
	Valley Swim Team – Phoenix POLAR PLUNGE A/BB/B/C Meet January 21 – January 22, 2017 SANCTION NO. VS-17-46	<p style="text-align: center;">Hosted by:</p>  <p style="text-align: center;">Valley Swim Team - Phoenix</p>
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SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-46. USA Swimming, Inc., Virginia Swimming, Inc., VSTP and Warrenton Aquatic and Recreation Facility 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:	Warrenton Aquatic and Recreation Facility, 800 Waterloo Rd. Warrenton VA., (540) 349-2520
FACILITY:	<ul style="list-style-type: none"> Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 8); Non-Turbulent Lane Markers; Colorado Automatic & Semi-Automatic Timing System. Two additional 25 yard lanes will be available for continuous warm-up and cool down. 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.
MEET DIRECTOR:	Greg Jones E-mail: infovstp@gmail.com Phone:(540) 560 7048
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. All 11-12 year old swimmers must have a BB+ time in the 200 IM or a B+ time in the 400 IM to compete in the 11-12 400 IM (CT not accepted). All 10 and under swimmers must have a BB+ time in the 200 free or a B+ time in the 500 Free to compete in the 12 and under 500 Free (CT not accepted). 2017-2020 NAG Motivational time standards are in effect. Age on January 21, 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 & under swimmers will swim timed finals in the morning session. All 13 & over swimmers will swim timed finals in the afternoon session. All relay events will be timed finals
WARM-UPS:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7 am; competition starts at 8:00 am. Afternoon sessions: Warm-ups not before 11:15 AM; competition starts not before 12:15 pm Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating club no later than Wednesday, January 18th, 2017 The distance session will start no earlier than the estimated times. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 11, 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 submit entries via e-mail.

	<ul style="list-style-type: none"> • 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) will be accepted for events in which a swimmer does not have a time of record (except for 11-12 400 IM). 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 • All swimmers may enter a maximum of 4 individual events and 1 relay event per day. • 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 actions may require reseeding. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. • Email entries to: infovstp@gmail.com • Late entries will be accepted until January 19, 2017. <ul style="list-style-type: none"> ○ Late entries will be accepted if time and swimmer limits have not been exceeded. ○ If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after they will be entered in the slowest heat in an empty lane.
FEES:	<p>Individual events: \$6.50 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: VSTP. • Mail Payment to Jessica De Jong 115 Old Forest Circle Winchester, VA 22602 • Payment must be received by Wednesday January 19th, 2017 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & Over individual events will be given separate awards for 13-14 and 15 & Over age groups. ○ 12 & Under individual events will be given separate awards for 11-12, 9-10, and 8 & Under age groups. • Relay events: Ribbons will be awarded for first through sixth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except event #17-18 (12&U 400 IM), #41-42 (13&O) 400 IM, #59-60 (12&U 500 Free), and #83-84 (13&O 500 Free) will be pre-seeded. Swimmers should report directly to the blocks for their events. • #17-18 (12&U 400 IM), #41-42 (13&O) 400 IM, #59-60 (12&U 500 Free), and #83-84 (13&O 500 Free) will require a positive check-in to swim which will close 1 hour after the start of the session in which they are scheduled. • #17-18 (12&U 400 IM), #41-42 (13&O) 400 IM, #59-60 (12&U 500 Free), and #83-84 (13&O 500 Free) need to provide their own timers and counters • The 400 IM and 500 Free MAY be limited by the meet director, to the top 32 swimmers per event according to time constraints. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events #17-18 (12&U 400 IM), #41-42 (13&O) 400 IM, #59-60 (12&U 500 Free), and #83-84 (13&O 500 Free) will be swum fastest to slowest and alternating heats of girls and boys.
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.

