • 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: Jill Rhyne, jill@jrhynes.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.
FEES:	<p>Individual events: \$4.25 Relay events: \$13.00 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: RPST, LLC • Mail payment to: RPST, LLC 6105 N Danford Street Fredericksburg, VA 22407 • Payment must be received by November 9, 2011 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 place <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 12 & Under events will be given separate awards for 11-12, 9-10 and 8 & Under age groups. • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded except event #21-22 (12&U 500 Free), 23-24 (13&O 400 IM) and 69-70 (13&O 500 Free) which will require a positive check-in to swim. • Positive check-in will close at 10:00 am on Saturday for event #21-22 (12&U 500 Free) • Positive check-in will close 30 minutes before the start of the afternoon session on Saturday for event #23-24 (13&O 400 IM) • Positive check-in will close at 3:00 pm on Sunday for event #69-70 (13&O 500 Free). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Event #21-22 (12&U 500 Free) and 69-70 (13&O 500 Free) will be swum fastest to slowest alternating heats of girls and boys.
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 for the all sessions at the discretion of the Referee. • Use of audio or visual recording devices, including cell phones, is not permitted in changing

	<p>areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</p> <ul style="list-style-type: none"> • 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 area.
OFFICIALS:	<p>Meet Referee: Jim Frye Email: jamfrye@comcast.net Phone: (540) 840-8947</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 Ali Antinozzi, Email: aantinozzi4@aol.com, no later than Monday, November 7, 2011. • Officials will meet in Hospitality one (1) hour before 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 Regency Park Swim Team's website no later than Wednesday, November 9, 2011, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	Information pertaining to but not limited to: Hospitality, concessions, heat sheets, swim shop, etc.
FACILITY RULES:	<ul style="list-style-type: none"> • Swimmers must enter and exit the pool through the locker rooms. Please bring your towel with you to dry off before heading back to the gym area. • Only drinks are allowed on the pool deck. No glass containers allowed. • Swimmers and spectators are not allowed to eat food in the pool area. • Teams are responsible for cleaning up their team area. • Coaches may only sit on the locker room side of the pool deck. • Coaches are responsible for the behavior of tier swimmers at all times. • No diving in the warm-up pool. • No parking in the fire lane. • No towels allowed to be placed over the blocks during competition.
DIRECTIONS:	From I-95 you will take exit 130/Rt 3 West. Travel approximately 3 miles and take a right turn at the intersection of Rt. 3 and 5 Mile Rd (Old Plank). Travel approximately ¼ mile and turn right onto Campus Drive.

**RPST A/BB/B/C Meet
ORDER OF EVENTS**

Saturday, November 12, 2011

Morning Session Warm-up: 7:00 am; Start: 8:10 am		
Girls	Events	Boys
1	12 & U 200 IM	2
3	8 & U 25 Free	4
5	12 & U 100 Free	6
7	12 & U 50 Breast	8
9	11-12 200 Breast	10
11	8 & U 25 Back	12
13	12 & U 50 Back	14
15	11-12 200 Back	16
17	12 & U 100 Fly	18
19	12 & U 200 Free Relay	20

Afternoon Session Warm-up: 12:00 noon; Start: 1:10 pm (Times are approximate)		
Girls	Events	Boys
23	13 & O 400 IM	24
25	13 & O 100 Back	26
27	13 & O 200 Fly	28
29	13 & O 100 Breast	30
31	13 & O 200 Free	32
33	13 & O 200 Medley Relay	34

Distance Session Warm-up: 15 min. immediately after am session		
21	12 & Under 500 Free	22

Sunday, November 13, 2011

Morning Session Warm-up: 7:00 am; Start: 8:10 am		
Girls	Events	Boys
35	12 & U 200 Free	36
37	8 & U 25 Breast	38
39	12 & U 100 Breast	40
41	12 & U 100 Back	42
43	8 & U 25 Fly	44
45	12 & U 50 Fly	46
47	11-12 200 Fly	48
49	12 & U 50 Free	50
51	12 & U 100 IM	52
53	12 & U 200 Medley Relay	54

Afternoon Session Warm-up: 12:00 noon; Start: 1:10 pm (Times are approximate)		
Girls	Events	Boys
55	13 & O 200 IM	56
57	13 & O 50 Free	58
59	13 & O 200 Back	60
61	13 & O 100 Fly	62
63	13 & O 200 Breast	64
65	13 & O 100 Free	66
67	13 & O 200 Free Relay	68

Events In Blue Require Positive Check-In

Distance Session Warm-up: 15 min immediately after pm session		
69	13 & O 500 Free	70