



AMENDED
POSEIDON SPRINT CHALLENGE
A/BB/B/C Meet
October 18-19, 2008
SANCTION NO. VS-09-08



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-08
LOCATION:	ACAC, 11621 Robious Road, Midlothian, VA 23113, Facility Phone: (804)378-1600, Poseidon Office: (804) 379-5480
FACILITY:	The pool is 25 yards long with 8 lanes. Each lane is 8 feet wide with Kieffer-McNeil non-turbulent lane markers. A Colorado timing system will be used.
MEET DIRECTOR:	Name: Joe and Maria Maltby Email: mariamaltby@comcast.net ; psdswim@comcast.net Phone: (804) 379-5090 (h), (804) 379-5480 (Poseidon Office)
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers and other teams by invitation.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• Age on October 18, 2008 will determine age for the entire meet.
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 girls will swim in the morning sessions.• All boys will swim in the afternoon sessions.• Events will be timed finals with the exception of the 25 yard distance in each event which will be run as prelims and a final heat of 8 swimmers which will compete at the end of each session.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AM.• Afternoon sessions: Warm-ups at 12:00 PM; competition starts at 1:00 PM.• Warm-up times may be adjusted depending on number of entries in each session. Lane assignment and Final warm-up and start times will be emailed to all participating teams and posted on our team website no later than Tuesday, October 14, 2008.• If the morning session runs late, the afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, OCTOBER 9, 2008</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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Coaches Time (CT) and No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition (if you use this statement the next two statements would not apply).• Swimmers may enter a maximum of 4 individual events. 9 & Older swimmer may choose only one 25Y event per session. 8 & Y swimmers may choose two 25Y events per session.• 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: Marla Shreve, psdswim@comcast.net• Mail entries to: Marla Shreve Poseidon Swimming

	<p>11621 Robious Road Midlothian, VA 23113</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: \$3.75 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: Poseidon Swimming • Payment must be received by Wednesday, October 15, 2008 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 event ribbons will be awarded for first through eighth place for each event entered in the A, BB, B and C classifications for 15&O, 13-14, 11-12, 9-10 age groups. • Age groups without time standards for 25s and 50s, awards will be given first through eighth place for the age group in that event. • 8 & younger swimmers will be awarded separately for each event.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. Swimmers should report directly to the blocks for their events • All 25 yard event prelims will be swum, all age groups seeded by time. Finals will be seeded, top 8 in the following age groups, 8 & Y, 9-10, 11-12, 13-14, 15 & O. • Swimmers qualifying for the finals heat in the 25Y events must declare their intention to swim (positive check-in) within 30 minutes after the qualifiers have been announced. • 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 may be used for all 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: Patricia Donahue Email: usdonohues@aol.com Phone: (804) 740-5553</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 Bill Ross, williamross122@comcast.net (officials' coordinator) no later than October 10, 2008. • Officials meeting will be held 40 minutes prior to the start of each session.
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 follow the safety rules. • Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.
TIMERS:	<p>Clubs may be required to provide timers at each session. Attending teams will be notified of the number of timers needed per session. Lane assignments will be done at the meet.</p>

GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for \$10.00 • Hospitality will be available for coaches and certified officials. • A concession will be available for swimmers and families.
FACILITY RULES:	<ul style="list-style-type: none"> • Absolutely no food or drink is permitted in the indoor pool area at any time. Plastic water bottles and sports drink bottles (no red) only are permitted during meets. • No glass containers of any kind are allowed in the indoor or outdoor pool areas. • No coolers or lawn chairs are permitted in the indoor or outdoor pool area. • Please abide by the parking regulations posted in the Property's parking lots and any parking instructions provided by any employee of ACAC. Vehicles in violation may be ticketed or towed at the owner's expense. • Tenant's staff, team members, visitors and participants may only park in parking areas designated by ACAC and Parking Attendants. • Smoking is not permitted at any time on the Property. • Shoes must be worn at all times when leaving the pool. • An adult must supervise all young children. Spectators are to stay only in areas designated by ACAC. The lap pool area, recreational pool and children's playground are off limits. • Any individual not complying with these rules may not be permitted to participate in the meet and may be asked to leave.
DIRECTIONS:	Directions can be found by going www.poseidonswimming.com , go to "About the Team; then click "Location."
HOTELS:	<p>These hotels are close (within 5-10 minutes) to the ACAC facility.</p> <ul style="list-style-type: none"> • Comfort Inn, Corporate Gateway, 8710 Midlothian Tpk., Phone: (804) 320-8900, newly renovated. Group rates \$89.00, 2 Kings per room, breakfast. Call Tiffany Izzo, 804-320-8900 to set up a block. • Days Inn, Chesterfield Towne Center, 1301 Huguenot Road, Midlothian, VA 23113, Phone: (804) 794-4999. Amenities: free continental breakfast; group rates; adjacent to Chesterfield Towne Center. • Hampton Inn, (new) Research Road. off Midlothian Turnpike, Phone (804) 897-6099. Amenities: free continental breakfast, indoor pool, offers doubles, suites, King studies. • Holiday Inn - Select, Koger South Conference Center off Midlothian Tpk., Phone (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. Phone: 1-800-525-9538, ask for Melissa Swartzwelder. 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.

