



**POSEIDON CLASSIC**  
**A+ Meet**  
**May 19-22, 2005**  
**SANCTION NO. VS-05-52**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-05-52</b>																			
<b>LOCATION:</b>	Riverside Wellness and Fitness Center 11621 Robious Road Midlothian, VA 23113 Riverside Phone: (804) 378-1600 (emergency only) Poseidon Office Phone: (840) 379-5480 or FAX (804) 378-5179																			
<b>FACILITY:</b>	50 meter pool with 8 lanes; each is 8 feet wide with Kieffer-McNeil non-turbulent lane markers. A Colorado automatic timing system will be used.																			
<b>MEET DIRECTOR:</b>	Julie and Billy Chenault Phone: (804) 320-1256 Email: <a href="mailto:jjchenault@hotmail.com">jjchenault@hotmail.com</a>	Maria and Joe Maltby Phone: (804) 379-5090 Email: <a href="mailto:maltbyva@aol.com">maltbyva@aol.com</a>																		
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all swimmers who are registered with United States Swimming and who meet the following time standards:</li> <li>• Virginia LSC Swimmers: <b>All 10 &amp; Under, 11-12, 13-14 entrants must have a minimum "A" classification time in each event</b>, with additional qualification times noted below.</li> <li>• <b>All entrants of senior events must have a minimum 15-16 "A" classification time in each event entered</b>, with the exceptions listed below.</li> </ul> <table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: left;">Age Group</th> <th style="text-align: left;">Stroke/Distance</th> <th style="text-align: left;">Qualification Time*</th> </tr> </thead> <tbody> <tr> <td>13-14 Women</td> <td>200 yd free</td> <td>2:07.09Y</td> </tr> <tr> <td>Senior Women</td> <td>200 yd free</td> <td>2:05.19Y</td> </tr> <tr> <td>Senior Women</td> <td>200 yd IM</td> <td>2:21.19Y</td> </tr> <tr> <td>Senior Men</td> <td>200 yd free</td> <td>1:54.39Y</td> </tr> <tr> <td>Senior Men</td> <td>200 yd IM</td> <td>2:09.59Y</td> </tr> </tbody> </table> <p>*These qualification times are for all swimmers entered in the above events regardless of LSC.</p> <ul style="list-style-type: none"> <li>• <b>Swimmers from other LSC's:</b> <ul style="list-style-type: none"> <li>○ <b>12 and Younger swimmers must have a minimum "A" classification time in each event entered</b></li> <li>○ <b>13-14 and Senior swimmers must have a minimum "AA" classification with the above exceptions in each event entered.</b></li> </ul> </li> <li>• There is a limit on the number of entries in the 1500 meter freestyle events, and the 13-14 and Senior 400 meter freestyle, as described in Entries below.</li> <li>• All swimmers participating in this meet must be registered by the first day of the meet.</li> <li>• No on deck registration will be permitted.</li> <li>• 2005-2008 NAG top 16 based times are in effect.</li> <li>• Age on May 19, 2005 will determine age for the entire meet.</li> </ul>		Age Group	Stroke/Distance	Qualification Time*	13-14 Women	200 yd free	2:07.09Y	Senior Women	200 yd free	2:05.19Y	Senior Women	200 yd IM	2:21.19Y	Senior Men	200 yd free	1:54.39Y	Senior Men	200 yd IM	2:09.59Y
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<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• All 10 &amp; Younger and 11-12 events will be swum as timed finals. Thursday evening's events and all of Sunday's events are timed finals.</li> <li>• All 13-14 and senior individual events on Friday and Saturday will be swum as preliminaries and finals. <b>Consolation</b> and <b>final heats</b> will be swum in sessions held Friday and Saturday evenings.</li> <li>• All 13-14 and senior relay events on Friday and Saturday will be swum as <b>timed finals</b>. The fastest heat of each relay event will compete during the Finals sessions on Friday and Saturday evenings.</li> <li>• Four lanes of the outdoor heated lap pool will be available for continuous warm-up and cool-down during the morning preliminary sessions and the evening finals sessions on Friday and Saturday and Sunday's morning session.</li> </ul>																			

