



AMENDED
IMX CHALLENGE
BB+ Meet
February 6-8, 2009
SANCTION NO. VS-09-37



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-37
LOCATION:	Atlantic Coast Athletic Club, 11621 Robious Road, Midlothian, VA 23113 Phone: (804) 379-5480 (Poseidon Office)
FACILITY:	<ul style="list-style-type: none">The pool is 25 yards long with 8 lanes; each lane is 8 feet wide with Kieffer-McNeil non-turbulent lane markers. A Colorado automatic timing system will be usedThe competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	Maria and Joe Maltby Phone: (804) 379-5090 Email: mariamaltby@comcast.net
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming/VSI registered swimmers in the LSC and other invited teams meeting eligibility requirements for the meet.All swimmers participating in this meet must be registered by the first day of the meet.Swimmers are required to have "BB" time in each event entered. The 15-16 "BB" time standard will be used for 15 & Older eventsNo on deck registration will be permitted.2009-2012 NAG time standards are in effect.Age on February 6, 2009 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">Friday evening session: All age groups and all events will be timed finalsSaturday morning session: 12 and younger events will be Prelims and Finals with the exception of events 35 & 36 (12&Y 500 Free) which will be swum as a timed final event<ul style="list-style-type: none">Finals are swum as single age groups (9 year olds, 10 year olds, 11 year olds and 12 year olds)Nine and ten year old swimmers (top eight) returning for finals in one heatEleven and twelve year old swimmers (top sixteen) return for finals in two heats.8 and younger swimmers will compete in prelims only and will automatically be scratched from finals.Sunday afternoon session: 12 and younger events will be timed finalsSaturday afternoon & Sunday morning sessions: 13 and older events will be timed finalsAll relays will be swum as timed finals in all sessions.
WARM-UP:	<ul style="list-style-type: none">Friday evening session: Warm-ups at 4:00 PM; competition starts at 5:00 PMMorning sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AMAfternoon sessions: Warm-ups at 11:30 AM; competition starts at 12:30 PMFinals (Saturday 12&Y events only): Warm-ups at 4:00 PM; competition starts at 5:00 PMLane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Tuesday, February 3, 2009, and will also be emailed to the contact person of the participating clubs.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 WEDNESDAY, JANUARY 28, 2009 <ul style="list-style-type: none">Entries from VSI teams will be accepted until Thursday, January 29, 2009, if space is

	<p>available after invited teams entries have been accepted.</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 to contact in case of questions must accompany the entries, regardless of how they are submitted. • All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter the 50 free and either the 400 IM or 1000 free on Friday (total 2 events), 3 events on Saturday and 3 events on Sunday. • Entries will be processed in the order received. This meet will be limited to a total of 650 swimmers. • The Meet Director reserves the right to limit entries in any events to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: psdswim@comcast.net • Mail entries to: Marla Shreve Poseidon Swimming, ACAC/11621 Robious Road, Midlothian, VA 23113 • 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 Relay events: \$15.00 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: Poseidon Swimming. • Payment must be received by February 3, 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 & Younger events will be given separate awards for 11-12 and 10 & Younger age groups for timed finals events and 9, 10, 11, 12 year olds for those events swum as prelims/finals. • 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups.
SEEDING:	<ul style="list-style-type: none"> • All events, except for 400 IM, 1000 free and 500 free, will be pre-seeded. • Event #9-12 (400 IM), 13-14 (1000 Free), 37-38, and 79-80 (500 Free) will require a positive check in and may be limited if the number of entries causes the session to go too long. <ul style="list-style-type: none"> ○ The 1000 free will be swum fastest to slowest alternating girls and boys. ○ Positive check-in for Friday events (400 IM and 1000 Free) will close at 4:30 PM ○ Positive check-in for Saturday morning events (500 Free) will close at 9:00 AM ○ Positive check-in for Sunday morning events (500 Free) will close at 2:00 PM • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT • Swimmers competing in the 1000 and 500 free are responsible for providing their own lap counters. • Deck entries will be accepted in the order received only 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.

	<ul style="list-style-type: none"> 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 scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.12.6, sections D and E only will be in effect and modified as follows: <ul style="list-style-type: none"> The scratch rule regarding finals will apply to all heats, final and consolation (as applicable), of all 9, 10, 11, and 12 year old events (#15-34) 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: Curt Ramsdell Phone: (804) 379-5559 Email: ramsdell@msn.com</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 William Ross, Email: williamross122@comcast.net, no later than January 27, 2009 An officials' meeting will be held one hour 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.
GENERAL:	<ul style="list-style-type: none"> Hospitality: A light dinner will be provided for coaches and official attending both sessions on Friday evening. Lunch will be provided on Saturday and Sunday. Heat sheets: \$10.00 Disco Sports will be at the meet on Saturday and Sunday. Parking is available at ACAC for the Friday evening session only. Saturday and Sunday, please park in the medical parking lots adjacent to ACAC. Parking attendants will be available to assist you.
FACILITY RULES:	<ul style="list-style-type: none"> No swim meet participants or spectators are permitted to use any ACAC Fitness and Wellness Center facilities other than the pool locker rooms. No food or drink (with the exception of water) will be allowed in the pool area.
HOTELS:	<ul style="list-style-type: none"> 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 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. 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, 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. (800) 525-9538. Amenities: each room has hair dryer, coffee maker, iron, ironing board, voice mail. Cafe Palm Court serves breakfast, lunch, and dinner, indoor pool. Less than 5 minutes from ACAC.
Directions:	You can find directions on our website at www.poseidonswimming.org

