



**POSEIDON CLASSIC**  
**A/BB/B/C Prelims/Finals**  
**May 3-5, 2019**  
**SANCTION NO. VS-19-98**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-19-98</b></li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming, Inc. and Liberty University 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.</li></ul>
<b>LOCATION:</b>	<ul style="list-style-type: none"><li>• Liberty University, 3853 Candler Mountain Rd., Lynchburg VA 24502 Phone: 804-330-2222 ext 315</li></ul>
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• The Liberty University facility provides a 9-lane, 50 meter competition pool with moveable bulkhead, separate 8-lane, 25 yard diving well, and supporting amenities including hospitality and concession stand.</li><li>• Nine lane, 25-yard racing course allows for 18 continuous warm-up warm-down lanes OR two 10-lane 25-yard racing courses allow for 8 lanes of continuous warm-up warm-down in diving well, 7 ft. continuous depth; overflow gutters with non-turbulent lane markers.</li><li>• Indoor 8-lane 25 yard diving well pool for continuous warm-up, cool-down.</li><li>• Non-Turbulent Lane Markers in both pools.</li><li>• Paddock Starting Blocks with trackplates, Colorado backstroke wedges, Daktronics timing system.</li><li>• Spectator wrap-around three-sided seating for 1400.</li><li>• Two video boards allow for two simultaneous course displays, plus the ability to scroll preliminary results.</li><li>• The natatorium combines a 1-2 micron regenerative filter with an ultraviolet light disinfect system, ensuring premium water quality amidst heavy usage.</li><li>• 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.</li></ul>
<b>MEET DIRECTOR:</b>	Name: Sharon Gaston Email: <a href="mailto:admin@poseidonswimming.com">admin@poseidonswimming.com</a> Phone: 804-330-2222 ext 315
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes. All athletes must be registered members of USA Swimming before the first day of the meet.</li><li>• No on-deck USA Swimming/Virginia Swimming athlete registration will be permitted.</li><li>• 2017-2020 NAG time standards are in effect.</li><li>• Age on May 3, 2019 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 12 &amp; younger swimmers will swim timed finals in the afternoons Friday and</li></ul>

	<p>Saturday</p> <ul style="list-style-type: none"> <li>• All 13 &amp; older swimmers will swim a preliminary session in the morning Friday and Saturday. The top 16 swimmers in 13-14 and Senior age groups will swim the finals session Friday and Saturday evening.</li> <li>• Sunday morning session 13-14 and senior 800 and 1500 freestyle timed final.</li> <li>• Sunday mid-day session, 10 &amp; Under, 11-12, 13-14 and Senior timed finals.</li> <li>• Depending on the number of entries, chase starts may be used at the discretion of the meet referee.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Friday and Saturday morning sessions: General warm-ups start at 6:30-7:25 am, specific start at 7:25-7:50 AM lanes 1 &amp; 9 pace and 2 &amp; 8 sprint; competition starts at 8:00 AM.</li> <li>• Friday and Saturday afternoon sessions: Assigned warm-ups start not before 12:30 PM; competition starts not before 1:30 PM.</li> <li>• Friday and Saturday Final sessions: General warm-ups start not before 5:00 PM, specific start at 5:30 PM; competition starts at 6:00 PM.</li> <li>• Sunday morning distance session: General warm-ups start at 7:00 AM, pace lanes will be assigned as needed. Competition starts at 8:00 AM.</li> <li>• Sunday mid-day session: Assigned warm-ups start not before 12:00 PM; competition starts not before 1:00 PM.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Monday, April 29, 2019 and will also be emailed to the contact person of the participating clubs.</li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, APRIL 25, 2019.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries via email.</li> <li>• 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.</li> <li>• “No Time” (NT) entries and Coaches Times (CT) will not be accepted.</li> <li>• Swimmers may enter a maximum of 3 events per day, Friday, Saturday and Sunday.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• 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.</li> <li>• Email entries to: Becky Hofmann, <a href="mailto:entries@poseidonswimming.com">entries@poseidonswimming.com</a></li> <li>• 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</li> </ul>

