



**2016 VSI REGIONAL SUMMER AWARDS**  
**July 15-17, 2016**  
**SANCTION NO. VS-16-87**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-16-87</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., and Jeff Rouse Swim and Sport 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>	Jeff Rouse Swim and Sport Center, 1600 Mine Road; Stafford, VA 22554
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand.</li> <li>• The 50-meter competition pool with bulkhead offers a total of eight 50-meter competition lanes with a depth of 6' 6" to 12' 6" from end to end. Competition lanes are a minimum of 8' 6" wide.</li> <li>• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.</li> <li>• Non-Turbulent Lane Markers in both pools.</li> <li>• Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li> <li>• Spectator seating for 700 plus.</li> <li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4) The copy of such certification is on file with USA Swimming</li> </ul>
<b>MEET DIRECTORS:</b>	<p>Julie Clements          Email: julesnva15@yahoo.com          Phone: 540-842-0423</p>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams:             <ul style="list-style-type: none"> <li>○ <b>BASS, DC, NOVA, PWSC, RACE, RAPP, RAYS, RPST, STAT, STLH, TSU, VSTP, WFS, WST</b></li> </ul> </li> <li>• The qualifying period for this meet is January 1, 2015 through July 14, 2016.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• <b>8 and younger swimmers may compete in any 8 and under event regardless of their time. 8 and younger swimmers may compete in any 10 and under event in which they have a time that is slower than the age group championship qualifying time.</b></li> <li>• <b>14 and younger swimmers may compete in any event in which they have a time that is slower than the age group championship qualifying time.</b></li> <li>• <b>15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time.</b></li> <li>• Age on July 15, 2016 will determine age for the entire meet.</li> <li>• 10, 12 &amp; 14 year old swimmers aging up from July 15 to July 21, 2016, with times too fast to qualify for this championship will be allowed to compete under the following conditions:             <ul style="list-style-type: none"> <li>○ Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event.</li> <li>○ Any 14 year swimmer who does not qualify for Senior Champs may enter the event</li> <li>○ 10, 12, &amp; 14 year old swimmers aging up between championships will be seeded correctly by time, however will swim exhibition only, and will not be eligible to receive an award.</li> </ul> </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>• All Events will be timed finals.</li> <li>• 12 and younger swimmers will swim in the morning sessions</li> <li>• 13 and older swimmers will swim in the afternoon sessions</li> <li>• Chase starts may be used at the discretion of the referee.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• <b>Morning sessions: Warm-ups at 6:30am; competition starts not before 8:00am.</b></li> <li>• <b>Afternoon sessions: Warm-ups not before 12:00pm; competition starts not before 1:00pm.</b></li> <li>• Distance session (800 Free): The pool will be opened for 15 min. of open warm-ups immediately following the finish of the afternoon session with competition starting 5 min. thereafter. <ul style="list-style-type: none"> <li>○ The approximate start time for the distance sessions will be posted on the RAYS website, no later than Tuesday, July 12, 2016, and will also be emailed to the contact person of the participating clubs.</li> <li>○ The distance session will start no earlier than the estimated times.</li> </ul> </li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the RAYS website, no later than Tuesday, July 12, 2016 and will also be emailed to the contact person of the participating clubs.</li> <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 TUESDAY, JULY 5, 2016.</b></p> <ul style="list-style-type: none"> <li>• <b>Conforming and Non Conforming times will be used for entry – Long Course Meters, Short Course Meters then Short Course Yards</b> using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries via e-mail.</li> <li>• A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• <b>Swimmer may enter a maximum of 9 individual events, no more than 3 per day.</b></li> <li>• “No Time” (NT) entries will be accepted.</li> <li>• The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>• Proof of Entry time, if requested, must be provided to the Age Group Chair within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed.</li> <li>• Email entries to: Michael Braum email: <a href="mailto:events@swimrichmond.org">events@swimrichmond.org</a></li> <li>• <b>Late entries will be accepted.</b> All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$8.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> <li>• <b>Checks should be made payable to: RAYS</b></li> <li>• <b>Mail payment to: RAYS, P.O. Box 866, Stafford, VA 22555-0866</b></li> <li>• <b>Payment must be received by July 13, 2016 for all entries.</b> 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>• Individual events will be scored and awarded medals 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 16<sup>th</sup> place.</li> <li>• 13 &amp; over events will be awarded as 13-14 and 15 &amp; over.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 400 and 800 freestyles, and the 400 IM's will be pre-seeded.</li> <li>• <b>The above events will require a positive check-in to swim.</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Positive check-in will close at 8:30am Friday, for event #17-18.</b></li> <li>• <b>Positive check-in will close at 1:00pm Friday, for event #25-26.</b></li> <li>• <b>Positive check-in will close at 8:30am Saturday, for event #47-48.</b></li> <li>• <b>Positive check-in will close at 12:30pm Saturday, for event #57-58.</b></li> <li>• <b>Positive check-in will close at 1:00pm Sunday, for events #87-88.</b></li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>Events #87 &amp; 88 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.</b></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> <li>• <b>A swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete will not be able to swim his/her next event.</b></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 dive 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, and may be used for all sessions at the discretion of the Referee.</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>• Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</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.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Name: Michael Sizemore</b>  <b>Email: MCSizemore@earthlink.net</b>  <b>Phone: 540-834-8120</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 Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: Pete O'Hara email: <a href="mailto:pwoharajr@verizon.net">pwoharajr@verizon.net</a> <b>no later than Tuesday, July 12, 2016.</b></li> <li>• There will be an officials' meeting approximately 1 hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will 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 RAYS website, no later than Tuesday, July 12, 2016, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its</li> </ul>

