



LEXINGTON HALLOWEEN SPRINTS
A/BB/B/C Meet
October 31, 2009
SANCTION NO. VS-10-21

Hosted by:



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-21
LOCATION:	The Community Pool, 194 Waddell Street, Lexington, VA, Phone: (540) 463-5441
FACILITY:	<ul style="list-style-type: none">• 25 yard, 6 lane, 3 ½ to 6 ½ feet deep, domed municipal pool; Paragon blocks; Colorado Timing system including 6 lane scoreboard• Limited seating but plenty of deck space; competitors and spectators should bring folding chairs which may be set up on the deck.• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C)
MEET DIRECTOR:	Leslie Ayers Phone: (540) 464-4536 Email: leslie@rockbridgeswims.org
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet.• No on deck USA Swimming athlete registration will be permitted.• All swimmers may participate regardless of time classification• Age on October 31, 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 events will be swum in a single session• All events will be timed finals.
WARM-UPS	<ul style="list-style-type: none">• Warm-ups: 9:00-9:50 am; Competition starts: 10:00 am.• Warm-ups will be two 25-minute sessions• Lane assignment and warm-up times for individual clubs will be posted on the Rockbridge Storm website no later than Wednesday, October 28, 2009 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, OCTOBER 26, 2009 <ul style="list-style-type: none">• 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. Times may be converted from other course types.• Teams submit entries as an e-mail attachment• 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.• 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 competition.• Swimmers may enter a maximum of 4 <i>individual events</i> and 1 <i>relay event</i> per day.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relays are mixed, girls and boys.• Entries will be processed in the order received. This meet will be limited to a total of 200 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

	<p>reseeding.</p> <ul style="list-style-type: none"> Email entries to: leslie@rockbridgeswims.org Mail entries to: Leslie Ayers P.O Box 1552 Lexington 24450 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: Rockbridge Storm. Payment must be received by Wednesday October 28 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 sixth place <ul style="list-style-type: none"> 13 & Over individual events will be given separate awards for 13-14 and 15 & Over age groups. 11 & Over individual events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. 10 & Under individual events will be given separate awards for 9-10 and 8 & Under age groups. Heat winner ribbons will be awarded Relay events: Ribbons will be awarded for first through third place
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. All swimmers 10 & Under must report to the Clerk of Course and they will be escorted to the blocks from there. Swimmers 11 and older will 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 <ul style="list-style-type: none"> No additional heats will be added Deck entries must be submitted to the Clerk-of-Course on the provided forms and accompanied by payment in cash or by check made payable to "Rockbridge Storm".
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 both sessions at the discretion of the Referee. In accordance with VSI Policy, only those coaches who have 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 the meet referee no later than Wednesday, October 28, 2009. • Officials will meet in the hospitality room 45 minutes before the start of each session. • Coaches' meeting will be held immediately following the 2nd warm-up
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
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 Rockbridge Storm website no later than Wednesday October 28, 2009, and will also be emailed to the contact person of each of the individual clubs. • Timers meeting will be held 20 minutes before the start of each session.
GENERAL:	<ul style="list-style-type: none"> • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. • There will be a variety of refreshments and swim apparel available at the meet. • Heat Sheets will be available for purchase. • Overflow parking is provided at Maury River Middle School adjacent to the facility
FACILITY RULES:	<ul style="list-style-type: none"> • Please obey lifeguard and staff at all times. • Caps are required during warm-ups and competition. • Please obey posted facility rules. • Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	<p>Directions to THE COMMUNITY POOL:</p> <ul style="list-style-type: none"> • Take 81 south to exit 191(64west) • Take 1st exit 55 • At end of ramp, turn left on Route 11 south • Cross bridge • Stay left on Route 11 bypass • Take to 1st stop light • Turn Right on Main (route 11) • Take 1st right turn on Waddell street at the Farmers' Coop • Go straight through Maury River Middle School Parking lot. • Turn left into Pool parking lot

Order of Events

Lexington's Halloween Sprints Saturday, October 31, 2009

Session		
Warm-up 9:00 – 9:50; Start 10:00		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 100 Individual Medley	2
3	11-12 100 Individual Medley	4
5	13 & Over 200 Individual Medley	6
7	8 & Under 25 Freestyle	8
9	9-10 100 Freestyle	10
11	11 & Over 50 Freestyle	12
13	11 & Over 200 Freestyle	14
15	10 & Under 50 Butterfly	16
17	8 & Under 25 Breaststroke	18
19	11 & Over 50 Breaststroke	20
21	11 & Over 100 Freestyle	22
23	10 & Under 50 Freestyle	24
25	8 & Under 25 Backstroke	26
27	11-& Over 50 Backstroke	28
29	11 & Over 100 Butterfly	30
31	10 & Under 50 Breaststroke	32
33	8 & Under 25 Butterfly	34
35	11 & Over 50 Butterfly	36
37	11 & Over 100 Breaststroke	38
39	10 & Under 50 Backstroke	40
41	11 & Over 100 Backstroke	42
43	Mixed 8 & Under 100 Freestyle Relay	-
44	Mixed 10 & Under 200 Freestyle Relay	-
45	Mixed 11 & Over 200 Freestyle Relay	-