<b>FEES:</b>	<p>Individual events: \$8.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>Poseidon Swimming</b></li> <li>• Mail payment to: 10800 Center View Dr. Midlothian, VA 23235</li> <li>• Payment must be received by April 30, 2019 for entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> <li>○ 13 and over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>○ 12 and under events will be given separate awards for 11-12 and 10 &amp; Under age groups.</li> <li>○ 10 &amp; under events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All 13 &amp; Older events will be deck seeded and will require that team scratch sheets be turned in to the admin table 1 hour prior to the start of the session.</li> <li>• <b>Entrants in Sunday's 800 and 1500 meter free events must confirm their intention to compete in that event by positive check-in before 11:00 AM on Saturday, respectively.</b></li> <li>• The 13-14 and Senior age groups in the 800 meter freestyle and the 1500 meter freestyle events will be seeded according to time and gender and will be swum fastest to slowest alternating women and men, and will be limited to 2 heats each of 13-14 women and men and 2 heats each of senior women and men.</li> <li>• The 1500 meter freestyle will be limited to 2 heats each of 13-14 women and men and 2 heats each of senior women and men. <ul style="list-style-type: none"> <li>○ The 18 swimmers in each age group with the fastest entry times will be accepted. We will make complete heats should an age group not have 18 swimmers.</li> <li>○ For example, if there are only twelve 13-14 women entered and there are more than 18 senior women, we will allow 6 additional senior women to swim to complete the heat.</li> </ul> </li> <li>• All Senior events are limited to 13 &amp; Older swimmers.</li> <li>• The 400 meter freestyle events will be limited to 4 heats each of 12 &amp; Y, 13-14 women and men and 15 &amp; Older women and men; for a total of 36 swimmers per event.</li> <li>• The 400 meter IM will be limited to 6 heats each of 13-14 and 15 &amp; O women and men.</li> <li>• Deck seeding will be done using meet manager. Heat sheets will be provided to coaches and officials and posted poolside for spectators.</li> <li>• All 12&amp;U events will be pre-seeded, <b>with the exception of the 400 free (events 77 &amp; 78) and Sunday's events which will be deck seeded. Positive check-in for these events closes 1 hour prior to the start of the session.</b></li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• A fine of up to \$100 per event may be assessed for any illegal participation in</li> </ul>

	<p>the meet. Illegal participation is defined as</p> <ul style="list-style-type: none"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> <li>● 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.</li> <li>● Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>● The current USA Swimming Rules and Regulations will apply.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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>.</li> <li>● Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>● In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>● 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bob Rustin</b>  <b>Email: <a href="mailto:brustin55@gmail.com">brustin55@gmail.com</a></b>  <b>Phone: 804-387-8736</b></p> <p>Officials will be needed for all positions and all sessions for this meet.</p> <ul style="list-style-type: none"> <li>● 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 at <a href="mailto:SFarrar@bsnsports.com">SFarrar@bsnsports.com</a> no later than April 30, 2019.</li> <li>● Officials will meet one hour prior to the start of each session.</li> </ul>
	<p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>● Swimmers will need to provide their own timers and counters for the 800 free and 1500 free events.</li> <li>● The number of timers required per club and their lane assignments will be posted on the Poseidon website no later than Monday, April 29, 2019, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>