	<p>swimmers/spectators.</p> <ul style="list-style-type: none"> <li>• <b>Deck Access:</b> Limited to athletes, coaches with their credentials, officials, timers and individuals helping work the meet.</li> <li>• <b>Team Areas:</b> Seating is available on deck for the swimmers.</li> <li>• <b>Spectator Seating:</b> May not be reserved and saving of seats is not allowed. No coolers larger than a 6 pack lunch box will be allowed in the stands. Swim bags cannot be brought into the spectator bleachers.</li> <li>• <b>Heat Sheets:</b> Will be available for purchase throughout meet for \$10</li> <li>• <b>Snack Bar:</b> Concessions will be available for purchase through JRSSC.</li> <li>• <b>Swim Supplies:</b> Sport Fair will be available for swim supply purchases and meet t-shirts.</li> <li>• <b>First Aid:</b> See Lifeguard for assistance.</li> <li>• <b>Lost and Found:</b> Check with the front desk for lost and found items.</li> <li>• <b>Hospitality:</b> Will not open until warm ups begin each day. Will stop serving breakfast ½ hour after competition starts, snacks available, lunch from 11:30AM-1:30PM, snacks and drinks available until ½ hour before conclusion of afternoon session.</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> <li>• All pool rules are posted pool side.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• Directions to the pool can be found by going to: <a href="http://www.virginiawimming.org">www.virginiawimming.org</a> Click on “Meets”. Go to on “Summer Awards RAYS” and click on “JRSSC” under Venue</li> </ul>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>• Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.</li> <li>• There will be a drop off area designated. Please follow guidance of parking attendants.</li> </ul>

# VSI SUMMER AWARDS ORDER OF EVENTS

Friday, July 15, 2016

## Morning Session

Warm Up: 6:30AM Start: Not before 8:00AM

### Event #

1&2	11-12 200m Backstroke
3&4	9-10 50m Breaststroke
5&6	11-12 50m Breaststroke
7&8	8 & U 50m Breaststroke
9&10	11-12 200m Freestyle
11&12	10 & U 200m Freestyle
13&14	11-12 100m Butterfly
15&16	10 & U 100m Butterfly
17&18	11-12 400m Individual Medley

## Afternoon Session

Warm Up: Not before 12:00PM Start: NB 1:00PM

### Event#

19&20	13 & O 200m Freestyle
21&22	13 & O 100m Breaststroke
23&24	13 & O 100m Butterfly
25&26	13 & O 400m Individual Medley

Saturday, July 16, 2016

## Morning Session

Warm Up: 6:30AM Start: Not before 8:00AM

### Event #

27&28	11-12 200m Butterfly
29&30	8 & U 50m Freestyle
31&32	9-10 50m Freestyle
33&34	11-12 50m Freestyle
35&36	10 & U 100m Breaststroke
37&38	11-12 100m Breaststroke
39&40	8 & U 50m Backstroke
41&42	9-10 50m Backstroke
43&44	11-12 50m Backstroke
45&46	10 & U 400m Freestyle
47&48	11-12 400m Freestyle

## Afternoon Session

Warm Up: Not before 12:00PM Start: NB 1:00PM

### Event #

49&50	13 & O 200m Butterfly
51&52	13 & O 50m Freestyle
53&54	13 & O 200m Breaststroke
55&56	13 & O 100m Backstroke
57&58	13 & O 400m Freestyle

Sunday, July 17, 2016

## Morning Session

Warm Up: 6:30AM Start: Not before 8:00AM

### Event #

59&60	11-12 200m Breaststroke
61&62	10 & U 100m Backstroke
63&64	11-12 100m Backstroke
65&66	8 & U 100m Freestyle
67&68	9-10 100m Freestyle
69&70	11-12 100m Freestyle
71&72	8 & U 50m Butterfly
73&74	9-10 50m Butterfly
75&76	11-12 50m Butterfly
77&78	10 & U 200m Individual Medley
79&80	11-12 200m Individual Medley

## Afternoon Session

Warm Up: Not before 12:00PM Start: NB 1:00PM

### Event #

81&82	13 & O 200m Backstroke
83&84	13 & O 100m Freestyle
85&86	13 & O 200m Individual Medley
87&88	13 & O 800m Freestyle