	<ul style="list-style-type: none"> <li>• <b>Thursday Evening: 13-14 and Senior 800 meter free</b> <ul style="list-style-type: none"> <li>○ Warm-ups: 5:00 to 5:50 pm</li> <li>○ Meet Start: 6:00 pm</li> </ul> </li> <li>• <b>Friday and Saturday Split Session Format</b> <ul style="list-style-type: none"> <li>○ <b>Morning Session:</b> 13-14 and Senior Prelims <ul style="list-style-type: none"> <li>▪ <b>Warm-ups:</b> 6:45 am to 7:45 am – general 7:45 am to 8:15 am – specific</li> <li>▪ Lanes 1 &amp; 8 pace. Lanes 2 &amp; 7 sprint, more sprint lanes will be added as necessary</li> <li>▪ <b>Meet Start:</b> 8:30 am</li> </ul> </li> <li>○ <b>Afternoon Session:</b> 10 &amp; Younger and 11-12 Time Final Events <ul style="list-style-type: none"> <li>▪ Warm-ups: 1:30 pm to 2:20 pm – assigned lanes</li> <li>▪ Meet Start: 2:30 pm</li> </ul> </li> <li>○ <b>Evening Session:</b> 13-14 and Senior Consols and Finals <ul style="list-style-type: none"> <li>▪ <b>Warm-ups:</b> 5:00 pm to 5:30 pm – general 5:30 pm to 5:45 pm – specific</li> <li>▪ <b>Meet Starts:</b> 6:00 pm</li> </ul> </li> </ul> </li> <li>• <b>Sunday Sessions:</b> All Events Timed Finals <ul style="list-style-type: none"> <li>○ <b>1500 Session:</b> 13-14 and Senior Events <ul style="list-style-type: none"> <li>▪ <b>Warm-ups:</b> 7:30 am to 8:20 am – general, pace lanes will be assigned if needed</li> <li>▪ <b>Meet Start:</b> 8:30 am</li> </ul> </li> <li>○ <b>General Session:</b> Age Group and Senior Events <ul style="list-style-type: none"> <li>▪ <b>Warm-up:</b> 11:30 am to 12:20 pm – assigned lanes</li> <li>▪ <b>Meet Starts:</b> 12:30 pm</li> </ul> </li> </ul> </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 WEDNESDAY, MAY 11, 2005</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½” computer disk.</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>• All entry times must have been achieved in USA Swimming sanctioned or approved competition.</li> <li>• <b><i>Swimmers may enter a maximum of 10 individual events total in the meet (not possible for all age groups) and 1 relay event per day.</i></b></li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</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: <a href="mailto:poseidonva@aol.com">poseidonva@aol.com</a>.</li> <li>• Mail entries to: Marla Shreve, Poseidon Swimming RWFC / 11621 Robious Road Midlothian, VA 23113</li> <li>• <b>IMPORTANT:</b> If entries are 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>FEES:</b>	<p>Individual events: \$4.00 Relay events: \$14.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Poseidon Swimming.</li> <li>• Payment must be received by May 16, 2005 for email entries. Payment must be included with all mailed entries.</li> </ul>

**AWARDS:**

- Individual events: Medals will be awarded for first through third place and ribbons for fourth through eighth place:
- 13-14 and Senior events will be given separate awards for 13-14 and Senior age groups.
- 12 & Younger events will be given separate awards for 11-12 and 10 & Younger age groups.
- Relay events: Medals will be awarded for first place and ribbons for second and fourth.
- Individual high point awards will be given to the highest scoring girl and boy in the 10 & Younger, 11-12, 13-14, and Senior age groups.
- Awards will be given for the fastest accumulated time in the 1) 400, 800, and 1500 m freestyle; 2) 50, 100, and 200 m freestyle; and 3) the 200 and 400 m IM , for both women and men.
- \$100 will be awarded to the team that established a new Poseidon Classic meet record in the senior events. This award may be declined by the team coach, on behalf of the swimmer who breaks the record.

**SEEDING:**

- Entrants in the **800 yard freestyle** must confirm their intent to compete by **positively checking in by 5:15 pm Thursday**.
- 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.
  - The 16 swimmers in each age group with the fastest entry times will be accepted. We will make complete heats should an age group not have 16 swimmers.
  - For example, if there are only twelve 13-14 women entered and there are more than 16 senior women, we will allow 4 additional senior women to swim to complete the heat.
- **Entrants for the 1500 meter free events must confirm their intention to compete in that event by positive check in and must do so before 11:00AM on Saturday morning.**
- All 13-14 and Senior events whether preliminaries or timed finals (Sunday) will be seeded on deck.
- 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. These events will be swum fastest to slowest alternating men and women.
- Deck seeding will be done using meet manager. Heat sheets will be provided to coaches and officials and posted poolside for spectators.
- All 12 and Younger events will be pre-seeded, **with the exception of Sunday’s events which will be deck seeded.**

