



VAST NEW YEAR'S MEET
North District A/BB/B/C Meet
January 10-11, 2009
SANCTION NO. VS-09-32



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-32
LOCATION:	Savage Natatorium, James Madison University, Harrisonburg, VA
FACILITY:	<ul style="list-style-type: none">• 25 yard, 8 lanes and non-turbulent lane lines. Colorado timing system with a one-line display board will be used with stopwatch timing as a back-up.• 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:	Name: Susan Kyger Email: Stopgobber@aol.com Phone: (540) 434-5201
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the Northern District and other teams by invitation.• Teams in Northern District are: BASS, PWSC, QDD, RAYS, RPST, SHKS, STAT, TSU, VAST, VSTP, and WST.• 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 January 11, 2009 will determine the swimmer's age for the 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">• 11 and Older session will be on Saturday and Sunday morning.• 10 and Younger session will be on Saturday and Sunday afternoon.• All events will be timed finals
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00-8:00am; competition starts at 8:10am• Afternoon sessions: Warm-ups at 12:10-1:10pm; competition starts at 1:20pm.• Distance session will be on Sunday morning: The pool will be opened for 10 minutes for warm-up immediately following the finish of the morning session, with the distance session competition starting 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than Tuesday, January 6, 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:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, DECEMBER 31, 2008</p> <ul style="list-style-type: none">• Entries from teams outside the North District and VSI LSC will be accepted until 6:00 pm, Friday, January 2, 2009, if space is available after North district and VSI entries have been accepted.• Entries must be submitted in short course yards 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

	<p>have been achieved in USA Swimming sanctioned, approved, or observed .</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 4 individual events per day. If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped. • 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 is limited to a total of 550 swimmers. An e-mail will be sent confirming receipt of the teams' entries. • 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: swimvast@gmail.com • Mail entries to: Steven Phillips 237 Harding Drive Broadway, VA 22815 • 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: \$3.50 Relay events: \$14.00 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: VAST • Payment must be received by January 7, 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 8th place <ul style="list-style-type: none"> ○ 13 and Older individual events will be given separate awards for 13-14 and 15 and Older age groups ○ 10 & Younger individual events will be given separate awards for 9-10 and 8 & Younger age groups ○ 8 & Younger individual events will be given separate awards for 7-8 and 6 & Younger age groups. ○ Heat winner ribbons will be awarded for all 10 & Younger individual events. • Relay events: Ribbons will be awarded for first through 4th place
SEEDING:	<ul style="list-style-type: none"> • All events, except Event #25, 26, 27, 28 (400 IM) and 81, 82, 83, 84 (500 Freestyle) will be pre-seeded. • 10 & Younger swimmers in the afternoon sessions must report to the Clerk of Course and they will be escorted to the blocks from there. • All other swimmers should report directly to the blocks for their events. • Event #25, 26, 27, 28 (400 IM) and 81, 82, 83, 84 (500 Freestyle) will require a positive check-in to swim. • Positive check-in will close at the end of the morning warm up session • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events 25, 26, 27, 28 (400 IM) and 81, 82, 83, 84 (500 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys. • 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.

	<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 overhead start procedure will be used for the morning sessions, and may be used for the afternoon 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: Janet Sheffer Email: janetshef@comcast.net Phone: (540) 433-9519</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 janetshef@comcast.net no later than January 2, 2009. Officials will meet on the pool deck 45 minutes before the start of every 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:	<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 VAST no later than Tuesday, January 7th, and will also be emailed to the contact person of each of the individual clubs. Swimmers competing in the 500 free are responsible for providing their own lap counters and timers.
GENERAL:	<ul style="list-style-type: none"> Heat sheets will be sold for \$5 Swimmers are not permitted in any room of the building not directly associated with this swim meet. Concessions will be provided by Aramark Pro Shop will be available.
FACILITY RULES:	<ul style="list-style-type: none"> The gym and a viewing area above the pool will be available both days. Some areas may be marked off limits. Please obey signage. Access to the pool will be limited to swimmers, coaches, officials, staff and timers. No smoking is permitted in the building No food or drink on the pool deck Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	<p>The Godwin pool facility is located on the campus of James Madison University From Interstate 81, take exit 245. Off the ramp, head west on Port Republic Road. At the next light, turn right onto the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall. The pool is on the first floor and the gym seating areas are on the second floor.</p>
HOTELS:	<ul style="list-style-type: none"> Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, Virginia, (540) 432-3031. About 5 minutes from the pool. Days Inn at James Madison University: 1131 Forest Hill Road, Harrisonburg, Virginia, (540) 433-9353. Continental breakfast, about 2 minutes from the pool. Hampton Inn: 85 University Boulevard, Harrisonburg, Virginia, (540) 432-1111. Continental breakfast, about 5 minutes from the pool.

Saturday, January 10, 2009
Warm-ups, 7:00-8:00 am & 12:10-1:10 pm

AM Session

Girls	Events	Boys
1	11-12 100y Freestyle	2
3	13&O 100y Freestyle	4
5	11-12 50y Butterfly	6
7	11&O 200y Butterfly	8
9	11-12 200y IM	10
11	13 &O 200y IM	12
13	11-12 50y Breaststroke	14
15	11&O 200y Breaststroke	16
17	11-12 100y Backstroke	18
19	13&O 100y Backstroke	20
21	11-12 200y Free Relay	22
23	13&O 200y Free Relay	24
25	11-12 400y IM	26
27	13&O 400y IM	28

PM Session

Girls	Events	Boys
29	9-10 50y Freestyle	30
31	8&Y 25y Freestyle	32
33	9-10 100y Butterfly	34
35	8&Y 50y Butterfly	36
37	9-10 100y IM	38
39	8&Y 100y IM	40
41	9-10 50y Breaststroke	42
43	8&Y 25y Breaststroke	44
45	9-10 100y Backstroke	46
47	8&Y 50y Backstroke	48
49	10&Y 200 Freestyle	50
51	8&Y 100y Free Relay	52
53	10&Y 200y Free Relay	54

Sunday, January 11, 2009
Warm-ups, 7:00-8:00 am & 12:10-1:10 pm

AM Session

Girls	Events	Boys
55	11-12 200y Freestyle	56
57	13&O 200y Freestyle	58
59	11-12 100y Butterfly	60
61	13&O 100y Butterfly	62
63	11-12 100y IM	64
65	13&O 100y Breaststroke	66
67	11-12 100y Breaststroke	68
69	11&O 200y Backstroke	70
71	11-12 50y Backstroke	72
73	13&O 50y Freestyle	74
75	11-12 50y Freestyle	76
77	13&O 200y Medley Relay	78
79	11-12 200y Medley Relay	80
81	11-12 500y Freestyle	82
83	13&O 500y Freestyle	84

PM Session

Girls	Events	Boys
85	9-10 100y Freestyle	86
87	8&Y 50y Freestyle	88
89	9-10 50y Butterfly	90
91	8&Y 25y Butterfly	92
93	9-10 200y IM	94
95	8&Y 50y Breaststroke	96
97	9-10 100y Breaststroke	98
99	8&Y 25y Backstroke	100
101	9-10 50y Backstroke	102
103	8&Y 100y Freestyle	104
105	9-10 200y Medley Relay	106
107	8&Y 100y Medley Relay	108