

**2008 Virginia Swimming LC Senior Championships Meet**  
**17-20 July 2008 Triangle Aquatic Center Cary, NC**  
**General Meeting – Conduct of the Meet**

**Officials**

**Meet Referee:** Michael Downs (VA) and Tom Elliott (VA) - Training

**Admin Referees:** Wayne Shulby (NC) and Mary Turner (VA)

**Deck Referees:** Dick Nelson (FL), Mike Hoffer (NC), Tom Elliott (VA), and Tom Colasurdo (VA)

**Starters:** James Newberry (NC), Phil Webber (VA), Kim Schlimgen (VA), Tom Cox (NC), and Mike Friedel (VA)

**Lead Chief Judge:** Nancy Nelson (FL)

**Chief Judges:** Mike Hoffer (NC), Mike Willard (VA), Cathy Rudolph (VA), Phil Webber (VA), David Strider (VA), and Ken Clark (NC)

**Facility Layout**

8 Lanes for competition, separate set of WU lanes

Admin area is behind Referee/Starter (Admin Ref, Announcer, Timing System, Recorder)

Clerk of Course is midway down the pool on Admin side.

Ready Room is in the corner opposite the Admin at the turn end of the pool.

Locker Rooms, Coaches area, Swimmers seating, Results posting

Swim Shop, Concessions, and Hospitality

**Venue Rules/Deck Access**

Athletes:

Coaches: must display valid USA Swimming coach credentials

**Meet Invitation Changes**

Collection of Fees

**Psych Sheets**

Psych Sheets were included in the Coach Packets (includes LATE entries).

**Proof of Times**

Required proofs of times were included in the Coach Packets. Please see the Clerk of Course/Admin Referee.

**Timelines**

Estimated timelines were included in Coach Packets (before scratches)

Thur distance events (1500 Free) will be swum slowest to fastest, alternating women and men.

Sun distance events (800 Free) will be swum slowest to fastest, alternating women and men, so that 2<sup>nd</sup> fastest heat of Men will end at 3:30pm. Fastest heat of Women and Men will swim in Finals.

Thur – 4:00pm/7:45pm Fri – 8:00am/12:06pm Sat – 8:30am/12:42pm Sun – 8:30am/11:34am

400 Individual Medley and 400 Free will be trials and finals events, but will swim the 4 fastest heats of women (slowest to fastest), followed by the 4 fastest heats of men (slowest to fastest), followed by the remaining heats swum fastest to slowest, alternating women and men.

**Warm-Up/Cool-Down Procedures**

Warm-Up information was included in the Coach Packets.

General/Specific warm-ups. No diving except in designated lanes at designated times.

Please supervise your swimmers and please be cooperative!

WU/CD lanes are open continuously throughout the meet – no diving.

### **Heat Sheets**

Heat Sheets will be available after seeding at Clerk of Course (1 per Coach).

### **Scratches for Prelims/Timed Finals**

Deadlines were included in the Coach Packets. Max individual events is 6 (not including TT); daily max is 3 (including TT).

Fill out Scratch Cards and put in Scratch Box at Clerk of Course.

Scratch Box is at Clerk of Course, except during General Meeting.

**Thur** – 15 mins after General Meeting or 3:00pm (whichever is later) for Thur events

**Thur** – 5:30pm for Fri events

**Fri** – 6:30pm for Sat events

**Sat** – 6:30pm for Sun events (including 800 Free)

No shows: Missed Prelims/Timed Finals swims result in removal from the rest of the day's events (except for those not already qualified). Swimmer must re-enter the meet for each day's events with the Admin Referee prior to the closing of the Scratch Box for that day.

### **Scratches for Finals**

**Must be done with the Admin Referee only, NLT 30 mins after announcement of the results.**

Initial the log. Intent to Scratch must be cleared NLT 30 mins after the swimmer's last event.

Otherwise, swimmer will be seeded.

If you have a late scratch, please notify the Admin Referee ASAP. Unless there are extenuating circumstances, swimmer is removed from remainder of the meet.

We will have results and unofficial scratch progress at the Clerk of Course.

We will post the corrected results after the event closes, including scratches.

### **Swim-Offs**

Deck Referee will arrange potential/required swim-offs. Must be conducted within 45 mins of swimmers' last event of the session.

### **Relays**

Relay events are Timed Finals. Fastest 2 heats will swim in Finals.

"Sunday Relay Rule" is in effect. Must declare intention at Positive Check-in.

Only 2 relays per team. MUST check-in to swim.

Deadlines were included in the Coach Packets.

**Fri** – 9:30am for 800 FR

**Fri** – 6:30pm for 200 FR

**Sat** – 9:30am for 400 MR

**Sat** – 6:30am for 200 MR

**Sun** – 9:30am for 400 FR

Relay cards will be at the Clerk of Course during positive check-in.

Completed relay cards must be turned in to Clerk of Course NLT 1 hour prior to the event.

**Fri** – 11:00am for 800FR (morning); 6:45pm for 800FR (evening)

**Sat** – 7:30am for 200FR (morning); 11:00am for 400MR (morning); 6:45pm for 400MR (evening)

**Sun** – 7:30am for 200MR (morning); 10:45am for 400FR (morning); 6:45pm for 400FR (evening)

Changes to the order can be made up until the heat.

### **Start Procedures**

Whistle starts and no recall false start rules are in effect. Overhead start procedures will be used for all Prelims and Timed Finals sessions.

### **Declared False Starts**

Declared False Starts must be submitted to the Referee prior to the heat. Can be used only in Prelims. If you know your swimmer will DFS, please let the Admin Ref know during warm-ups, so we can mark

our heat sheets. During the session, let the Deck Referee know. Do not need to show behind the blocks.

### **Finals Procedure**

Bonus/Consol/Final heats. Bonus/Consol heats will report to the blocks. Final heat (including Distance Freestyle) should report to the Ready Room and parade.

### **DQs**

If a swimmer commits a violation during a swim and is disqualified, he/she will be notified after the swim by the Chief Judge. DQ slips will be available for Coaches at the Admin area (see Admin Referee).

### **Time Trials**

Time Trials will be conducted daily, 30 minutes following the Prelims sessions. Event order is in the meet invitation. 800/1500 only offered on Saturday.

TTs are open to all swimmers entered in the meet in an individual event (no relay-only swimmers).

TTs counts as an individual event for the day.

Registration is at the Clerk of Course NLT 10:30am daily.

\$12 per event.

### **Awards**

Top 9 individual/Top 3 Relays; High Point and Team Awards

We'll break during the Finals to give awards (Top 3). Coach from champion is asked to present.

Swimmers report to the "ready room" for awards (between admin tables) and will parade to the podium.

### **Results**

Results will be posted on the side wall at the turn end of the pool and upstairs near the lobby..

We will also have results at the Clerk of Course.

All results will be on the meet website.

### **Protests/Meet Jury**

Protests must be filed in writing to the Referee NLT 30 mins after the heat is swum.

If needed, we will conduct a Meet Jury.

Potential jurists are:

Official: Mike Willard (VA), Kim Schlimgen (VA), and Mike Friedel (VA)

Coach: Steve Bialorucki (ODAC), Brent St Pierre (NOVA), Kevin McHaney (BASS)

Athlete: Lindsay Ancellotti (CGBD), Nevin Cook (QDD), and Victoria Mesner (SQST)

### **Problems/Complaints**

Eligibility/administrative: Admin Referee (Wayne Shulby) first

Problems with swims: Deck Referee for the event first

Facility problems: Meet Director (George Massey) first