<b>SCRATCHES:</b>	<ul style="list-style-type: none"> <li>Scratches for preliminaries, Friday and Saturday, and timed finals on Sunday are to be reported to the admin table by using the scratch sheets provided to each team in the team packet. The scratch sheets shall be turned in to the admin table 1 hour prior to the session start. Scratch sheets for Friday and Saturday prelims must be turned in by 7:00 AM. Scratch sheets for Sunday's afternoon session must be turned in by 12:00 PM.</li> <li><b>All scratch sheets must be turned in from all teams, whether or not you have scratches. Please write "No Scratches" across the top if you have none.</b></li> </ul> <table border="1" data-bbox="332 430 1409 772"> <thead> <tr> <th>Session</th> <th>Procedure</th> <th>When</th> </tr> </thead> <tbody> <tr> <td>Friday Prelims</td> <td>Scratch sheets</td> <td>By 7:00 AM Friday</td> </tr> <tr> <td>Friday Afternoon</td> <td>Pre-seeded</td> <td></td> </tr> <tr> <td>Saturday Prelims</td> <td>Scratch sheets</td> <td>By 7:00 AM Saturday</td> </tr> <tr> <td>Saturday Afternoon</td> <td>Pre-seeded, except for 77 &amp; 78 positive check-in</td> <td>By 1:00 PM Saturday</td> </tr> <tr> <td>Sunday 800/1500 M free</td> <td>Positive check in</td> <td>By 11:00 AM Saturday</td> </tr> <tr> <td>Sunday Afternoon</td> <td>Scratch sheets</td> <td>By 12:00 PM Sunday</td> </tr> </tbody> </table>	Session	Procedure	When	Friday Prelims	Scratch sheets	By 7:00 AM Friday	Friday Afternoon	Pre-seeded		Saturday Prelims	Scratch sheets	By 7:00 AM Saturday	Saturday Afternoon	Pre-seeded, except for 77 & 78 positive check-in	By 1:00 PM Saturday	Sunday 800/1500 M free	Positive check in	By 11:00 AM Saturday	Sunday Afternoon	Scratch sheets	By 12:00 PM Sunday
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<b>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>Meet programs:</b> Free heat sheets will be available to print via Poseidon's website <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> and via meet mobile. Pre-seeded events will be available in advance; deck-seeded event will be available as soon as the session is seeded.</li> <li><b>Concession:</b> Concessions will be available during the meet at Liberty University concessions. Concessions will open for warm-ups and during competition each day for hot/cold drinks, snacks, etc.</li> <li><b>Hospitality:</b> <ul style="list-style-type: none"> <li>A light breakfast will be provided Friday, Saturday and Sunday.</li> <li>Lunch and a light dinner will be provided to coaches and officials Friday and Saturday. On Sunday, a light breakfast and brunch will be provided.</li> </ul>           Hospitality will be available when warm-ups start and may close one hour prior to the end of the meet each day.         </li> </ul>																					
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>No glass containers of any kind are permitted in the facility.</li> <li>Lawn/deck chairs are not permitted in the grandstand.</li> <li>No spectators/parents will be allowed on deck unless working the meet.</li> <li>No smoking is allowed on the campus.</li> <li>No flash photography.</li> </ul>																					
<b>DIRECTIONS:</b>	Go to <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> for directions.																					

## SCHEDULE OF EVENTS

**Friday Morning, May 3, 2019**

**13-14 and Senior Preliminary Events**

**Warm-ups: 6:30 to 7:25 am - general; 7:25 to 7:50 am - specific**  
**Lanes 1, 8 pace, Lane 2, 7 sprint, more sprint lanes will be added as necessary**

**Meet Starts: 8:00 am**

<b>Women</b>	<b>Event</b>	<b>Men</b>
1	13-14 100 m Breast	2
3	Senior 100 m Breast	4
5	13-14 200 m Back	6
7	Senior 200 m Back	8
9	13-14 100 m Free	10
11	Senior 100 m Free	12
13	13-14 200 m Fly	14
15	Senior 200 m Fly	16
17	13-14 400 m Free*	18
19	Senior 400 m Free*	20

\*The 400 freestyle is limited to 4 heats of women and 4 heats of men per event.