	<ul style="list-style-type: none"> • 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 will be used for the afternoon sessions, and may be used for the morning sessions 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 swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. • All swimmers are required to 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 with valid USA Swimming credentials but 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: Carolyn Baker email: forbakers@hotmail.com</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 Jessica De Jong, Email: jepdejong@comcast.net, no later than Wednesday January 18, 2017. • There will be an Officials meeting one hour before the start of each session. • Dress for Officials will be navy and white for all timed finals. • There will be coaches meeting in the hospitality area, prior to the start of sessions 1 and 4
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 emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for \$5 • A Hospitality Suite will be available (refreshments, lunch & dinner) for USS officials & coaches. • Concessions snack bar and Metro Swim Shop will be available.
FACILITY RULES:	<ul style="list-style-type: none"> • Each club is responsible for supervising the conduct of their swimmers • Swimmers are not permitted in any room of the building not directly associated with this swim meet. • Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the gym. • No cars are to be left in fire lanes. • No cars are to park on the grass • Absolutely no shaving is to take place in the facility. • Parking in designated areas only, overflow parking available at nearby high school

	<ul style="list-style-type: none"> Spectators will be permitted to bring chairs for designated “camping” areas but no cots allowed. All personal property must be removed from the camping areas by the conclusion of the final session for each day. No large electronic devices are permitted. 			
DIRECTIONS:	Directions are available on the Virginia Swimming website.			
HOTELS:	<table border="0"> <tr> <td>Howard Johnson Inn 6 Broadview Avenue Warrenton, VA (540) 347 4141</td> <td>Holiday Inn Express 410 Holiday Court Warrenton, VA (540) 368-9600</td> <td>Hampton Inn 501 Blackwell Road Warrenton, VA (540) 349-4200</td> </tr> </table>	Howard Johnson Inn 6 Broadview Avenue Warrenton, VA (540) 347 4141	Holiday Inn Express 410 Holiday Court Warrenton, VA (540) 368-9600	Hampton Inn 501 Blackwell Road Warrenton, VA (540) 349-4200
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VSTP – POLAR PLUNGE ORDER OF EVENTS

<p align="center">Saturday, January 21, 2016</p> <p align="center">Session 1: Morning Session 12 and under – Timed Finals</p> <p align="center">Warm-up: not before 7:00 AM; Start not before 8:00 AM</p>			<p align="center">Sunday, January 22, 2017</p> <p align="center">Session 4: Morning Session 12 and under – Timed Finals</p> <p align="center">Warm-up: not before 7:00 AM; Start: not before 8:00 am</p>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 200 Freestyle	2	43	11-12 200 Butterfly	44
3	12 & Under 100 Individual Medley	4	45	12 & Under 100 Freestyle	46
5	12 & Under 50 Breaststroke	6	47	12 & Under 200 Backstroke	48
7	12 & Under 100 Backstroke	8	49	12 & Under 100 Breaststroke	50
9	11-12 200 Breaststroke	10	51	12 & Under 50 Butterfly	52
11	12 & Under 50 Freestyle	12	53	11-12 200 Individual Medley	54
13	12 & Under 100 Butterfly	14	55	12 & Under 50 Backstroke	56
15	12 & Under 200 Medley Relay	16	57	12 & Under 200 Freestyle Relay	58
	10 minute Break			***10 minute Break***	
17	11-12 400 Individual Medley	18	59	12 and under 500 Freestyle	60
<p align="center">Saturday, January 21, 2017</p> <p align="center">Session 3: Afternoon 13 & Over – Time Finals</p> <p align="center">Warm-ups: Not earlier than 11:15 AM</p>			<p align="center">Sunday, January 22, 2017</p> <p align="center">Session 6: Afternoon 13 & Over – Time Finals</p> <p align="center">Warm-ups: Not earlier than 11:15 AM</p>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	13-14 200 Breaststroke	20	61	13-14 100 Butterfly	62
21	15 & Over 200 Breaststroke	22	63	15 & Over 100 Butterfly	64
23	13-14 50 Freestyle	24	65	13-14 200 Backstroke	66
25	15 & Over 50 Freestyle	26	67	15 & Over 200 Backstroke	68
27	13-14 200 Butterfly	28	69	13-14 100 Freestyle	70
29	15 & Over 200 Butterfly	30	71	15 & Over 100 Freestyle	72
31	13-14 100 Backstroke	32	73	13-14 200 Individual Medley	74
33	15 & Over 100 Backstroke	34	75	15 & over 200 Individual Medley	76
35	13-14 200 Freestyle	36	77	13-14 100 Breaststroke	78
37	15 & Over 200 Freestyle	38	79	15& Over 100 Breaststroke	80
39	13 & over 200 Medley Relay	40	81	13 & Over 200 Freestyle Relay	82
	10 minute Break			***10 minute Break***	
41	13 & Over 400 IM	42	83	13&Over 500 Freestyle	84