



**RIVER CITY OPEN  
A/BB/B/C Meet  
May 30- June 1, 2014  
SANCTION NO. VS-14-66**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-14-66</b></li><li>USA 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.</li></ul>
<b>LOCATION:</b>	Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234
<b>FACILITY:</b>	<p><b>Competition Pool:</b></p> <ul style="list-style-type: none"><li>Indoor 8 lane 50 meters 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.</li><li>Omega starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used.</li><li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). Copy of such certification is on file with USA Swimming.</li></ul> <p><b>Instructional Pool:</b></p> <ul style="list-style-type: none"><li>Indoor 6 lane 25 yard pool for continuous warm-up/warm-down.</li></ul>
<b>MEET DIRECTOR:</b>	Name: Stacy Pendleton Email: <a href="mailto:admin@poseidonswimming.com">admin@poseidonswimming.com</a> Phone: (804) 447-2487
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USAS registered athletes. Athletes must be registered before the first day of the meet. Teams will be limited to 150 swimmers, except the host team.</li><li>No on-deck USAS athlete registration will be permitted.</li><li>2013-2016 NAG time standards are in effect. 15-16 time standards will be used for 15 &amp; Older swimmers.</li><li>Age on May 30, 2014 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>13 &amp; Over distance events (800m &amp; 1500m) will be swum on Friday afternoon session.</li><li>All 9-12 year old non-distance events will be swum in Saturday and Sunday morning sessions.</li><li>All 8 &amp; Under events will be on Saturday during a midday session.</li><li>13 &amp; Over non-distance events will be on Saturday and Sunday afternoon sessions.</li><li>All events will be timed finals.</li><li>Chase starts may be utilized if the host team deems they are necessary.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday distance session: Warm-ups at 4:00 PM; competition will start at 5:00 PM.</li><li>Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AM.</li><li>8 &amp; Under Saturday Midday session: Warm-ups no earlier than 12:30 PM; competition starts no earlier than 1:00 PM.</li><li>Saturday Afternoon session: Warm-ups no earlier than 2:00 PM; competition starts no earlier than 3:00 PM.</li><li>Sunday Afternoon session: Warm ups no earlier than 1:00PM; competition starts not before 2PM</li><li>Lane assignment and warm-up times for individual clubs will be emailed to the contact person of</li></ul>

	<p>the participating clubs no later than May 27, 2014. Information will also be posted on the Poseidon website (<a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a>).</p> <ul style="list-style-type: none"> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, MAY 22, 2014.</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Teams may submit entries via email.</li> <li>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.</li> <li>Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT <b>must be slower than an "A" time</b>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>"No Time" (NT) entries will be accepted.</li> <li>Swimmers may enter a maximum of one individual event on Friday, 3 individual events per day Saturday and Sunday. If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>Entries in events 1, 2 are limited to those swimmers who have a time of record equal to BB or faster in the 500y free, 400 m free, 800m free, 1000y free, 1650y free or 1500m free for their current age. No coaches' times are allowed for these events.</li> <li>Entries in events 51 &amp; 52 (9-12 400m free) are limited to those swimmers who have a BB time or faster in the 500y or 400m free for their current age group. No coaches' times are allowed for these events.</li> <li>Events 37, 38, 51, 52, 63, and 64 are limited to 4 heats each.</li> <li>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 may require reseeding.</li> <li>Email entries to: Marla Shreve, <a href="mailto:entries@poseidonswimming.com">entries@poseidonswimming.com</a></li> <li><b>IMPORTANT:</b> 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.</li> <li>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.</li> </ul>
<b>FEES:</b>	<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"> <li>Checks should be made payable to: Poseidon Swimming</li> <li>Mail payment to: 5050 Ridgedale Parkway Richmond, VA 23234</li> <li>Payment must be received by May 30, 2013 for entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li><b>IMPORTANT:</b> 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Ribbons will be awarded for first through eighth place.</li> <li>Age groups receiving ribbons will be 8 &amp; Younger, 9-10, 11-12, 13-14, 15 &amp; Over.</li> <li>Awards will be awarded for each age group in each time classification entered.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All 50M, 100M, and 200M events will be pre-seeded.</li> <li>Positive check-in is required for Events 1, 2, 37, 38, 51, 52 and 63, 64.</li> <li>Positive Check-in for events 1 &amp; 2 will close at 4:15 PM.</li> <li>Positive Check-in for events 37 &amp; 38 will close 30 minutes after the conclusion of warm-ups for</li> </ul>

