



**Valley Swim Team – Phoenix
ICE BREAKER INVITATIONAL
A/BB/B/C Meet
December 2 - December 4, 2016
SANCTION NO. VS-17-31**

Hosted by:



**Valley Swim Team -
Phoenix**

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| SANCTION: | <ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-31 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: | <p>Greg Jones E-mail: infovstp@gmail.com Phone:(540) 560 7048</p> |
| 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. 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) 10 & under swimmers must have a BB+ time in the 100 Breaststroke to compete in the 200 Breaststroke (CT not accepted) 10 & under swimmers must have a BB+ time in the 200 Freestyle or a B+ time in the 500 Freestyle to compete in the 500 freestyle (CT not accepted) 10 & under swimmers must have a BB+ time in the 100 Backstroke to compete in the 200 Backstroke (CT not accepted) 2017-2020 NAG Motivational time standards are in effect. Age on December 2, 2016 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 13 & older swimmers will swim a preliminary session in the morning session. The top 16 swimmers in the 13-14 age group & the top 16 swimmers in the 15&O age group will swim the final session each day. Friday distance will be swum as timed finals. All 12 & younger swimmers will swim timed finals in the afternoon session. All relay events for 13 & older swimmers will be timed finals & will be conducted during preliminary session. All Friday sessions will be swum as timed finals. |
| WARM-UPS: | <ul style="list-style-type: none"> Friday afternoon session: Warm-up at 12:00 pm; competition starts at 1:00 pm Friday evening session: Warm-up not before 4:00 pm; competition starts not before 5:00 pm. Morning sessions: Warm-ups at 6:30 am; competition starts at 8:10 am. Afternoon sessions: Warm-ups not before 12:00 pm; competition starts not before 1:10 pm Finals sessions: Warm-ups not before 4:00 pm; competition starts not before 5:00 pm. 35 minutes will be general warm-up, followed by 15 minutes of specific warm-up. Lanes for starts and one way sprints, pace, |

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| | <p>and continued general warm-up will be provided with warm-up assignments</p> <ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the VSTP website no later than Wednesday, November 30th, 2016 and will also be emailed to the contact person of the participating clubs. 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, NOVEMBER 16, 2016</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. • 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 and 10 and under 200 Butterfly, backstroke and breaststroke and 500 Freestyle). 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. • "No Time" (NT) entries will not be accepted. • 12 & younger swimmers may enter a maximum of 4 individual events and 1 relay event per day & a total of 10 individual events for the meet. 13 & older swimmers may enter a maximum of 3 individual events and 1 relay event per day & a total of 9 events for the meet including relays. • 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 December 1, 2016. <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 November 30th, 2016 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. ○ 10 & Under individual events will be given separate awards for 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 #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), 5-6 (13&O 1000 Free), 7-8 (11-12 400 IM), and 15-16 (12&U 500 Free) will be pre-seeded. Swimmers should report directly to the blocks for their events with the exception of evening Finals sessions. There will be a clerk of course located outside of the Life Guard room. |

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| | <ul style="list-style-type: none"> • #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), 5-6 (13&O 1000 Free), 7-8 (11-12 400 IM), and 15-16 (12&U 500 Free) will require a positive check-in to swim. • Positive check-in will close 12:30 pm Friday for event #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), and 5-6 (13&O 1000 Free). • Positive check-in will close 4:30 pm Friday for event #7-8 (11-12 400 IM), and 15-16 (12&U 500 Free). • 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 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. • 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. • The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.12.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all 13 & Over events, excluding the 500 Free, 1000 Free, 400 IM, and all 13&O Relays (timed final events). • 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 November 30th, 2016. • There will be an Officials meeting one hour before the start of each session. • There will be coaches meeting in the hospitality area, prior to the start of sessions 1,3, and 7. • Dress for Officials will be navy and white for preliminaries and all timed finals, and blues/navy slacks or skirt and light blue shirt for evening finals. |
| 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 sold for \$8 with finals heat sheets at no cost with coupon. Final heat sheets will be \$3 without coupon. |

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| | <ul style="list-style-type: none"> • 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. • Absolutely no shaving is to take place in the facility. • Parking in designated areas only, overflow parking available at nearby high school • 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: | 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 |

