



SUPERHERO SPLASHDOWN!!!

hosted by Poseidon Swimming

A/BB/B/C Meet, June 2-4, 2017

SANCTION NO. VS-17-83



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-83 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.
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, a depth of 7'6" at the sides and 8'2" in the center. Omega starting blocks, CTS6 with Dolphin wireless stopwatches and 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:	<p>Name: Sharon Gaston Email: admin@poseidonswimming.com Phone (804) 447-2487</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all registered USA Swimming athletes registered by the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. 2017-2020 NAG time standards are in effect. Age on June 2, 2017 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"> All 12 & younger swimmers will swim in the morning sessions on Saturday and Sunday. All 13 & older swimmers will swim in the afternoon sessions on Saturday and Sunday. Friday's afternoon session will include swimmers 9 & older. Depending on the number of entries, chase starts may be used at the discretion of the referee. All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> Friday's session: Warm-ups at 4:00 PM; competition starts at 5:00 PM. Morning sessions: Warm-ups at 6:50 AM; competition starts at 8:00 AM. Saturday and Sunday afternoon sessions: Warm-ups not before 12:00 PM; competition starts not before 1:10 PM. Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Tuesday, May 30, 2017, and will also be emailed to the contact person of the participating clubs. If the morning sessions run late, afternoon warm-ups will begin immediately after the morning session ends. Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams will be notified not later than Tuesday, May 30, 2017.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, May 25, 2017.</p> <ul style="list-style-type: none"> Entries must be submitted in LCM 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.

	<ul style="list-style-type: none"> Coach Time (CT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a “BB” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. “No times” are not allowed. Swimmers may enter 2 events on Friday a maximum of 3 individual events per day on 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: Becky Hofmann, 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: Hanover Aquatics Mail payment to: P.O. Box 1886, Mechanicsville, VA 23116 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. Payment must be received by June 2, 2017 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	Awards will be given to each heat winner, all age groups.
SEEDING:	<ul style="list-style-type: none"> Events 3-6 (9 & O 400 free and 11 & O 400 IM) will be deck seeded. These events will require positive check-in. Check-in for 3-6 will close at 4:30 PM Friday. All other events will be pre-seeded. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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 by 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 USA-S 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. The overhead start procedure will be used. 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>. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. 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 best practices, all swimmers should shower before entering the pool. 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 who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director.

	<ul style="list-style-type: none"> ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Ralph Jones Email: ralph.jones@vdot.virginia.gov Phone: 804-786-4034</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 Scott Farrar, Email: sfarrar@bsnsports.com no later than Sunday, May 28, 2017. • Officials meeting will be held 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. • The number of timers required per club and their lane assignments will be posted on the team website, www.poseidonswimming.com no later than May 30, 2017, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Hospitality will be provided for coaches and officials. • Food and drink concession will be provided. • Heat sheets will be sold for \$10 and include coupons for deck seeded heat sheets. • If necessary, overflow parking will be available at Martin's behind the aquatics center.
FACILITY RULES:	<ul style="list-style-type: none"> • No spectators/parents will be allowed on deck unless working the meet. • No glass containers will be allowed in the aquatics center. • 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 to the pool.
HOTELS:	Hotel information is available at www.poseidonswimming.com , "Meets/Events", "Visitor Hotel Info."

ORDER OF EVENTS

Friday, June 2, 2017

Warm-up: 4:00 PM

Start: 5:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & O 50 Free	2
3*	9 & O 400 Free	4*
5*	11 & O 400 IM	6*

*requires positive check-in for seeding, check-in closes 4:30 PM

Saturday, June 3, 2017

Sunday June 4, 2017

Morning Session Warm-up: 6:50 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9-12 200 Free	8
9	8 & Y 50 Breast	10
11	9-12 50 Breast	12
13	11-12 200 Breast	14
15	9-12 100 Back	16
17	8 & Y 50 Back	18
19	9-12 100 Fly	20
21	8 & Y 100 free	22
23	9-12 50 Free	24

Morning Session Warm-up: 6:50 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	9-12 200 IM	36
37	8 & Y 50 Fly	38
39	9-12 50 Fly	40
41	11-12 200 Fly	42
43	9-12 100 Breast	44
45	9-12 50 Back	46
47	11-12 200 Back	48
49	8 & Y 50 Free	50
51	9-12 100 Free	52

Afternoon Session Warm-up: not before 12:00; Start: 1:10 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	13 & Older 100 Free	26
27	13 & Older 200 Back	28
29	13 & Older 100 Breast	30
31	13 & Older 200 Fly	32
33	13 & 200 Older IM	34

Afternoon Session Warm-up: not before 12:00 PM, Start: 1:10 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	13 & O 200 Free	54
55	13 & O 100 Back	56
57	13 & O 200 Breast	58
59	13 & Older 100 Fly	60