| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-06 |
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| LOCATION: | Riverside Wellness and Fitness Center, 11621 Robious Road, Midlothian, VA 23113 |
| FACILITY: | The indoor pool is 25 yards long with 8 lanes. Each lane is 8 feet wide with Kieffer-McNeil nonturbulent lane markers. A Colorado automatic timing system will be used. |
| MEET DIRECTOR: | Julie and Billy Chenault Phone \#: 804-320-1256, email: iichenault@hotmail.com |
| ELIGIBILITY: | - Open to all USA Swimming/VSI registered swimmers in Area 2. The teams in Area 2 are: BAC, DC, NOVA, RACE, PSDN, SQST, VACS. <br> - All swimmers participating in this meet must be registered prior to the first of the meet. <br> - No on deck registration will be permitted. <br> - 8 \& younger swimmers may participate regardless of classification. <br> - Swimmers 9 \& Older may compete in any event and relay strokes in which they have a "BB", "B", or "C" Time. <br> - 15-18 swimmers may swim one event per session in which they have an "A" time or better as long as they are entered in another event in which they have a "BB", "B", "C" time. <br> - 2005-2008 NAG top 16 based times are in effect. <br> - Age on October 22, 2004 will determine age for the entire meet. |
| FORMAT: | - All 10 \& Younger swimmers will swim on Saturday and Sunday morning. <br> - All 11 \& Older swimmers will swim on Saturday and Sunday afternoon. <br> - All events will be timed finals. <br> - Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:30 AM. <br> - Afternoon sessions: Warm-ups at 12:00 PM noon; competition starts at 1:00 PM. <br> - Distance session on Friday Evening: Warm-ups at 4:30 PM, all age groups; competition starts at 5:30 PM. <br> - Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Monday, October 18, and will also be emailed to the contact person of the participating clubs. <br> - If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. |
| ENTRIES: | DEADLINE FOR THE RECEIPT OF ENTRIES IS OCTOBER 15, 2004. <br> - 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. <br> - Teams may submit entries as an e-mail attachment (preferred) or on a $31 / 2^{\prime \prime}$ computer disk. <br> - 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. <br> - Non-conforming times will be converted to short course yard times prior to seeding. <br> - Coaches Times (CT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition. <br> - Swimmers may enter a maximum of 3 individual events and 1 relay event per day. <br> - Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. <br> - 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. |


|  | - Email entries to: poseidonva@aol.com <br> - Mail entries to: Poseidon Swimming, RWFC, 11621 Robious Road, Midlothian, VA 23113 <br> - IMPORTANT: 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. |
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| FEES: | Individual events: \$3.10 <br> Relay events: \$12.40 <br> Swimmer surcharge: $\$ 2.00$ per person (entered in the meet in any capacity) <br> - Checks should be made payable to: Poseidon Swimming. <br> - Payment must be received by October 19, 2004 for email entries. |
| AWARDS: | Individual events: Ribbons will be awarded for first through eighth place in each of the BB, B, and C classifications. <br> - For 13-18 events, awards will be given for 13-14 and 15-18 age groups by time classification. <br> - 10 \& Younger events will be given separate awards for 9-10 and 8 \& Younger age groups. <br> - Senior events will be awarded for the following age groups, 12 \& $Y, 13-14,15-18$ and $B B, B, C$ time classification. <br> - Relay events: Ribbons will be awarded for first through fourth place. |
| SEEDING: | - Friday events will be deck seeded after positive check-in. 12 \& younger swimmers must checkin with the clerk of course by 4:00 PM and 13 \& older swimmers must check-in by 4:30 PM. Swimmers who fail to check-in will not be permitted to swim. The 1650 shall be swum slowest to fastest alternating women and men. <br> - Saturday and Sunday individual events well be pre-seeded. Relays will be deck seeded. <br> - 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 Clerk-of-Course on the provided forms. |
| PENALTIES: | Penalties for entries using fraudulent and/or non-verifiable entry times: <br> - Swimmer shall be disqualified from the event entered illegally and the event shall be rescored and awarded. <br> - 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. <br> - Clubs entering swimmers not legally registered with United States Swimming prior to the first day of the meet may be fined $\mathbf{\$ 1 0 0}$ per swimmer in each event so entered. <br> - 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: | - The 2004 USA Swimming Rules and Regulations will apply. <br> - 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. <br> - 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. |
| OFFICIALS: | Meet Referee: Curt Ramsdell <br> Email: gcramdell@erols.com <br> Phone: (804) 379-5559 <br> - Officials at all positions will be required for this meet. <br> - 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 at pneely@erols.com no later than October 13, 2004. |
| SAFETY: | 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. |
| TIMERS: | Swimmers competing in the 500y and 1650y freestyles are responsible for providing their own lap counters and timers. |
| GENERAL: | - Heat sheets will be sold for $\$ 6.00$. <br> - $\quad$ Snack bar services will be available. |


|  | - $\quad$ Information regarding warm-ups and parking will be posted on the www.poseidonswimming.org. |
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|  | - $\quad$ Disco Sports will provide a swim shop during the meet. |
| - | Lunch will be provided on Saturday \& Sunday to coaches and USA Swimming certified officials. |$|$|  | - All swim meet participants and spectators must use the rear entrance to the swimming pool. |
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| FACILITY | -No swim meet participants or spectators are permitted to use any RWFC facilities other that the <br> pool locker rooms. <br> -Parking will not be available at Riverside on Saturday and Sunday during the meet. Please park <br> at the River South Children's Pavilion in the designated areas only. Parking attendants will be on <br> duty to assist you. |

