

2011 LONG COURSE SENIOR CHAMPS MEETING TIMES AND DEADLINES

FRIDAY TRIALS	
Time	Item
6:30 am	Warm-ups start
7:30 am	Officials' briefing
8:10 am	Timers' meeting
8:20 am	Warm-ups close
8:23 am	National Anthem
8:30 am	Competition starts
9:30 am	Positive check-in 800 Free Relay
10:30 am	Time trial check-in deadline

SATURDAY TRIALS	
Time	Item
6:30 am	Warm-ups start
7:30 am	Officials' briefing
8:10 am	Timers' meeting
8:20 am	Warm-ups end
8:23 am	National Anthem
8:30 am	Competition starts
9:30 am	Positive check-in 400 Medley Relay
10:30 am	Time trial check-in deadline

SUNDAY TRIALS	
Time	Item
6:30 am	Warm-ups start
7:30 am	Officials' briefing
8:10 am	Timers' meeting
8:20 am	Warm-ups end
8:23 am	National Anthem
9:30 am	Competition starts
9:30am	Positive check-in 400 Freestyle Relay
10:30 am	Time trial check-in deadline

SUNDAY 800 FREESTYLE	
Time	Item
	Warm-ups start
	Warm-ups end
	Women's competition starts
	Men's competition starts

THURSDAY FINALS	
Time	Item
2:00 pm	General Meeting
2:30 pm	Warm-ups start
3:00 pm	Officials' briefing
3:00 pm 5:30 pm	Thurs scratch deadline, Friday scratch deadline
3:40 pm	Timers' meeting
3:50 pm	Warm-ups close
3:53 pm	National Anthem
4:00 pm	Competition starts

FRIDAY FINALS	
Time	Item
5:00 pm	Warm-ups start
5:00 pm	Officials' briefing
5:40 pm	Timers' meeting
5:50 pm	Warm-ups close
5:53 pm	National Anthem
6:00 pm	Competition starts
6:30 pm	Sat scratches deadline
	Pos Check 200 Free Rel

SATURDAY FINALS	
Time	Item
5:00 pm	Warm-ups start
5:00 pm	Officials' briefing
5:40 pm	Timers' meeting
5:50 pm	Warm-ups close
N/A	Senior Recognition
5:53 pm	National Anthem
6:00 pm	Competition starts
6:30 pm	Sun scratches deadline (including 800 Free) Pos Check 200 Med Rel

SUNDAY FINALS	
Time	Item
3:30 pm	Warm-ups start
3:30 pm	Officials' briefing
4:10 pm	Timers' meeting
4:20 pm	Warm-ups close
4:23 pm	National Anthem
4:30 pm	Competition starts

2009 VSI Long Course Senior Championship

General Meeting

- **Meet Referee:** Bob Rustin
- **Meet Director:** George Massey
- **Local Coordinator:**
- **Head Deck Referee:** TBA
- **Head Administrative Referee:** Terry Randolph
- **Circulate Club Contact List**
- **Coaches credentials:** need to be displayed as per VSI policy
- **Locations:**
 - **Clerk-of-Course (Scratch Box):** Start End, Near the timing system
 - **Ready Room:** Not Applicable
 - **Awards:** Not Applicable
 - **Hospitality:** A light breakfast, lunch and dinner will be provided for coaches and officials
 - **Athletes social:** Not Applicable
 - **Zones room:**
 - Please make a list of the swimmers on their team that they know are not going to Zones.
 - Maureen Tolliver will be doing the sign ups and she will be there starting Saturday evening.
 - The zone room will be open Saturday evening and all day Sunday
 - **First aid:** Life guard room
- **Warm-up procedures:** Review Thursday in particular. Questions and/or problems?
- **Heat sheets:**
 - Thursday evening will be out after seeding
 - Available at the start of warm-ups for each session
- **Swimming everything in one pool 50 start on dive end. Review process**
- **Time lines:** Estimates for other sessions will be posted when we know them.
- **Deadlines:** Please observe
- **Deck procedures**
 - Dive over starts will be used for prelims

- CJ will talk to the swimmer; DQs will go to the swimmer's coach
- Questions about DQs should first be directed to the deck referee. Come to me if issue cannot be resolved
- **Administrative procedures**
 - Must clear POT prior to seeding to be seeded and all fees must be paid
 - Late entries accepted as long as scratch box is open for the event
 - See Admin Referee - Terry Randolph
 - Two part scratch form, keep the yellow copy for your records.
 - Time trials
 - Deadline to sign-up is 10:30 am each day unless a later time is announced.
 - Count against the three event per day limit, not meet limit
 - \$10 in cash/check – we're very flexible on refunds
 - Run at the conclusion of trials
 - Any issues of swimmer eligibility should first be dealt with by the Administrative Referee; if the issue cannot be resolved at that level, then I will get involved
 - REVIEW SCRATCH PROCEDURE SHEET FOR COACHES
- **Relays**
 - Friday
 - Trials end: 800 Free Relay – Fastest 2 heats in finals
 - Saturday
 - Trials end: 400 Medley Relay – Fastest 2 heats in finals
 - Sunday
 - Trials end: 400 Free Relay – Fastest 2 heats in finals. Designate where you want to swim, Sunday relay rule in effect.
- **800 M Freestyle**
 - Fastest heat swimming in finals. Can designate swim in prelims.
- **Finals session**
 - Order being swum: bonus>consols>finals
 - Swimmers in consols and bonus consols should report directly behind the blocks
 - Swimmers in finals will be announced while behind the blocks. Their bios will be read, if provided to the announcer.

- Alternates should report to the starter prior to their event being called to the blocks.
- No alternate will be called until the heat has been called, stepped up, closed, and then stepped down
- **Sportsmanship**
 - If not returning for finals, please scratch—especially on Sunday, and scratch deep. Remember some swims can be in prelims
- **Safety**
 - VSI Warm-up and Safety Procedures are in effect (no diving during general)
 - No shaving and no glass on deck
- **Facility rules**
 - Review facility rules.
- **Meet Jury** – See me if you wish to protest a decision
 - Jury members to be announced
- **Phone numbers:**
 - Bob Rustin cell: 804-387 - 8736

