



**Poseidon's A/BB/B/C
Autumn Splash
November 10-11, 2018
SANCTION NO. VS-19-28**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-28• USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming and Jeff Rouse Swim & 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.
LOCATION:	<ul style="list-style-type: none">• Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554• Phone: 833-SWM-FAST (796-3278)
FACILITY:	<ul style="list-style-type: none">• The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality and concession stand.• Eight lanes, 50-meter competition pool, 12 feet deep at the start end and 6.7 feet at the turn end; overflow gutters with non-turbulent lane markers.• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.• Non-Turbulent Lane Markers in both pools.• Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.• Spectator seating for 700 plus.• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	Name: Sharon Gaston Email: admin@poseidonswimming.com Phone: 833-SWM-FAST (796-3278)
ELIGIBILITY:	<ul style="list-style-type: none">• Open to USA Swimming registered athletes registered before the first day of the meet.• No on-deck athlete registration will be permitted.• Age on November 10, 2018 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">• Athletes with a disability are welcome 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 and older swimmers will swim in the morning session on Saturday and Sunday.• All 12 and younger swimmers will swim in the afternoon session on Saturday and Sunday.• A session will be held Saturday evening for the 1650 free.• The 400 IM, 500 free and 1650 will all be swum fastest to slowest.• All events will be timed finals.

	<ul style="list-style-type: none"> Dual courses may be run for part or the entire meet to accommodate the number of swimmers and still not create too lengthy a session.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 8:00 AM competition starts at 9:00 AM. Afternoon sessions: Warm-ups not before 12:30 PM; competition starts not before 1:30 PM. Saturday evening session: General warm-ups not before 4:30 PM, competition not before 5:30 PM. Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Tuesday, November 6, 2018 5:00 PM, and will also be emailed to the contact person of the participating clubs. 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 THURSDAY, NOVEMBER 1, 2018.</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 must 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. Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT <u>must be slower than an “A” time</u>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. Swimmers may enter <i>5 individual events per day Saturday and Sunday</i>. Entries will be processed in the order received and <u>accepted to</u> 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. 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 Administrative Official 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: Poseidon Swimming Mail payment to: Poseidon Swimming, 10800 Center View Dr., Richmond VA 23235 Payment must be received by November 6, 2018 for entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

	<ul style="list-style-type: none"> ● 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. ● Awards will be given for the following age groups: 8 & Y, 9-10, 11-12, 13-14, 15 & O.
SEEDING:	<ul style="list-style-type: none"> ● All individual events except for the following will be pre-seeded; events #21-24, #55-56 400 IM; events #57-58, 1650 free; events #79-82, #111-114 500 free. ● These events, #21-24, #55-56 400 IM, #57-58 1650 free, #79-82, #111-114 500 free, will require a positive check-in. Swimmers must be positively checked-in to be seeded in the event. ● Positive check-in will close 45 minutes prior to the start of each session. ● The 400IM, 500 free and 1650 free events will be swum fastest to slowest.
PENALTIES:	<p>A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as</p> <ul style="list-style-type: none"> ● Entries using fraudulent or non-verifiable times. ● Athlete competed in the incorrect age group. ● Athlete is not registered with USA Swimming prior to the first day of the meet. ● 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. <p>Any event in which an athlete participated illegally will be rescored and re-awarded.</p>
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. ● 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>. ● Changing into or out of swimsuits other than in locker rooms or other designated areas 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 expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Bob Rustin Phone: 804-387-8736, Email: brustin55@gmail.com</p>

	<ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials' chairs should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Scott Farrar, sfarrar@bsnsports.com, no later than Tuesday, November 6, 2018. • Officials briefing will take place 1 hour before the beginning of each session.
SAFETY:	<ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Swimmers in 400 IM, 500 free and 1650 free events must provide their own timers and counters. • 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 Poseidon website no later than Tuesday, November 7, 2018 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Meet programs will be sold for \$10. • Concessions will be available during the meet at the Jeff Rouse Swim and Sport cafeteria. Concessions will open for warm-ups and during competition each day. No outside food or drinks are allowed in the facility. • Coaches' and officials' hospitality will include breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. Hospitality will be hosted in the room just off the pool deck. • Disco will be the meet vendor for swim gear. Additional vendors may also be available.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus. • No outside food or beverages are allowed in the facility. • No flash photography.
DIRECTIONS:	Go to www.poseidonswimming for directions.
HOTELS:	Go to www.poseidonswimming.com , click Meets/Events, then Visitor Hotel Info.