ORDER OF EVENTS

Friday, February 6, 2009

Evening Session (All Ages Timed Finals)

Warm-up: 4:00 PM, Start: 5:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Younger 50 Freestyle	2
3	11-2 50 Freestyle	4
5	13-14 50 Freestyle	6
7	15 & Older 50 Freestyle	8
9	11-12 400 Individual Medley	10
11	13 & Older 400 Individual Medley	12
13	11 & Older 1000 Freestyle	14

Saturday, February 7, 2009

Morning Session (12 & Younger Prelims)

Warm-up: 7:00 AM; Start: 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
15	12 & Younger 200 Medley Relay	16
17	10 & Younger 200 Individual Medley	18
19	11-12 200 Individual Medley	20
21	10 & Younger 100 Backstroke	22
23	11-12 100 Backstroke	24
25	10 & Younger 200 Freestyle	26
27	11-12 200 Freestyle	28
29	10 & Younger 100 Breaststroke	30
31	11-12 100 Breaststroke	32
33	10 & Younger 100 Butterfly	34
35	11-12 100 Butterfly	36
37	12 & Younger 500 Freestyle	38

Sunday, February 8, 2009

Morning Session (13 & Older Timed Finals)

Warm-up: 7:00 AM; Start: 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	13 & Older 200 Medley Relay	62
63	13-14 200 Individual Medley	64
65	15 & Older 200 Individual Medley	66
67	13-14 100 Butterfly	68
69	15 & Older 100 Butterfly	70
71	13-14 200 Backstroke	72
73	15 & Older 200 Backstroke	74
75	13-14 100 Breaststroke	76
77	15 & Older 100 Breaststroke	78
79	13 & Older 500 Freestyle	80

Afternoon Session (13 & Older Timed Finals)

Warm-up: 11:30 AM; Start: 12:30 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	13 & Older 400 Medley Relay	40
41	13-14 100 Freestyle	42
43	15 & Older 100 Freestyle	44
45	13-14 200 Breaststroke	46
47	15 & Older 200 Breaststroke	48
49	13-14 100 Backstroke	50
51	15 & Older 100 Backstroke	52
53	13-14 200 Butterfly	54
55	15 & Older 200 Butterfly	56
57	13-14 200 Freestyle	58
59	15 & Older 200 Freestyle	60

Afternoon Session (12 & Younger Timed Finals)

Warm-up: 11:30 AM; Start: 12:30 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	12 & Younger 400 Medley Relay	82
83	11-12 200 Butterfly	84
85	10 & Younger 50 Backstroke	86
87	11-12 50 Backstroke	88
89	11-12 200 Breaststroke	90
91	10 & Younger 100 Individual Medley	92
93	11-12 100 Individual Medley	94
95	10 & Younger 50 Butterfly	96
97	11-12 50 Butterfly	98
99	11-12 200 Backstroke	100
101	10 & Younger 50 Breaststroke	102
103	11-12 50 Breaststroke	104
105	10 & Younger 100 Freestyle	106
107	11-12 100 Freestyle	108

Evening Session (12 & Younger Finals)

Warm-up: 4:00 PM; Start: 5:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17A	9 year old 200 Individual Medley	18A
17B	10 year old 200 Individual Medley	18B
19A	11 year old 200 Individual Medley	20A
19B	12 year old 200 Individual Medley	20B
21A	9 year old 100 Backstroke	22A
21B	10 year old 100 Backstroke	22B
23A	11 year old 100 Backstroke	24A
23B	12 year old 100 Backstroke	24B
25A	9 year old 200 Freestyle	26A
25B	10 year old 200 Freestyle	26B

(Saturday Evening 12&Y Finals Continued)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27A	11 year old 200 Freestyle	28A
27B	12 year old 200 Freestyle	28B
29A	9 year old 100 Breaststroke	30A
29B	10 year old 100 Breaststroke	30B
31A	11 year old 100 Breaststroke	32A
31B	12 year old 100 Breaststroke	32B
33A	9 year old 100 Butterfly	34A
33B	10 year old 100 Butterfly	34B
35A	11 year old 100 Butterfly	36A
35B	12 year old 100 Butterfly	36B