



**VAST FIRST OUT OF THE BLOCKS
KICK-OFF SPRINT MEET
A/BB/B/C Mini Meet
September 25, 2011
SANCTION NO. VS-12-02**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-02 USA Swimming, Inc., Virginia Swimming, Inc., and Savage Natatorium, James Madison University 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:	Savage Natatorium, James Madison University, Harrisonburg, Virginia
FACILITY:	<ul style="list-style-type: none">• 25 yard, 8 lane pool, 4 feet deep at the start end and 12 feet deep at the turn end with non-turbulent lane lines. Colorado timing system with an 8-line display board will be used with stopwatch timing as a back-up.• Bleacher seating is available on deck and the gym will be available for seating as well.• 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: Susan Kyger Email: stopgobber@aol.com Phone: (540) 434-5201
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 September 25, 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 10 and younger swimmers will swim on Sunday morning.• All 11 and older swimmers will swim on Sunday afternoon.• All events will be timed finals.• Depending on the number of entries, the meet director reserves the right to change the meet to a single session. Teams would be notified not later than Wednesday, September 21, 2011.
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 at will begin no earlier than 12:00 pm on Sunday; competition starts 10 minutes after the completion of warm-ups.• Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than Tuesday September 23, 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 would be notified not later than September 24, 2011.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, SEPTEMBER 15, 2011. <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 submit entries via e-mail• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and e-mail address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.

	<ul style="list-style-type: none"> • Coach's 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 a maximum of 4 individual events and 1 relay event per meet. • 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: Steve Phillips, Email: swimvast@gmail.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: \$4.00 Relay events: \$16.00 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: VAST. • Mail payment to: Steve Phillips 237 Harding Drive Broadway, VA 22815 • Payment must be received by September 22, 2011 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"> ○ 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. ○ 10 & Under 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. • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded • 10 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there. • Swimmers in the afternoon sessions should report directly to the blocks for their events.
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. • 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

	<p>will be issued temporary credentials by the meet director</p> <ul style="list-style-type: none"> ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Janet Sheffer Email: janetshef@comcast.net Phone: (540) 433-9519</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Janet Sheffer no later than September 21, 2011. • Officials will meet on the pool deck 45 minutes before the start of any 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 VAST website no later than September 21, 2011, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be sold for \$5.00. • Swimmers are not permitted in any room of the building not directly associated with the swim meet. • Concessions will be provided by ARAMARK (JMU Foodservice provider). • No swim shop will be available for this meet. • Hospitality: VAST will provide Hospitality for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day. • All results will be posted in the hallway near the spectator stands.
FACILITY RULES:	<ul style="list-style-type: none"> • All swimmers must shower before they enter the pool for warm-ups. • The gym and a viewing area above the pool will be available on the day of the meet. Some areas may be marked off limits. Please obey signs. • Access to the pool will be limited to swimmers, coaches, officials, staff and timers. • No smoking is permitted in the building. • No food or drink on the pool deck. • Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	<ul style="list-style-type: none"> • The Godwin pool facility is located on the campus of James Madison University. <ul style="list-style-type: none"> ○ From Interstate 81, take exit 245. Off the ramp, head west on Port Republic Road. At the next light, turn right on to the campus of JMU. ○ Go to the first traffic signal and turn left into the Godwin Hall parking lot. The pool is on the first floor and gym and seating area are on the second floor. ○ Additional parking will be available in the parking deck adjacent to the football stadium or as noted prior to the meet.
HOTELS:	<ul style="list-style-type: none"> • Courtyard Marriott; 1890 Evelyn Byrd Avenue, Harrisonburg, VA (540) 433-3031 about 5 minutes from the pool. • Days Inn at James Madison University; 1131 Forest Hills Road, Harrisonburg, VA (540) 433-9353, Continental breakfast, about 2 minutes from the pool. • Hampton Inn, 65 University Boulevard, Harrisonburg, VA (540) 432-1111, Continental breakfast, about 5 minutes from the pool.

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Savage Natatorium, Godwin Hall
James Madison University Campus**

ORDER OF EVENTS

Sunday, September 25, 2011

Morning Session Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 100 IM	2
3	8 & Under 25 Freestyle	4
5	9-10 100 Freestyle	6
7	10 & Under 50 Butterfly	8
9	8 & Under 25 Breaststroke	10
11	10 & Under 50 Freestyle	12
13	8 & Under 25 Backstroke	14
15	10 & Under 50 Breaststroke	16
17	8 & Under 25 Butterfly	18
19	10 & Under 50 Backstroke	20
21	8 & Under 100 Freestyle Relay	22
23	9-10 100 Freestyle Relay	24

Afternoon Session Warm-up: 12:00 PM; Start: 1:10 PM (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	11-12 100 Individual Medley	26
27	13 & Over 200 Individual Medley	28
29	11 & Over 50 Freestyle	30
31	11 & Over 100 Butterfly	32
33	11 & Over 50 Breaststroke	34
35	11 & Over 100 Freestyle	36
37	11 & Over 50 Backstroke	38
39	11 & Over 100 Breaststroke	40
41	11 & Over 50 Butterfly	42
43	11 & Over 100 Backstroke	44
45	13 & Over 200 Freestyle	46
47	11-12 200 Freestyle Relay	48
49	13-14 200 Freestyle Relay	50
51	15-18 200 Freestyle Relay	52