Poseidon Autumn Splash, November 10-11, 2018
ORDER OF EVENTS

Saturday, November 10, 2018

Saturday Morning Session Warm-up: 8:00 AM; Start: 9:00 AM			Saturday Afternoon Session Warm-up: 12:30 PM; Start: 1:30 PM (Times are approximate)		
Girls	Events	Boys	Girls	Events	Boys
1	13-14 200 fly	2	25	8 & Y 25 free	26
3	15 & O 200 fly	4	27	10 & Y 50 free	28
5	13-14 50 free	6	29	11-12 50 free	30
7	15 & O 50 free	8	31	10 & Y 200 free	32
9	13-14 100 breast	10	33	11-12 200 free	34
11	15 & O 100 breast	12	35	8 & Y 25 breast	36
13	13-14 200 back	14	37	10 & Y 50 breast	38
15	15 & O 200 back	16	39	11-12 50 breast	40
17	13-14 100 free	18	41	11-12 200 breast	42
19	15 & O 100 free	20	43	10 & Y 100 IM	44
21	13 -14 400 IM **	22	45	11-12 100 IM	46
23	15 & O 400 IM **	24	47	10 & Y 100 back	48
			49	11-12 100 back	50
			51	10 & Y 100 fly	52
			53	11-12 100 fly	54
			55	11-12 400 IM **	56

Saturday Evening Session, November 10, 2018

PM Distance Session

Warm-up: 4:30 PM; Start 5:30 PM

Girls	Event	Boys
57	Open 1650 Free **	58

**Requires Positive Check-in

ORDER OF EVENTS

Sunday, November 11, 2018

Sunday Morning Session Warm-up: 8:00 AM; Start: 9:00 AM			Sunday Afternoon Session Warm-up: 12:30, 1:30 PM start (Times are approximate)		
Girls	<u>Events</u>	Boys	Girls	<u>Events</u>	Boys
59	13-14 200 free	<u>60</u>	83	8 & Y 25 back	84
61	15 & O 200 free	62	85	10 & Y 50 back	86
63	13-14 200 breast	64	87	11-12 200 back	88
65	15 & O 200 breast	66	89	11-12 50 back	90
67	13-14 100 back	68	91	8 & Y 25 fly	92
69	15 & O 100 back	70	93	10 & Y 50 fly	94
71	13-14 100 fly	72	95	11-12 50 fly	96
73	15 & O 100 fly	74	97	11-12 200 fly	98
75	13-14 200 IM	76	99	10& Y 200 IM	100
77	15 & O 200 IM	78	101	11-12 200 IM	102
79	13-14 500 free **	80	103	10 & Y 100 free	104
81	15 & O 500 free**	82	105	11-12 100 free	106
			107	10 & Y 100 breast	108
			109	11-12 100 breast	110
			111	10 & Under 500 free **	112
			113	11-12 500 free**	114

**Requires Positive Check-in

WELCOME TO THE JEFF ROUSE SWIM AND SPORT CENTER

1600 MINE ROAD, STAFFORD, VA 22554 540-318-6332

WWW.ROUSECENTER.COM

Driving Directions from the North:

From I95, take exit 140 and turn right on to Courthouse Road. After approximately one mile, turn right on to Mine Road and the center will be on your left.

Driving Directions from the South:

From I95, take exit 140 and turn left on to Courthouse Road. After approximately one mile, turn right on to Mine Road and the center will be on your left.

Contact Information

General Manager

Kristen Loescher

kloescher@rousecenter.com

Aquatics Director

Brian Cann

bcann@rousecenter.com

Assistant General Manager

Michael Avery

mavery@rousecenter.com

Enjoy the meet and

SWIM FAST!



Center Policies and Helpful Tips

Thank you for attending a swim meet at our center. We are looking forward to being your hosts for the weekend! As a guest of our facility we ask that you abide by the following policies:

FOOD & DRINK - No outside food or drink is permitted in the facility other than water and your morning coffee (we don't want to come between you and your caffeine!). We have a café that serves snacks, drinks, smoothies, and breakfast, lunch and dinner. Guests are permitted to eat in the stands, but please throw away your trash and recycle your cans and bottles. Thank you for supporting our concessions!

Exception - Participating athletes may bring in their preferred food and drink.

GUEST PASSES - Swim meet participants and guests are not allowed to use any part of the facility other than the pool area, locker rooms, and restrooms. If you would like to use our gymnasium or fitness center, you may purchase a day pass at the front desk.

ACCESS TO POOL - Swimmers, please enter the pool area through the locker rooms or wet corridor. Parents, coaches and spectators, please enter the pool through the wet corridor (straight down the hallway as you enter).

PHOTOGRAPHY - No flash photography/videography is allowed during competition.

TEAM BANNERS - You may hang your team banners/flags in the alcove areas. Please do not hang or tape anything to our sponsorship banners.

SOCIAL MEDIA - Use our Hashtag this weekend and see your tweets up on the scoreboard!

Each swim team is responsible for their swimmers and guests. The JRSSC reserves the right to ask guests to leave the building immediately for unruly or uncooperative behavior.

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