**SCRATCHES:**

- Scratches for preliminaries, Friday and Saturday, and timed finals on Sunday are to be reported to Recorder by using the scratch sheets provided to each team in the team packet.
- The scratch sheets shall be turned in to the recorder 1 hour prior to the meet start. Scratch sheets for Friday and Saturday prelims must be turned in by 7:30 AM.
- Scratch sheets for Sunday’s afternoon session must be turned in by 11:30 AM.
- **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.**

Session	Procedure	When
Thursday, 800 M free	Positive check in	By 5:15 PM Thursday
Friday Prelims	Scratch sheets	By 7:30 AM Friday
Friday Afternoon	Pre-seeded	
Saturday Prelims	Scratch sheets	By 7:30 AM Saturday
Saturday Afternoon	Pre-seeded	
Sunday 1500 M free	Positive check in	By 11:00 AM Saturday
Sunday Afternoon	Scratch sheets	By 11:30 AM Sunday

- Scratches for consolation finals and finals for 13-14 and Senior swimmers will be governed by the scratch procedures for USA Championship meets - Article 207.7.9, D&E of the USA Swimming, 2005 Rules and Regulations.

**PENALTIES:**

Penalties for entries using fraudulent and/or non-verifiable entry times:

- **Swimmer shall be disqualified from 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**

	<p><b>published as part of the official meet results.</b></p> <ul style="list-style-type: none"> <li>• <b>Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></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> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The 2005 USA Swimming Rules and Regulations will apply.</li> <li>• The overhead start procedure will be used at the discretion of the referee.</li> <li>• In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Curt Ramsdell</b>  <b>Email: <a href="mailto:gcramsdell@erols.com">gcramsdell@erols.com</a></b>  <b>Phone: (804) 379-5559</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Paula Neely, <a href="mailto:pneely@erols.com">pneely@erols.com</a>, 804-781-0046 no later than May 12, 2005.</li> <li>• Announce any officials meetings, length, and time</li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs are asked to provide individuals to count laps for swimmers competing in the 800 meter freestyle on Thursday and the 1500 meter freestyle events on Sunday morning.</li> <li>• Clubs may be asked to provide timers. A lane assignment chart will be posted at the meet and provided with warm-up schedules.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Meet Programs will be sold for \$10.00. The program will include coupons for finals' heat sheets. Without a coupon, finals' heat sheets will cost \$2.00.</li> <li>• Snack bar services will be available and will include breakfast items. The snack bar is located in the outside concession area.</li> <li>• Lunch and dinner will be provided to all USA Swimming certified officials and coaches on Friday and Saturday. A light breakfast and brunch will be provided to all USA Swimming certified officials and coaches on Sunday.</li> <li>• The warm-up schedule for afternoon sessions will be posted on our website,</li> </ul>
<b>FACILITY RULES:</b>	<p>Please observe the following rules of Riverside Wellness &amp; Fitness Center.</p> <ul style="list-style-type: none"> <li>• All swim meet participants and spectators must use the rear entrance to the swimming pool. Use of the main entrance to RWFC is not permitted.</li> <li>• NO swim meet participants or spectators are permitted to use any RWFC facilities other than the pool locker rooms.</li> <li>• No food is permitted in the pool area.</li> </ul>
<b>DIRECTIONS:</b>	Check the Poseidon web site for directions: <a href="http://www.poseidonswimming.org">www.poseidonswimming.org</a>
<b>HOTELS:</b>	See attached list.

## SCHEDULE OF EVENTS

Thursday Evening, May 19, 2005

13-14 and Senior Timed Finals

Warm-ups: 5:00 to 5:50 pm, Meet Starts: 6:00 pm

<u>Women</u>	<u>Event</u>	<u>Men</u>
1	13-14 and Senior 800 m Free	2

In these events, all women will be seeded together, and all men will be seeded together, by time, swimming in alternating heats of women and men, fastest to slowest.  
13-14 and Senior women and men will be awarded separately.

Friday Morning, May 20, 2005

13-14 And Senior Preliminary Events

Warm-ups: 6:45 to 7:45 am - general; 7:45 to 8:15 am - specific

Lanes 1,8 pace, Lane 2,7 sprint, more sprint lanes will be added as necessary

Meet Starts: 8:30 am

<u>Women</u>	<u>Event</u>	<u>Men</u>
3	13-14 400 m Free	4
5	Senior 400 m Free	6
7	13-14 100 m Breast	8
9	Senior 100 m Breast	10
11	13-14 200 m Back	12
13	Senior 200 m Back	14
15	13-14 100 m Free	16
17	Senior 100 m Free	18
19	13-14 200 m Fly	20
21	Senior 200 m Fly	22
23	13-14 200 m Medley Relay*	24
25	Senior 200 m Medley Relay*	26

\*Note: The fastest heat in each of the relay events will swim during the finals session. Others will swim during preliminaries.