Session 1
Friday, October 22, 2004 ,Warm-ups: 4:30 to 5:15 p.m. Meet Starts: 5:30 p.m.

| Girls | Events | Boys |
| :---: | :---: | :---: |
| 1 | $10 \& Y 500$ yd freestyle | 2 |
| 3 | $11-12500$ yd freestyle | 4 |
| 5 | 13-18 500 yd freestyle | 6 |
| 7 | Senior 400 yd IM | 8 |
| 9 | Senior 1650 yd freestyle | 10 |

Session 2
Saturday Morning, October 23, 2004, Warm-ups: 7:30 to 8:30 a.m., Meet Starts: 8:45 a.m.
Girls Events Boys

| 11 | $8 \& Y ~ 100$ yd IM | 12 |
| :--- | :---: | :---: |
| 13 | $10 \& Y 200$ yd free | 14 |
| 15 | $8 \& Y 25$ yd butterfly | 16 |
| 17 | $9-1050$ yd butterfly | 18 |
| 19 | $8 \& Y 50$ yd freestyle | 20 |
| 21 | $10 \& Y 100$ yd freestyle | 22 |
| 23 | $8 \& Y 25$ yd backstroke | 24 |
| 25 | $9-1050$ yd backstroke | 26 |
| 27 | $8 \& Y 50$ yd breaststroke | 28 |
| 29 | $10 \& Y 100$ yd breaststroke | 30 |
| 31 | $8 \& Y 100$ medley relay | 32 |
| 33 | $10 \& Y 200$ yd medley relay | 34 |

Session 3
Saturday Afternoon, October 23, 2004, Warm-ups: 12:00 to 12:50 p.m., Meet Starts: 1 p.m.

| Girls | Events | Boys |
| :---: | ---: | :---: |
| 35 | $11-12100$ breaststroke | 36 |
| 37 | $13-14100$ yd breaststroke | 38 |
| 39 | $15-18100$ yd breaststroke | 40 |
| 41 | $11-12100$ yd backstroke | 42 |
| 43 | $13-14100$ yd backstroke | 44 |
| 45 | $15-18100$ yd backstroke | 46 |
| 47 | $11-1250$ yd butterfly | 48 |
| 49 | Senior 200 yd butterfly | 50 |
| 115 | $* * 11-12100$ freestyle* | 116 |
| 51 | $13-14100$ yd freestyle | 52 |
| 53 | $15-18 ~ 100$ yd freestyle | 54 |
| 55 | $11-12200$ yd individual medley | 56 |
| 57 | $11-12200$ yd medley relay | 58 |
| 59 | $13-18200$ yd medley relay | 60 |

Session 4
Sunday, October 24, 2004,Warm-ups: 7:30 to 8:30 a.m.,Meet Starts: 8:45 a.m.

| Girls | Events | Boys |
| :---: | :---: | :---: |
| 61 | $10 \& Y$ 100 yd IM | 62 |
| 63 | $8 \& Y 25$ yd freestyle | 64 |
| 65 | $9-1050$ yd freestyle | 66 |
| 67 | $8 \& Y 50$ yd backstroke | 68 |
| 69 | $10 \& Y 100$ yd backstroke | 70 |
| 71 | $8 \& Y 25$ breaststroke | 72 |
| 73 | $9-1050$ yd breaststroke | 74 |
| 75 | $8 \& Y 50$ yd butterfly | 76 |
| 77 | $10 \& Y 100$ yd butterfly | 78 |
| 79 | $8 \& Y 100$ yd freestyle relay | 80 |
| 81 | $10 \& Y$ 200 yd freestyle relay | 82 |

Session 5
Sunday Afternoon, October 24, 2004, Warm-ups 12:00 to 12:50 p.m. Meet Starts: 1:00 p.m.

| Girls | Event | Boys |
| :--- | :--- | :--- |
|  | $11-12100$ yd IM | 84 |
| 83 | $13-14200$ yd IM | 86 |
| 85 | $15-18200$ yd IM | 88 |
| 87 | $11-1250$ yd freestyle | 90 |
| 89 | $13-1450$ yd freestyle | 92 |
| 91 | $15-1850$ yd freestyle | 94 |
| 93 | $11-1250$ yd backstroke | 96 |
| 95 | Senior 200 yd backstroke | 98 |
| 97 | $* * 11-12100$ butterfly** | 118 |
| 117 | $13-14100$ yd butterfly | 100 |
| 99 | $15-18100$ yd butterfly | 102 |
| 101 | $11-1250$ yd breaststroke | 104 |
| 103 | Senior 200 yd breaststroke | 106 |
| 105 | $11-12200$ yd freestyle | 108 |
| 107 | $13-18200$ yd freestyle | 110 |
| 109 | $* * 11-12200$ yd freestyle relay** | 112 |
| 111 | $13-18200$ yd freestyle relay | 114 |

Amended events**

