

	VAST WINTER INVITATIONAL A/BB/B/C Mini Meet January 14-15, 2017 SANCTION NO.VS-17-38	Hosted by  Valley Area Swim Team-Gators
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SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO:VS-17-38 USA Swimming, Inc., Virginia Swimming, Inc., Valley Area Swim Team, Inc. (VAST), and James Madison University Savage Natatorium 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:	Savage Natatorium, Godwin Hall, James Madison University, Harrisonburg, Virginia
FACILITY:	<ul style="list-style-type: none"> • 25 yard, 8 lane pool, 4 feet deep at the start end and 12 feet deep at the turn end with non-turbulent lane lines. Daktronics automatic timing system with an 8-line name video display board will be used with stopwatch timing as a back-up. • Spectator seating for 800. Gymnasium will also be available for additional seating. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4)
MEET DIRECTOR:	Name: Sharon Armentrout E-Mail: Armentrout.Sharon@va.sysco.com Phone: (540) 271-1389
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered before the first day of the meet. • No on deck USA Swimming athlete registration will be permitted. • Age on January 14, 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 10 & Under swimmers will swim in the morning (Session 1 Saturday and Session 4 Sunday). These sessions will offer events for 8 & Under, and 9-10 age groups. • All 11 & Older swimmers will swim in the afternoon Session 2 Saturday and Session 5 Sunday. These sessions offer events for 11-12, 13 & over age groups. • Distance sessions will follow Session 2 on Saturday. These are Open events for all age groups. • All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 7:40 am; competition starts at 9:00 am. • Afternoon sessions: Warm-ups no earlier than 12:30 pm; competition starts no earlier than 2:10 pm • Distance Session: The pool will be opened for 10 minutes of open warm-up immediately following the finish of the last event of the previous session. The distance session competition will start 5 minutes thereafter. • Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than Thursday, January 12, 2017 and will also be emailed to the contact person of the participating clubs.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS, Wednesday, January 4, 2017</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams should submit entries via e-mail. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Coach Times (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 4 individual events and 1 relay event per day not including Saturday Distance session. Swimmers are allowed to sign up for both event #43-44 and #45-46 if they wish. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • 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 may require reseeding. Relays may also be eliminated and relay fees refunded if this is necessary. • Email entries to: Kevin Lai, Email: kevinlai12383@gmail.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 Meet Referee on the provided forms.
FEES:	<p>Individual events: \$4.50 Relay events: \$16.00 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: VAST • Mail payment to: VAST Gators P.O. Box 984 Harrisonburg, VA 22803 • Payment must be received by Friday, January 13, 2016 for all entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place for all age groups. <ul style="list-style-type: none"> ○ 12 & Under individual events will be awarded for each age group: 8 & Under, 9-10, and 11-12 ○ 13 & Over individual events will be awarded for each age group: 13-14, 15-18 ○ Open events will be awarded first through eighth place ○ Heat winner ribbons will be awarded for all 10 & Under individual events. • Relay events: Awards will be given for first through fourth place.

