



AMENDED
H2OKIE SHORT COURSE SEND-OFF
A/BB/B/C Meet
March 28-29, 2009
SANCTION NO. VS-09-51



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-51	
LOCATION:	War Memorial Pool, Blacksburg, VA (540) 231-3019	
FACILITY:	<ul style="list-style-type: none"> • 25 yards, 8 lanes with non-turbulent lane lines, deck-anchored starting blocks and water depth of 5.0 feet at the starting end. • Colorado Timing System with eight line scoreboard will be used. A 6 lane 20 yd. warm-up/warm-down pool will be available continuously • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 	
MEET DIRECTOR:	Steve Simmons Email: ssimmons78@verizon.net Phone: (540) 320-6713	Scott Baldwin Email: edbaldwi@vt.edu Phone: (540) 998-2327
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming/VSI registered swimmers and invited out of LSC teams. • All swimmers participating in this meet must be registered by the first day of this meet. • No on deck registration will be permitted... • Age on March 28, 2009 will determine age for the entire meet. • Meet will be limited to 250 swimmers per session. 	
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 Swimmers are in the AM session • All events are Timed Finals. 	
WARM-UPS:	<ul style="list-style-type: none"> • Warm-ups: 8:00 AM; Competition starts: 9:10 AM • Lane assignment and warm-up times will be posted on the H2okie web site no later than March 25, 2009, and will also be emailed to the contact person of the participating clubs. 	
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, MARCH 18, 2009</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 may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person, email address and phone number to contact in case of questions must accompany the entries, regardless of how they are submitted. • Swimmers may enter up to a maximum of 4 individual events and 1 relay per day. • 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. This meet will be limited to a total of 250 swimmers. • 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: edbaldwi@vt.edu • Mail entry fees to: H2OKIE Aquatics c/o Scott Baldwin 145 Wenn Drive Christiansburg, VA 24073 	

	<p style="text-align: center;">Phone: (540) 998-2327</p> <ul style="list-style-type: none"> • 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.
FEES:	<p>Individual events: \$3.00 Relay events: \$12.00 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: H20kie Aquatics • Payment must be received by March 28, 2009 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. • 12 and younger events will be awarded by 8 and younger, 9, 10, 11, and 12 year old single age groups. • 11/12 events will be awarded by 11 year old and 12 year old single age groups. • 13 and older will be awarded by 13-14 and senior age groups. • Relay events: Ribbons will be awarded for first through 4th place .
SEEDING:	<ul style="list-style-type: none"> • All events 200 yds or less will be pre-seeded. • All events 400 yds or longer will be deck seeded with a positive check-in as described below. • Positive check-in will close at the end of warm-ups. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT • 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:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • 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 published as part of the official meet results. • 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. • 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. • 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. • 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:	<p>Meet Referee: Greg Ryder Email: spyder27@juno.com Phone: (540) 951-1080</p> <ul style="list-style-type: none"> • Officials at all positions will be required 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 Alison Goforth no later than March 15, 2009. agoforth@wildblue.net • A meeting of all strokes and turns officials 30 minutes prior to the start of the first session and 45 minutes prior to sessions 2-5.
SAFETY:	<ul style="list-style-type: none"> • 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

	<p>follow the safety rules.</p> <ul style="list-style-type: none"> Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.
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 posted on the H20kie website no later than March 25, 2009 and will also be emailed to the contact person of each of the individual clubs. Distance event participants will be expected to provide their own timers and lap counters.
GENERAL:	<ul style="list-style-type: none"> Bleacher seating for spectators is available on deck. No chairs set up on the pool deck. Seating on deck is limited so please use it to watch your child(s) race and then move back to a racketball court or hallway seat. Racket Ball courts will be available for swimmers and guests down the hall from the pool. There will not be a gymnasium. Kast-A-Way swimwear will be in attendance for swimming related items.
FACILITY RULES:	<ul style="list-style-type: none"> Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet. Virginia Tech classes will be in session so parking will be an issue. Maps will be available on Friday. Swimmer drop off is available in front of the War Memorial pool. No parking passes will be needed however.
DIRECTIONS:	<p>Coming from North or South on I-81, take EXIT 118B onto 460 west by-pass. Follow to first traffic signal, turn right onto Southgate Drive. Turn left onto Duck Pond Drive, then right onto Washington Street. Turn left at traffic circle to West Campus Drive. At base of descent, turn right on Drillfield Drive. War Memorial gym will be halfway down on your right. The pool is directly across from Burruss Hall (castle-like structure).</p>
Hospitality	<p>Will be provided to certified USA swimming coaches and registered USA swimming officials only.</p>

ORDER OF EVENTS
H2okie Short Course Send off A/BB/B/C Meet

Saturday March 28,2009

Sunday March 28,2009

<u>Girls</u>	<u>Event Description</u>	<u>Boys</u>
1	11-12 200 IM	2
3	13 & Over 200 IM	4
5	10 & Under 200 IM	6
7	8 & Under 100 IM	8
9	11-12 100 Breast	10
11	13 & Over 100 Breast	12
13	10 & Under 100 Breast	14
15	8 Year Old 25 Breast	16
17	7 Year Old 25 Breast	18
19	6 & Under 25 Breast	20
21	11-12 50 Back	22
23	11 & Over 200 Back	24
25	10 Year Old 50 Back	26
27	9 Year Old 50 Back	28
29	8 & Under 50 Back	30
31	11-12 100 Free	32
33	13 & Over 100 Free	34
35	10 & Under 100 Free	36
37	8 Year Old 25 Free	38
39	7 Year Old 25 Free	40
41	6 & Under 25 Free	42
43	11-12 50 Fly	44
45	11 & Over 200 Fly	46
47	10 Year Old 50 Fly	48
49	9 Year Old 50 Back	50
51	8 & Under 50 Fly	52
53	11-12 200 Medley Relay	54
55	13 & Over 200 Medley Relay	56
57	10 & Under 200 Medley Relay	58
59	8 & Under 100 Medley Relay	60
61	11 & Over 500 Free	62

<u>Girls</u>	<u>Event Description</u>	<u>Boys</u>
63	11-12 200 Free	64
65	13 & Over 200 Free	66
67	10 & Under 200 Free	68
69	8 & Under 100 Free	70
71	11-12 100 Fly	72
73	13 & Over 100 fly	74
75	10 & Under 100 Fly	76
77	8 Year Old 25 Fly	78
79	7 Year Old 25 Fly	80
81	6 & Under 25 Fly	82
83	11-12 50 Breast	84
85	11 & Over 200 Breast	86
87	10 Year Old 50 Breast	88
89	9 Year Old 50 Breast	90
91	8 & Under 50 Breast	92
93	11-12 100 Back	94
95	13 & Over 100 Back	96
97	10 & Under 100 Back	98
99	8 Year Old 25 Back	100
101	7 Year Old 25 Back	102
103	6 & Under 25 Back	104
105	11-12 50 Free	106
107	13 & Over 50 Free	108
109	10 Year Old 50 Free	110
111	9 Year Old 50 Free	112
113	8 & Under 50 Free	114
115	9-10 100 IM	116
117	11-12 200 Free Relay	118
119	13 & Over 200 Free Relay	120
121	10 & Under 200 Free Relay	122
123	8 & Under 100 Free Relay	124
125	11 & Over 400 IM	126