VSTP – ICEBREAKER ORDER OF EVENTS

| Friday, December 2, 2016 Session 1: Afternoon Session 13 & Older – Timed Finals Warm-up: 12:00 pm; Start: 1:00 pm | | |
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| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 1 | 13 & Over 400 Individual Medley | 2 |
| 3 | 13 & Over 500 Freestyle | 4 |
| 5 | 13 & Over 1000 Freestyle | 6 |

| Friday, December 2, 2016 Session 2: Evening Session 12 & Under – Timed Finals Warm-up: not before 4:00 pm; Start: not before 5:00 pm | | |
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| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 7 | 11-12 400 Individual Medley | 8 |
| 9 | 12 & Under 200 Freestyle | 10 |
| 11 | 12 & Under 200 Individual Medley | 12 |
| 13 | 12 & under 50 Breaststroke | 14 |
| 15 | 12 & Under 500 Freestyle | 16 |

| Saturday, December 3, 2016 Session 3: Morning Prelims 13 & Older Warm-up: 6:30 am; Start: 8:10 am | | |
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| Saturday, December 3, 2016 Session 4: Afternoon 12 & Younger - Timed Finals Warm-up: not before 12:00 pm; Start: not before 1:00 pm | | |
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| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|----------------------------|-------------|
| 17 | 13-14 200 Freestyle | 18 |
| 19 | 15 & Over 200 Freestyle | 20 |
| 21 | 13-14 200 Backstroke | 22 |
| 23 | 15 & Over 200 Backstroke | 24 |
| 25 | 13-14 100 Breaststroke | 26 |
| 27 | 15 & Over 100 Breaststroke | 28 |
| 29 | 13-14 200 Butterfly | 30 |
| 31 | 15 & Over 200 Butterfly | 32 |
| 33 | 13-14 50 Freestyle | 34 |
| 35 | 15 & over 50 Freestyle | 36 |
| 37 | 13 & over 200 Medley Relay | 38 |

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|----------------------------------|-------------|
| 39 | 12 & Under 100 Individual Medley | 40 |
| 41 | 12 & Under 50 Freestyle | 42 |
| 43 | 12 & Under 100 Backstroke | 44 |
| 45 | 12 & Under 200 Breaststroke | 46 |
| 47 | 12 & Under 100 Butterfly | 48 |
| 49 | 12 & Under 200 Medley Relay | 50 |

| Saturday, December 3, 2016 Session 5: Evening Finals 13 & Older Warm-up: not before 4:00 pm; Start: not before 5:00 pm | | |
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| Sunday, December 4, 2016 Session 6: Morning Prelims 13 & Older Warm-up: 6:30 am; Start: 8:10 am | | |
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| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|----------------------------|-------------|
| 17 | 13-14 200 Freestyle | 18 |
| 19 | 15 & Over 200 Freestyle | 20 |
| 21 | 13-14 200 Backstroke | 22 |
| 23 | 15 & Over 200 Backstroke | 24 |
| 25 | 13-14 100 Breaststroke | 26 |
| 27 | 15 & Over 100 Breaststroke | 28 |
| 29 | 13-14 200 Butterfly | 30 |
| 31 | 15 & Over 200 Butterfly | 32 |
| 33 | 13-14 50 Freestyle | 34 |
| 35 | 15 & Over 50 Freestyle | 36 |

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|--------------------------------|-------------|
| 51 | 13-14 100 Freestyle | 52 |
| 53 | 15 & Over 100 Freestyle | 54 |
| 55 | 13-14 100 Backstroke | 56 |
| 57 | 15 & Over 100 Backstroke | 58 |
| 59 | 13-14 200 Breaststroke | 60 |
| 61 | 15 & Over 200 Breaststroke | 62 |
| 63 | 13-14 100 Butterfly | 64 |
| 65 | 15 & over 100 Butterfly | 66 |
| 67 | 13-14 200 Individual Medley | 68 |
| 69 | 15& Over 200 Individual Medley | 70 |
| 71 | 13 & Over 200 Freestyle Relay | 72 |

| Sunday, December 4, 2016 Session 7: Afternoon 12 & Younger Timed Finals Warm-up: not before 12:00 pm; Start: not before 1:00 pm | | |
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| Sunday, December 4, 2016 Session 8: Evening Finals 13 & Older Warm-up: not before 4:00 pm; Start: not before 5:00 pm | | |
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| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|--------------------------------|-------------|
| 73 | 11-12 200 Butterfly | 74 |
| 75 | 12 & Under 100 Freestyle | 76 |
| 77 | 12 & Under 200 Backstroke | 78 |
| 79 | 12 & Under 100 Breaststroke | 80 |
| 81 | 12 & Under 50 Butterfly | 82 |
| 83 | 12 & Under 50 Backstroke | 84 |
| 85 | 12 & Under 200 Freestyle Relay | 86 |

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|--------------------------------|-------------|
| 51 | 13-14 100 Freestyle | 52 |
| 53 | 15 & Over 100 Freestyle | 54 |
| 55 | 13-14 100 Backstroke | 56 |
| 57 | 15 & Over 100 Backstroke | 58 |
| 61 | 13-14 200 Breaststroke | 62 |
| 63 | 13-14 100 Butterfly | 64 |
| 65 | 15 & over 100 Butterfly | 66 |
| 67 | 13-14 200 Individual Medley | 68 |
| 69 | 15& Over 200 Individual Medley | 70 |