**Friday Afternoon, May 3, 2019**

**10 & Younger, 11-12 Timed Finals**

**Warm-ups: not before 12:30pm; Meet Starts: not before 1:30pm**

<b>Women</b>	<b>Events</b>	<b>Men</b>
21	10 & Y 50 m Free	22
23	11-12 50 m Free	24
25	10 & Y 200 m IM	26
27	11-12 200 m IM	28
29	10 & Y 100 m Back	30
31	11-12 100 m Back	32
33	10 & Y 50 m Fly	34
35	11-12 50 m Fly	36
37	11-12 200 m fly	38

**Friday Evening, May 3, 2019**

**13-14 and Senior Consols and Finals Events**

**Warm-ups: not before 5:00 to 5:30 pm – general, not before 5:30 to 5:45 pm - specific;**

**Meet Starts: not before 6:00 pm**

**Session Events 1-20 Consols and Finals**

**Saturday Morning, May 4, 2019**  
**13-14 and Senior Preliminary Events**  
**Warm-ups: 6:30 to 7:25 am - general, 7:25 to 7:50 am - specific**  
**Lanes 1,8 pace; Lanes 2, 7 sprint, more sprint lanes will be added as necessary**  
**Meet Starts: 8:00 am**

<b>Women</b>	<b>Events</b>	<b>Men</b>
39	13-14 200 m Free	40
41	Senior 200 m Free	42
43	13-14 100 m Back	44
45	Senior 100 m Back	46
47	13-14 200 m Breast	48
49	Senior 200 m Breast	50
51	13-14 100 m Fly	52
53	Senior 100 m Fly	54
55	13-14 200 m IM	56
57	Senior 200 m IM	58

**Saturday Afternoon, May 4, 2019**  
**10 & U, 11-12 Timed Finals Events**  
**Warm-ups: not before 12:30pm; Meet Starts: not before 1:30pm**

<b>Women</b>	<b>Events</b>	<b>Men</b>
59	10 & Y 50 m Breast	60
61	11-12 50 m Breast	62
63	11-12 200 m Breast	64
65	10 & Y 100 m Fly	66
67	11-12 100 m Fly	68
69	10 & Y 100 m Free	70
71	11-12 100 m Free	72
73	10 & Y 50 m Back	74
75	11-12 50 m Back	76
77	12 and Younger 400 m Free**	78

\*\*limited to 4 heats per event

**Saturday Evening, May 4, 2019**  
**13-14 and Senior Consols and Finals Events**  
**Warm-ups: not before 5:00 to 5:30 pm - general, not before 5:30 to 5:45 pm - specific;**  
**Meet Starts: not before 6:00 pm**  
**Events 37-58, Consols and Finals**

**Sunday Morning, May 5, 2019**  
**13-14 and Senior 1500 Events**

**Warm-ups: 7:00 to 7:50 am - general, pace lanes will be assigned if needed**  
**Meet Starts: 8:00 am**

<b>Women</b>	<b>Events</b>	<b>Men</b>
79	13-14 800 m Free*#	80
81	Senior 800 m Free*#	82
83	13-14 1500 m Free*#	84
85	Senior 1500 m Free*#	86

\*Events 79-86 will be swum fast to slow, alternating girls and boys heats.  
13-14 and Senior women and men will be awarded separately.

# limited to 2 heats of 13-14 women and 2 of 15 & older women; and 2 heats of 13-14 men and 2 heats of 15 & older men. Complete heats will be made to accommodate as many swimmers as possible.

**Sunday Afternoon, May 5, 2019**  
**Age Group and Senior Timed Finals Events**  
**Warm-ups: not before 12 pm; Meet Starts: not before 1:00 pm**

<b>Women</b>	<b>Events</b>	<b>Men</b>
87	13-14 400 m IM***	88
89	Senior 400 m IM***	90
91	11-12 100 m Breast	92
93	10 & Y 100 m Breast	94
95	13-14 50 m Free	96
97	Senior 50 m Free	98
99	11-12 200 m Back	100
101	10 & Y 200 m Free	102
103	11-12 200 m Free	104

\*\*\* limited to 6 heats per event