SEEDING:	<ul style="list-style-type: none"> • Swimmers in all sessions should report directly to the blocks for their events • All events will be pre-seeded except for #43-44, (Open 400 IM) and #45-46 (Open 500 Free) • Positive check in for Events #43-44 and #45-46 will close at 4:30PM. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Distance session will follow Saturday afternoon session. • Events #43-44 (400 IM) #45-46 (500 Free) will be swum fastest to slowest.
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 before 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. • 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. • 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. • The overhead start procedure may be used at the discretion of the Referee. • 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>. • Except where venue facilities require otherwise, changing into or out of swim suits other than in locker rooms or other designated areas is not appropriate and is prohibited. • In accordance with VSI Best Practices, 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. • Coaches with valid USA Swimming credentials who are unable to provide them upon request will be issued temporary credentials by the meet director • Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Judy Kay Schroer Email: jkscpa@jksolutionsllc.com Phone: 540-539-2380</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Beth Arnold, arnoldeaa@gmail.com, no later than Wednesday, January 4, 2017. • Officials will meet on the pool deck one hour before the start of any 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 VAST website no later than Wednesday, January 11, 2017 and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in 500 Free (45-46) are responsible for providing their own lap counters and timers. Swimmers competing in the 400 IM (43-44) are responsible for providing their own timers.
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be sold for \$8. • Swimmers are not permitted in any room of the building not directly associated with this swim meet. • Aramark of JMU will provide concessions. • Pro-shop will be available. • Hospitality: VAST will provide Hospitality for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day. • All results will be posted in the hallway near the spectator stand.
FACILITY RULES:	<ul style="list-style-type: none"> • The gym and a viewing area above the pool will be available both days. The classroom area and the rest of Godwin Hall are off limits. Please obey signage. • Access to the pool deck will be limited to swimmers, coaches, officials, staff and timers. • No smoking is permitted in the building. • No food or drink on the pool deck. Concessions available in hallway. • Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	<ul style="list-style-type: none"> • The Godwin pool facility is located on the campus of James Madison University. • From interstate 81, take exit 245. Off the ramp, head west on Port Republic Road. At the next light, turn right on to the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall. • Parking is available in Lots G, P and Champions Drive Parking Deck. See parking map: http://www.jmu.edu/parking/_files/parkingmap.pdf
HOTELS:	<ul style="list-style-type: none"> • Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031 about 5 minutes from the pool. • Days Inn at James Madison University: 1131 Forest Hill Road, Harrisonburg, VA, (540) 433-9353, continental breakfast, about 2 minutes from the pool. • Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast, about 5 minutes from the pool. • Residence Inn - Marriott 1945 Deyerle Ave. Harrisonburg, VA (540) 437-7426 5 minutes from pool • Quality Inn - 1881 Evelyn Byrd Ave. Harrisonburg, VA (540) 442-1515 -5 minutes from pool

VAST Gators Jan 14-15, 2017
Winter Invitational Meet Order of Events

Session 1-Saturday AM, January 14

Warm-ups 7:40 AM, Meet Start 9:00 AM

Girls	Event	Boys
1	9-10 200 free	2
3	8 & U 25 breast	4
5	9 -10 100 IM	6
7	8 & U 25 Butterfly	8
9	9-10 50 Fly	10
11	8 & U 50 Free	12
13	9-10 50 Free	14
15	8 & U 100 IM	16
17	10 & U 200 Free Relay	18

Session 4-Sunday AM, January 15

Warm-ups 7:40 AM, Meet Start 9:00 AM

Girls	Event	Boys
47	9-10 100 Fly	48
49	8 & U 50 Fly	50
51	9-10 50 Back	52
53	8 & U 25 Back	54
55	9-10 50 Breast	56
57	8 & U 50 Breast	58
59	9-10 100 Free	60
61	8 & Under 25 Free	62
63	10 & U 200 Medley Relay	64

Session 2-Saturday PM, January 14

Warm-ups Not before 12:30

Meet Start 2:10 PM

Girls	Event	Boys
19	13 & O 200 IM	20
21	11-12 100 Free	22
23	13 & O 200 Back	24
25	11-12 100 IM	26
27	13 & O 100 Fly	28
29	11-12 50 Back	30
31	13 & O 200 Breast	32
33	11-12 100 Breast	34
35	13 & O 50 Free	36
37	11-12 50 Fly	38
39	13 & O 200 Free Relay	40
41	11-12 200 Free Relay	42

Session 5-Sunday PM, January 15

Warm-ups Not before 12:30

Meet Start 2:10 PM

Girls	Events	Boys
65	11-12 200 Free	66
67	13 & O 200 Fly	68
69	11-12 100 Fly	70
71	13 & O 100 Free	72
73	11-12 50 Free	74
75	13 & O 100 Back	76
77	11-12 100 Back	78
79	13 & O 100 Breast	80
81	11-12 50 Breast	82
83	13 & O 200 Free	84
85	11-12 200 Medley Relay	86
87	13 & O 200 Medley Relay	88

10 minute break after event 42

Distance Session 3-Saturday PM Jan 14

43	Open 400 IM	44
45	Open 500 Free	46