	<p>session 4.</p> <ul style="list-style-type: none"> <li>Positive Check-in for events 51 &amp; 52 will close 30 minutes after the conclusion of warm-ups for session 6.</li> <li>Positive Check-in for events 63 &amp; 64 will close 30 minutes after the conclusion of warm-ups for session 8.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li><b>Swimmers competing in the 800m Free and 1500m Free are responsible for providing their own lap counters.</b></li> <li>Events 1 &amp; 2 will be swum fastest to slowest.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li><b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li><b>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.</b></li> <li><b>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.</b></li> <li>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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply.</li> <li>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.</li> <li>The overhead start procedure will be used for all sessions.</li> <li>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>.</li> <li>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 strongly discouraged.</li> <li>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"> <li>Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director.</li> <li>Coaches with expired or non-current credentials will be required to leave the deck area. 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.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bryan Wallin</b>  <b>Email: <a href="mailto:thewallin5@comcast.net">thewallin5@comcast.net</a></b>  <b>Phone: 804-389-2438</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>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, <a href="mailto:rmkwebb@verizon.net">rmkwebb@verizon.net</a>, no later than May 25, 2014.</li> <li>Officials will meet one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>The number of timers required per club and their lane assignments will be posted on the Poseidon no later than Tuesday, May 27, 2014, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>

	<ul style="list-style-type: none"> <li>• Timers must be provided by the swimmer for events 1 and 2, the 800 free and 1500 free.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Meet programs:</b> Programs will be sold for \$10.</li> <li>• 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 may close 1 hour prior to the estimated end time of the meet each day.</li> <li>• Hospitality: <ul style="list-style-type: none"> <li>○ A light breakfast will be provided Saturday and Sunday.</li> <li>○ A light dinner will be provided to coaches and officials Friday. Lunch and late afternoon snack will be provided Saturday and Sunday.</li> <li>○ Hospitality will be available when warm-ups start and may close one hour prior to the end of the meet each day.</li> </ul> </li> <li>• Disco Sports will be the meet vendor.</li> <li>• If necessary, overflow parking will be available at Martin's behind the aquatic center</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• Lawn/deck chairs are not permitted in the grandstand.</li> <li>• No spectators/parents will be allowed on deck unless working the meet.</li> <li>• No smoking is allowed on the campus.</li> <li>• Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility.</li> </ul>
<b>DIRECTIONS:</b>	Go to <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> for directions
<b>HOTELS:</b>	Hotel information is available at <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> under Meets/Events, Visitor Hotels or go to <a href="https://www.mmx2reservations.com/explorepsa/pc/SWIMRVA">https://www.mmx2reservations.com/explorepsa/pc/SWIMRVA</a> .

**RIVER CITY OPEN, May 30-June 1, 2014  
ORDER OF EVENTS**

<b>Session #1 Friday Evening, May 30, 2014</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
<b>1</b>	13 & Over 800m Free	-
-	13 & Over 1500m Free	<b>2</b>

<b>Session #2 Saturday Morning, May 31, 2014</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
<b>3</b>	9-12 50m Back	<b>4</b>
<b>5</b>	9-12 100m Fly	<b>6</b>
<b>7</b>	11/12 200m Breast	<b>8</b>
<b>9</b>	9-12 100m Free	<b>10</b>
<b>11</b>	11/12 200m Back	<b>12</b>
<b>13</b>	9-12 200m Free	<b>14</b>
<b>15</b>	9-12 50m Breast	<b>16</b>

<b>Session #3 Saturday Midday, May 31, 2014</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
<b>17</b>	8 & Under 100m Free	<b>18</b>
10 Minute Break		
<b>19</b>	8 & Under 50m Fly	<b>20</b>
10 Minute Break		
<b>21</b>	8 & Under 50m Back	<b>22</b>
10 Minute Break		
<b>23</b>	8 & Under 50m Breast	<b>24</b>
10 Minute Break		
<b>25</b>	8 & Under 50m Free	<b>26</b>

<b>Session #4 Saturday Afternoon, May 31, 2013</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
<b>27</b>	13 & Over 100m Free	<b>28</b>
<b>29</b>	13 & Over 200m Breast	<b>30</b>
<b>31</b>	13 & Over 100m Fly	<b>32</b>
<b>33</b>	13 & Over 200m Free	<b>34</b>
<b>35</b>	13 & Over 100m Back	<b>36</b>
<b>37</b>	13 & Over 400m IM**	<b>38</b>

<b>Session #5 Sunday Morning, June 1, 2014</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
<b>39</b>	9-12 50m Free	<b>40</b>
<b>41</b>	9-12 100m Back	<b>42</b>
<b>43</b>	11/12 200m Fly	<b>44</b>
<b>45</b>	9-12 100m Breast	<b>46</b>
<b>47</b>	9-12 200 IM	<b>48</b>
<b>49</b>	9-12 50m Fly	<b>50</b>
<b>51</b>	9-12 400m Free**	<b>52</b>

<b>Session #6 Sunday Afternoon, June 1, 2014</b>		
<b>53</b>	13 & Over 50m Free	<b>54</b>
<b>55</b>	13 & Over 200m Back	<b>56</b>
<b>57</b>	13 & Over 200m Fly	<b>58</b>
<b>59</b>	13 & Over 100m Breast	<b>60</b>
<b>61</b>	13 & Over 200m IM	<b>62</b>
<b>63</b>	13 & Over 400m Free**	<b>64</b>

\*\* these events are limited to 4 heats of each event girls and boys.