



VAST WINTER SPLASH
Odd Age Group Meet
December 19-20, 2009
SANCTION NO. VS-10-33



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-33
LOCATION:	Savage Natatorium, James Madison University, Harrisonburg, Virginia
FACILITY:	<ul style="list-style-type: none">• 25 yard, 8 lanes, 4-12 feet in depth and non-turbulent lane lines. Colorado timing system with a 8-line display board will be used with stopwatch timing as a back-up• Bleacher seating is available on deck and the gym will be available for seating as well.• 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 E-Mail: stopgobber@aol.com Phone: 540-434-5201
	<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.• Age on December 19, 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 11 & Younger swimmers will swim timed finals in the afternoon session. This session will offer events for 7 & Under, 8-9, and 10-11 age groups.• All 12 & Older swimmers will swim a preliminary session in the morning session. The top 8 swimmers in 12-13, 14-15, and 16 & Over events will swim the final session each day
WARM-UPS:	<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.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.• Finals session: Warm-Up at 5:30 pm; competition starts at 6:30 pm.• Finals sessions may have intermittent breaks as determined by the meet referee.• Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than Tuesday December 15th and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, DECEMBER 9, 2009.</p> <ul style="list-style-type: none">• Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, December 10, 2009, if space is available after VSI entries have been accepted.• 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.• "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record in any course of competition. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.• Swimmers 11 year old and younger may enter a maximum of <i>4 individual events</i> and <i>2 relay events</i> per day. Swimmers 12 years old and older may enter a maximum of 3 individual events and 2 relay events per day.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.

	<ul style="list-style-type: none"> • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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: Steve Philips 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. • 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.
FEES:	<p>Individual events: \$5.25 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 December 16, 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 for 11 and Younger events. Medals will be awarded for first through eighth place for 12 and Older events. <ul style="list-style-type: none"> ○ 11 & Under individual events will be given separate awards for 7 & Under, 8-9, and 10-11 age groups ○ 12 & Over individual events will be given separate awards for 12-13, 14-15, and 16 & Over age groups ○ Heat winner ribbons will be awarded for all 11& Younger individual events. • Relay events: Awards will be given for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. All relays will be swum as timed finals in the preliminary sessions. • 9 & Younger swimmers in the afternoon sessions must report to the Clerk of Course and they will be escorted to the blocks from there • Swimmers in the morning sessions should report directly to the blocks for their events.
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. • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.12.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to the finals heat, of all 12 and Over events, excluding relays. • 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.

	<ul style="list-style-type: none"> • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Janet Sheffer no later than December 11, 2009. • Officials will meet on the pool deck 45 minutes before the start of any session.
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 VAST website no later than December 15, 2009 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be sold for \$5. Finals Heat Sheets will be sold for \$2. • 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. • Hospitality: VAST will provide Hospitality for coaches and officials. Breakfast, lunch and dinner will be served. Drinks and snacks will be provided during the day. • All results will be posted in the hallway near the spectator stand.
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:	<ul style="list-style-type: none"> • 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 on to 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 and seating areas are on the second floor.
HOTELS:	<ul style="list-style-type: none"> • Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031 about 5 minutes from the pool. • Days Inn at James Madison University: 1131 Forest Hill Road, Harrisonburg, VA, (540) 433-9353, continental breakfast, about 2 minutes from the pool. • Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast, about 5 minutes from the pool.

**VAST WINTER SPLASH
ORDER OF EVENTS**

Saturday, December 19, 2009

Sunday, December 20, 2009

Session 1 - Morning Prelims Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12-13 200 Medley Relay	2
3	14 & Over 200 Medley Relay	4
5	12-13 200 Individual Medley	6
7	14-15 200 Individual Medley	8
9	16 & Over 200 Individual Medley	10
11	12-13 50 Freestyle	12
13	14-15 50 Freestyle	14
15	16 & Over 50 Freestyle	16
17	12-13 200 Backstroke	18
19	14-15 200 Backstroke	20
21	16 & Over 200 Backstroke	22
23	12 and Over 200 Butterfly	24
25	12-13 100 Breaststroke	26
27	14-15 100 Breaststroke	28
29	16 & Over 100 Breaststroke	30

Session 4 - Morning Prelims Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	12-13 200 Freestyle Relay	62
63	14 & Over 200 Freestyle Relay	64
65	12-13 100 Freestyle	66
67	14-15 100 Freestyle	68
69	16 & Over 100 Freestyle	70
71	12-13 100 Backstroke	72
73	14-15 100 Backstroke	74
75	16 & Over 100 Backstroke	76
77	12-13 100 Butterfly	78
79	14-15 100 Butterfly	80
81	16 & Over 100 Butterfly	82
83	12 & Over 200 Breaststroke	84
85	12-13 200 Freestyle	86
87	14-15 200 Freestyle	88
89	16 & Over 200 Freestyle	90

Session 2 - Afternoon 11 & Younger Timed Finals Warm-up: 12:00 pm; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	8 & Under 100 Medley Relay	32
33	9-11 200 Medley Relay	34
35	7 & Under 100 Individual Medley	36
37	8-9 100 Individual Medley	38
39	10-11 100 Individual Medley	40
41	7 & Under 50 Freestyle	42
43	8-9 50 Freestyle	44
45	10-11 50 Freestyle	46
47	7 & Under 100 Backstroke	48
49	8-9 100 Backstroke	50
51	10-11 100 Backstroke	52
53	11 & Under 100 Butterfly	54
55	7 & Under 50 Breaststroke	56
57	8-9 50 Breaststroke	58
59	10-11 50 Breaststroke	60

Session 5 - Afternoon 11 & Younger Timed Finals Warm-up: 12:00 pm; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
91	8 & Under 100 Freestyle Relay	92
93	9-11 200 Freestyle Relay	94
95	7 & Under 100 Freestyle	96
97	8-9 100 Freestyle	98
99	10-11 100 Freestyle	100
101	7 & Under 50 Backstroke	102
103	8-9 50 Backstroke	104
105	10-11 50 Backstroke	106
107	7 & Under 50 Butterfly	108
109	8-9 50 Butterfly	110
111	10-11 50 Butterfly	112
113	11 & Under 100 Breaststroke	114
115	11 & Under 200 Individual Medley	116

Session 3 - Evening Finals Warm-up: 5:30 pm; Start: 6:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	12-13 200 Individual Medley	6
7	14-15 200 Individual Medley	8
9	16 & Over 200 Individual Medley	10
11	12-13 50 Freestyle	12
13	14-15 50 Freestyle	14
15	16 & Over 50 Freestyle	16
17	12-13 200 Backstroke	18
19	14-15 200 Backstroke	20
21	16 & Over 200 Backstroke	22
23	12 & Over 200 Butterfly	24
25	12-13 100 Breaststroke	26
27	14-15 100 Breaststroke	28
29	16 & Over 100 Breaststroke	30

Session 6 - Evening Finals Warm-up: 5:30 pm; Start: 6:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	12-13 100 Freestyle	66
67	14-15 100 Freestyle	68
69	16 & Over 100 Freestyle	70
71	12-13 100 Backstroke	72
73	14-15 100 Backstroke	74
75	16 & Over 100 Backstroke	76
77	12-13 100 Butterfly	78
79	14-15 100 Butterfly	80
81	16 & Over 100 Butterfly	82
83	12 & Over 200 Breaststroke	84
85	12-13 200 Freestyle	86
87	14-15 200 Freestyle	88
89	16 & Over 200 Freestyle	90