Friday Afternoon, May 20, 2005

10 & Younger, 11-12 Timed Finals

Warm-ups: 1:30 to 2:20 pm ; Meet Starts: 2:30 pm

<u>Women</u>	<u>Events</u>	<u>Men</u>
27	10 & Y 50 m Free	28
29	11-12 50 m Free	30
31	10 & Y 200 m IM	32
33	11-12 200 m IM	34
35	10 & Y 100 m Back	36
37	11-12 100 m Back	38
39	10 & Y 50 m Fly	40
41	11-12 50 m Fly	42
43	11-12 200 m fly	44
45	10 & Y 200 m Medley Relay	46
47	11-12 200 m Medley Relay	48

**Friday Evening, May 20, 2005**

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

**Warm-ups: 5:00 to 5:30 pm - general, 5:30 to 5:45 pm - specific; Meet Starts: 6:00 pm  
Events 3-22 Consols and Finals, Events 23-26 Timed Finals Only**

**Saturday Morning, May 21, 2005**

**13-14 and Senior Preliminary Events**

**Warm-ups: 6:45 to 7:45 am - general, 7:45 to 8:15 am - specific  
Lanes 1,8 pace; Lanes 2, 7 sprint, more sprint lanes will be added as necessary  
Meet Starts: 8:30 am**

<b>Women</b>	<b>Events</b>	<b>Men</b>
49	13-14 200 m Free	50
51	Senior 200 m Free	52
53	13-14 100 m Back	54
55	Senior 100 m Back	56
57	13-14 200 m Breast	58
59	Senior 200 m Breast	60
61	13-14 100 m Fly	62
63	Senior 100 m Fly	64
65	13-14 200 m IM	66
67	Senior 200 m IM	68
69	13-14 200 m Free Relay*	70
71	Senior 200 m Free Relay*	72

\*Note: The fastest heat in each of the relay events will swim during the finals session. Others will swim during preliminaries.

**Saturday Afternoon, May 21, 2005**

**10 & U, 11-12 Timed Finals Events**

**Warm-ups: 1:30 to 2:20 pm; Meet Starts: 2:30 pm**

<b>Women</b>	<b>Events</b>	<b>Men</b>
73	12 and Younger 400 m Free	74
75	10 & Y 50 m Breast	76
77	11-12 50 m Breast	78
79	11-12 200 m Breast	80
81	10 & Y 100 m Fly	82
83	11-12 100 m Fly	84
85	10 & Y 100 m Free	86
87	11-12 100 m Free	88
89	10 & Y 50 m Back	90
91	11-12 50 m Back	92
93	10 & Y 200 m Free Relay	94
95	11-12 200 m Free Relay	96

**Saturday Evening, May 21, 2005**

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

**Warm-ups: 5:00 to 5:30 pm - general, 5:30 to 5:45 pm - specific; Meet Starts 6:00 pm**

**Events 49-68, Consols and Finals, Events 69-72, Finals Only**

**Sunday Morning, May 22, 2005**

**13-14 and Senior 1500 Events**

**Warm-ups: 7:30 to 8:20 am - general, pace lanes will be assigned if needed**

**Meet Starts: 8:30 am**

<b>Women</b>	<b>Events</b>	<b>Men</b>
97	13-14 and Senior 1500 m Free	98

In these events, all women will be seeded together, and all men will be seeded together, swimming alternating heats of women and men, fastest to slowest.  
13-14 and Senior Women and Men will be awarded separately.

**Sunday Afternoon, May 22, 2005**

**Age Group and Senior Timed Finals Events**

**Warm-ups: 11:30 to 12:20 pm; Meet Starts: 12:30 pm**

<b>Women</b>	<b>Events</b>	<b>Men</b>
99	11-12 200 m Back	100
101	13-14 400 m IM	102
103	Senior 400 m IM	104
105	10 & U 200 m Free	106
107	11-12 200 m Free	108
109	13-14 50 m Free	110
111	Senior 50 m Free	112
113	10 & U 100 m Breast	114
115	11-12 100 m Breast	116

**ALTERNATE ENTRY FORM**

*16th Annual Poseidon Classic*

May 19-22, 2005

Sanction No. VS-04-

This form is to allow swimmers closed out of the 13-14 and Senior 400 meter freestyle preliminary events an **alternate entry** during the Friday preliminary session.

Please send this with entries.