Poseidon Sprint Challenge, October 18-19, 2008
Order of Events

Saturday AM Girls Session Warm-ups: 7:00 AM, Start 8:00 AM		
Girls	Events	
P1	All ages 25 back	
P2	All ages 25 free	
3	13 & O 200 IM	
4	10 & Y 100 free	
5	11-12 100 free	
6	13-14 100 free	
7	15 & O 100 free	
8	10 & Y 50 breast	
9	11-12 50 breast	
10	13-14 50 breast	
11	15 & O 50 breast	
13	10& Y 100 back	
14	11-12 100 back	
15	13-14 100 back	
16	15 & O 100 back	
17	13 & O 200 fly	
18	10 & Y 50 fly	
19	11-12 50 fly	
20	13-14 50 fly	
21	15 & O 50 fly	
22	12 & Y 100 IM	
28	13 & O 200 breast	
F1	25 back finals, 1 heat 8&Y, 9-10, 11-12, 13-14, 15&O	
F2	25 free finals, 1 heat 8&Y, 9-10, 11-12, 13-14,15&O	

Sunday AM Girls Session Warm-ups: 7:00 AM, Start 8:00 AM		
Girls #	Event	
P 45	All ages 25 breast	
P 46	All ages 25 fly	
47	13 & O 200 back	
48	10 & Y 50 back	
49	11-12 50 back	
50	13-14 50 back	
51	15 & O 50 back	
52	10 & Y 100 fly	
53	11-12 100 fly	
54	13-14 100 fly	
55	15 & O 100 fly	
56	13 & O 200 free	
57	10 & Y 50 free	
58	11-12 50 free	
59	13-14 50 free	
60	15 & 50 free	
61	10 & Y 100 breast	
62	11-12 100 breast	
63	13-14 100 breast	
64	15 & O 100 breast	
65	13 & O 100 IM	
F 45	25 breast final, 1 heat 8&Y, 9-10 11-12, 13-14, 15&O	
F 46	25 fly final, I heat 8&Y, 9-10, 11-12, 13-14, 15&O	

Saturday PM Boys Session Warm-ups: 12:00 PM, Start 1:00 PM		
	Events	Boys
	All ages 25 back	P 23
	All ages 25 free	P 24
	13 & O 200 IM	25
	10 & Y 100 free	26
	11-12 100 free	27
	13-14 100 free	28
	15 & O 100 free	29
	10 & Y 50 breast	30
	11-12 50 breast	31
	13-14 50 breast	32
	15 & O 50 breast	33
	10& Y 100 back	34
	11-12 100 back	35
	13-14 100 back	36
	15 & O 100 back	37
	13 & O 200 fly	38
	10 & Y 50 fly	39
	11-12 50 fly	40
	13-14 50 fly	41
	15 & O 50 fly	42
	12 & Y 100 IM	43
	13 & O 200 breast	44
	break	
	25 back finals, 1 heat 8&Y, 9-10, 11-12, 13-14, 15&O	F 23
	25 free finals, 1 heat 8&Y, 9-10, 11-12, 13-14,15&O	F 24

Sunday PM Boys Session Warm-ups: 12:00 PM, Start 1:00 PM		
	Events	Boys
	All ages 25 breast	P 66
	All ages 25 fly	P 67
	13 & O 200 back	68
	10 & Y 50 back	69
	11-12 50 back	70
	13-14 50 back	71
	15 & O 50 back	72
	10 & Y 100 fly	73
	11-12 100 fly	74
	13-14 100 fly	75
	15 & O 100 fly	76
	13 & O 200 free	77
	10 & Y 50 free	78
	11-12 50 free	79
	13-14 50 free	80
	15 & 50 free	81
	10 & Y 100 breast	82
	11-12 100 breast	83
	13-14 100 breast	84
	15 & O 100 breast	85
	13 & O 100 IM	86
	Break	
	25 breast final, 1 heat 8&Y, 9-10, 11-12, 13-14, 15&O	F 66
	25 fly final, I heat 8&Y, 9-10 11-12, 13-14, 15&O	F 67