



POSEIDON SPRINT CHALLENGE
A/BB/B/C Meet
October 17-18, 2009
SANCTION NO. VS-10-08



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-08
LOCATION:	ACAC, 11621 Robious Road, Midlothian, VA 23113, (804) 378-1600 (facility) or (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 Kiefer-McNeil non-turbulent lane markers. A Colorado timing system will be used.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: Joe and Maria Maltby Email: mariamaltby@comcast.net or psdnswim@comcast.net Phone: (804) 379-5090 (Home) or (804) 379-5480 (Poseidon Office)
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming/Virginia Swimming athletes and athletes from out-of-LSC teams by invitation registered by the first day of the meet.No on deck USA Swimming/Virginia Swimming athlete registration will be permitted.Age on October 17, 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">All girls will swim in the morning sessions.All boys will swim in the afternoon sessions.Events will be timed finals.
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 warm-up times for individual clubs will be posted on the Poseidon website no later than Wednesday, October 14, 2009, and will also be emailed to the contact person of the participating clubs.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 WEDNESDAY, OCTOBER 7, 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 submit entries as an e-mail attachmentA 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.Coach's 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 competitionSwimmers may enter a maximum of 5 individual 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, psdnswim@comcast.netMail 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: \$4.00 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 Wednesday, October 14, 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 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, and 9-10 age groups. • Events without age groups time standards for 25's and 50's in a particular stroke will be awarded by age group only first through eighth place. • 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 • 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 marked as exhibition for 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: Bob Rustin Email: Bob.A.Rustin@USA.dupont.com Phone: (804) 276-9220</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 7, 2009 • Officials meeting will be held 40 minutes prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	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 may be done at the meet.
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

	<p>instructions provided by any employee of ACAC</p> <ul style="list-style-type: none"> • 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> <p>Comfort Inn, Corporate Gateway, 8710 Midlothian Tpk., (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.</p> <p>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.</p> <p>Hampton Inn, (new) Research Road. off Midlothian Turnpike, (804) 897-6099. Amenities: free continental breakfast, indoor pool, offers doubles, suites, King studies.</p> <p>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.</p> <p>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 serving breakfast, lunch, and dinner. *Indoor Pool*. Less than 5 minutes from ACAC.</p>

Poseidon Sprint Challenge, October 17-18, 2009
Order of Events

Saturday AM Girls Session		
Warm-ups: 7:00 AM, Start 8:00 AM		
Girls	Events	
1	10 & Y 25 back	
2	11-12 25 back	
3	13-14 25 back	
4	15 & O 25 back	
5	10 & Y 25 free	
6	11-12 25 free	
7	13-14 25 free	
8	15 & O 25 free	
9	13 & O 200 IM	
10	10 & Y 100 free	
11	11-12 100 free	
12	13-14 100 free	
13	15 & O 100 free	
14	10 & Y 50 breast	
15	11-12 50 breast	
16	13-14 50 breast	
17	15 & O 50 breast	
18	10& Y 100 back	
19	11-12 100 back	
20	13-14 100 back	
21	15 & O 100 back	
22	13 & O 200 fly	
23	10 & Y 50 fly	
24	11-12 50 fly	
25	13-14 50 fly	
26	15 & O 50 fly	
27	12 & Y 100 IM	
28	13 & O 200 breast	

Sunday AM Girls Session		
Warm-ups: 7:00 AM, Start 8:00 AM		
Girls	Event	
57	10 & Y 25 breast	
58	11-12 25 breast	
59	13-14 25 breast	
60	15 & O 25 breast	
61	10 & Y 25 fly	
62	11-12 25 fly	
63	13-14 25 fly	
64	15 & O 25 fly	
65	13 & O 200 back	
66	10 & Y 50 back	
67	11-12 50 back	
68	13-14 50 back	
69	15 & O 50 back	
70	10 & Y 100 fly	
71	11-12 100 fly	
72	13-14 100 fly	
73	15 & O 100 fly	
74	13 & O 200 free	
75	10 & Y 50 free	
76	11-12 50 free	
77	13-14 50 free	
78	15 & 50 free	
79	10 & Y 100 breast	
80	11-12 100 breast	
81	13-14 100 breast	
82	15 & O 100 breast	
83	13 & O 100 IM	

Saturday PM Boys Session		
Warm-ups: 12:00 PM, Start 1:00 PM		
	Events	Boys
	10 & Y 25 back	29
	11-12 25 back	30
	13-14 25 back	31
	15 & O 25 back	32
	10 & Y 25 free	33
	11-12 25 free	34
	13-14 25 free	35
	15&O 25 free	36
	13 & O 200 IM	37
	10 & Y 100 free	38
	11-12 100 free	39
	13-14 100 free	40
	15 & O 100 free	41
	10 & Y 50 breast	42
	11-12 50 breast	43
	13-14 50 breast	44
	15 & O 50 breast	45
	10& Y 100 back	46
	11-12 100 back	47
	13-14 100 back	48
	15 & O 100 back	49
	13 & O 200 fly	50
	10 & Y 50 fly	51
	11-12 50 fly	52
	13-14 50 fly	53
	15 & O 50 fly	54
	12 & Y 100 IM	55
	13 & O 200 breast	56

Sunday PM Boys Session		
Warm-ups: 12:00 PM, Start 1:00 PM		
	Events	Boys
	10 & Y 25 breast	84
	11-12 25 breast	85
	13-14 25 breast	86
	15 & O 25 breast	87
	10 & Y 25 fly	88
	11-12 25 fly	89
	13-14 25 fly	90
	15 & O 25 fly	91
	13 & O 200 back	92
	10 & Y 50 back	93
	11-12 50 back	94
	13-14 50 back	95
	15 & O 50 back	96
	10 & Y 100 fly	97
	11-12 100 fly	98
	13-14 100 fly	99
	15 & O 100 fly	100
	13 & O 200 free	101
	10 & Y 50 free	102
	11-12 50 free	103
	13-14 50 free	104
	15 & O 50 free	105
	10 & Y 100 breast	106
	11-12 100 breast	107
	13-14 100 breast	108
	15 & O 100 breast	109
	13 & O 100 IM	110