



POSEIDON CLASSIC
A+ Meet
May 8-11, 2014
SANCTION NO. VS-14-63



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-14-63USA 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 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: Jon Burton Email: admin@poseidonswimming.com Phone: (804) 447-2487
ELIGIBILITY:	<ul style="list-style-type: none">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.No on-deck USA Swimming/Virginia Swimming athlete registration will be permitted.All 13 & older swimmers 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 enteredAll 12 & younger swimmers must have BB times or faster in each event entered. 2013-2016 NAG time standards are in effect.Age on May 8, 2014 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 6:30-7:25 am, specific start at 7:25- 7:50 am lanes 1 & 8 pace and 2 & 7 sprint; competition starts at 8:00 amFriday and Saturday afternoon sessions: Assigned warm-ups start not before 12:30 pm; competition starts not before 1:30 pmFriday and Saturday Final sessions: General warm-ups start not before 5:00 pm, specific start at

	<p>5:30 pm; competition starts at 6:00 pm</p> <ul style="list-style-type: none"> • 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 • Sunday mid-day session: Assigned warm-ups start not before 11:00 pm; competition starts not before 12:00 pm. • Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than May 7, 2013 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.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, APRIL 29, 2014.</p> <ul style="list-style-type: none"> • 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. • 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. • “No Time” (NT) entries will not be accepted, nor will Coaches’Times. Times must be submitted in long course meters; converted times are acceptable. • Swimmers may enter a maximum of 3 events per day, Friday, 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, entries@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: 5050 Ridgedale Parkway Richmond, VA 23234 • Payment must be received by May 8, 2013 for entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • 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.
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 10 & Under age groups. ○ 10 & under events will be given separate awards for 9-10 and 8 & Under age groups.
SEEDING:	<ul style="list-style-type: none"> • All 13 & Older events, except the 1500 free, will be deck seeded and will require positive check-in 45 minutes prior to the start of the session. • Entrants for the 1500 meter free events must confirm their intention to compete in that event by positive check-in before 11:00 AM on Saturday. • 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. • 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

	<ul style="list-style-type: none"> ○ 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 ● The 400 meter freestyle events will be limited to 4 heats each of 12 & Y, 13-14 women and men and 15 & Older women and men; for a total of 32 swimmers per event. ● The 400 meter IM will be limited to 6 heats each of 13-14 and 15 & O 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&U events will be pre-seeded, with the exception of the 400 free, events 61 & 62 and Sunday's events which will be deck seeded. Positive check-in for these events closes 45 min. prior to the start of the session.
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 before 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. ● 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. ● Chases starts may be used in lieu of overhead starts for all sessions. ● 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). ● 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>. ● Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. ● 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: Bob Rustin Email: bob.a.rustin@usa.dupont.com Phone: (804) 387-8736</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 Ron Web, rmkwebb@verizon.net, no later than May 4, 2014. ● 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.

	<ul style="list-style-type: none"> Swimmers will need to provide their own timer for the 800 free and 1500 free events. The number of timers required per club and their lane assignments will be posted on the Poseidon no later than Monday, May 7, 2013, 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 prelims and finals heat sheets. Without program purchase heat sheets will cost \$2.00 per session. 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"> Refreshments and light dinner will be provided on Thursday 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 at www.poseidonswimming.com , "Meets/Events", "Visitor Hotel Info" or go directly to https://www.mmx2reservations.com/explorepsa/pc/SWIMRVA for reservation assistance.

SCHEDULE OF EVENTS

Thursday Evening, May 8, 2014

13-14 and Senior Timed Finals
Warm-ups: 5:00 to 5:50 pm, Meet Starts: 6:00 pm

Women	Event	Men
1	13 & Older 800 m free	2

*For events 1 & 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 9, 2014
13-14 and Senior Preliminary Events
Warm-ups: 6:30 to 7:25 am - general; 7:25 to 8:00 am - specific
Lanes 1,8 pace, Lane 2,7 sprint, more sprint lanes will be added as necessary
Meet Starts: 8:30 am

Women	Event	Men
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 9, 2014
10 & Younger, 11-12 Timed Finals
Warm-ups: not before 12:30pm ; Meet Starts: not before 1:30pm

Women	Events	Men
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 9, 2014
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 10, 2014
13-14 and Senior Preliminary Events
Warm-ups: 6:30 to 7:25 am - general, 7:25 to 8:00 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 10, 2014
10 & U, 11-12 Timed Finals Events
Warm-ups: not before 12:30pm; Meet Starts: not before 1:30pm

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

***limited to 4 heats per event

Saturday Evening, May 10, 2014
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 11, 2014
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

Women	Events	Men
81	13 and Older 1500 m free + #	82

+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 11, 2014
Age Group and Senior Timed Finals Events
Warm-ups: not before 11am; Meet Starts: not before 12:00 pm

Women	Events	Men
83	11-12 200 m Back	84
85	10 & Younger 100 m Breast	86
87	11-12 100 m Breast	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	13-14 400 m IM**	98
99	Senior 400 m IM**	100

** limited to 6 heats per event