TEAM NAME \_\_\_\_\_ TEAM CODE \_\_\_\_\_

SWIMMER NAME	AGE	USS#	EVENT #, NAME	ENTRY TIME



## Senior Events: Poseidon Classic Meet Records

Girls 800 Free	8:56.71	05/17/2001	Rachel Burke	CUBU
Boys 800 Free	8:19.05	05/18/2000	Fred Hviid	CUBU
Girls 400 Free	4:20.65	05/17/2002	Leslie A Swinley	CUBU
Boys 400 Free	4:00.07	05/19/2000	Tom Dolan	CUBU
Girls 100 Breast	1:11.17	05/17/2002	Masami Tanaka	CUBU
Boys 100 Breast	1:04.54	05/16/2003	Ed E Moses	CUBU
Girls 200 Back	2:20.86	05/16/2003	Yeng Lan E Beller	CUBU
Boys 200 Back	2:06.06	05/19/2000	Alejandro Bermudez	CUBU
Girls 100 Free	59.50	05/16/2003	Colleen M Law	CUBU
Boys 100 Free	52.94	05/17/2002	Tyler R Gustafson	VAST
Girls 200 Fly	2:16.56	05/01/1998	Lauren Stinnett	CUBU
Boys 200 Fly	2:07.46	05/19/2000	Juan P Valdivieso	CUBU
Girls 200 Free	2:06.60	05/18/2002	Leslie A Swinley	CUBU
Boys 200 Free	1:54.14	05/20/2000	Tom Dolan	CUBU
Girls 100 Back	1:05.89	05/01/1999	Lauren Stinnett	CUBU
Boys 100 Back	59.78	05/17/2003	Mark M Liscinsky	CUBU
Girls 200 Breast	2:30.91	05/18/2002	Masami Tanaka	CUBU
Boys 200 Breast	2:21.31	05/17/2003	Ed E Moses	CUBU
Girls 100 Fly	1:01.87	05/01/1998	Inky DeBruijn	SOLO
Boys 100 Fly	58.35	05/18/2002	Peter J Verhoef	GCBD
Girls 200 IM	2:23.21	05/18/2002	Masami Tanaka	CUBU
Boys 200 IM	2:06.08	05/20/2000	Tom Dolan	CUBU
Girls 1500 Free	17:24.05	05/01/1998	Cara Lane	MAC
Boys 1500 Free	16:21.52	05/20/2001	Yuri F Suguiyama	CUBU
Girls 400 IM	5:02.41	05/01/1998	Cara Lane	MAC
Boys 400 IM	4:40.19	05/01/1999	Richard Long	FTE
Girls 50 Free	27.89	05/01/1998	M. Stoever	MAC
Boys 50 Free	24.18	05/16/2004	Cullen Jones	NCST

## **HOTELS CLOSE TO THE POOL**

**Mention that you are attending the Poseidon Classic Meet when making reservations.**

**AmeriSuites**, Midlothian Tpk. & 76 (Powhite Pkwy), Richmond, VA **804-560-1566**

Amenities: Deluxe continental breakfast, each room is a suite, VCR, refrigerator, and microwave in each suite, popcorn in the afternoon, fruit and coffee in the lobby.

**Best Western Governor's Inn**, 9826 Midlothian Tpk., Richmond, VA 23235 **804-323-0007**

Amenities: full complimentary breakfast, free local calls, exercise room, all rooms have a microwave and refrigerator; restaurant & lounge on premises.

**Comfort Inn**, Corporate Gateway, 8710 Midlothian Tpk., **804-320-8900**

All rooms have refrigerator, coffee maker, fold out couch in the living area, king bed, deluxe breakfast.

**Days Inn**, Chesterfield Towne Center, 1301 Huguenot Road, Midlothian, VA 23113,  
**804-794-4999**

Amenities: free continental breakfast; group rates; adjacent to Chesterfield Towne Center.

**Hampton Inn**, (new) Research Road. off Midlothian Turnpike, **804-897-6099**.

Amenities: free continental breakfast, indoor pool, offers doubles, suites, King studies.

**Holiday Inn - Select**, Koger South Conference Center off Midlothian Tpk., **804-379-3800**. Amenities ; each room has a hair-dryer, coffee maker, refrigerator, microwave, iron, ironing board, voice mail. Court Cafe Restaurant serving breakfast, lunch, and dinner.

**Sheraton Park South**, 9901 Midlothian Tpk. **1-800-525-9538**.

Amenities: each room has hair dryer, coffee maker, iron, ironing board, voice mail. Cafe Palm Court serving breakfast, lunch, and dinner. \*Indoor Pool\*. Less than 5 minutes from Riverside Wellness and Fitness Center.