
	<b>2013 VIRGINIA SWIMMING SC SENIOR CHAMPIONSHIPS</b> <b>February 28-March 03 2013</b> <b>SANCTION NO. VS-13-41 and VS-13-01T</b>	Hosted by  <b>POSEIDON SWIMMING</b>
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<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc. <b>Sanction No. VS-13-41</b> and <b>Time Trial Sanction No. VS-13-01T</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming and Collegiate School Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> </ul>						
<b>LOCATION:</b>	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, VA 23234						
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.</li> <li>• The 50-meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.</li> <li>• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.</li> <li>• Non-Turbulent Lane Markers in both pools. Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches</li> <li>• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.</li> <li>• The Collegiate Schools Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, concessions and a wireless internet.</li> <li>• Spectator seating for 700 plus.</li> <li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li> </ul>						
<b>MEET DIRECTOR:</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Patricia Donohue (VSI Senior Chair)</td> <td style="width: 50%;">Joe and Maria Maltby, Host Team Coordinator</td> </tr> <tr> <td>Email: <a href="mailto:seniorchair@virginiawimming.org">seniorchair@virginiawimming.org</a></td> <td>Email: <a href="mailto:mmaltby0507@verizon.net">mmaltby0507@verizon.net</a></td> </tr> <tr> <td>Phone: (804) 740-5553</td> <td>Phone: (804) 4472487</td> </tr> </table>	Patricia Donohue (VSI Senior Chair)	Joe and Maria Maltby, Host Team Coordinator	Email: <a href="mailto:seniorchair@virginiawimming.org">seniorchair@virginiawimming.org</a>	Email: <a href="mailto:mmaltby0507@verizon.net">mmaltby0507@verizon.net</a>	Phone: (804) 740-5553	Phone: (804) 4472487
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all Virginia Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted</li> <li>• The qualifying period for this meet is January 1, 2012 through February 27, 2013.</li> <li>• Age on February 28, 2013 will determine age for the entire meet.</li> </ul>						
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>						
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• Individual events EXCEPT the 1000 Yard Freestyle and the 1650 Yard Freestyle will be swum as trials and finals.</li> <li>• The 1650 Y Freestyle will be swum fastest to slowest as a timed final event, alternating women and men.</li> <li>• The 400 Y Individual Medley and the 500 Freestyle will be swum as trials and finals. <ul style="list-style-type: none"> <li>○ In trials, the four fastest women's heats will be swum first followed by the four fastest men's heats. These heats will be swum slowest to fastest.</li> <li>○ The remaining heats in trials will be swum fastest to slowest, alternating women and men.</li> </ul> </li> <li>• The top 24 qualifiers in the trials of each event will compete in each day's final session in the following order: C-Final (Bonus heat), B-Final (Consolation heat), and A-Final (Final heat).</li> <li>• The 1000 Y Freestyle will be swum slowest to fastest as a timed final event, alternating women and men. <ul style="list-style-type: none"> <li>○ The starting time for the first heat will be scheduled so that the second fastest heat of the</li> </ul> </li> </ul>						

	<p>men's event is concluded at the start of the finals warm-up session.</p> <ul style="list-style-type: none"> <li>○ The fastest women's and men's heat will swim in the finals session.</li> <li>○ The event seeding will be distributed following the close of the positive check-ins.</li> <li>● The top 24 qualifiers in the trials of each event will compete in each day's final session in the following order: C-Final (Bonus heat), B-Final (Consolation heat), and A-Final (Final heat).</li> <li>● <b>Ready Room.</b> A Ready Room will be used at these Championships prior to each "A" finals heat. <ul style="list-style-type: none"> <li>○ Each Swimmer in the "A" Final (Final heat) must report to the Ready Room 10 minutes preceding the event and participate in the "A" finals parade.</li> <li>○ A-Final swimmers will be presented with music and their names will be announced prior to the start of the race</li> <li>○ The top seed may pick 'their song' to be played as long as it is language appropriate.</li> <li>○ C-Final and B-Final heats will report directly to their assigned starting block.</li> </ul> </li> <li>● Relay events: All relay events will be timed finals. The fastest 2 heats of the 400 Y Freestyle Relay, the 800 Y Freestyle Relay, and the 400 Y Medley Relay will be swum during the finals session with any other heats swum during the trials session.</li> </ul>								
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>● Thursday afternoon/evening session: Warm-ups at 3:00-3:50 pm; competition starts at 4:00 pm. The competition pool will be reserved for swimmers entered into the 1650 Y Freestyle from 3:00-3:30 pm. <ul style="list-style-type: none"> <li>○ All other swimmers must use the warm-up/warm down pool. No specific lanes will be designated start or pace lanes unless specifically requested to the Meet Referee.</li> <li>○ Meet Referee has the authority to designate such lanes as need.</li> </ul> </li> <li>● Friday, Saturday, Sunday Trials sessions: Warm-ups 6:30 – 8:20 am; competition starts 8:30 am. <ul style="list-style-type: none"> <li>○ 6:30 – 7:50 am: All lanes designated for general warm-up</li> <li>○ 7:50 – 8:20 am: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.</li> </ul> </li> <li>● Finals sessions on Friday &amp; Saturday: Warm-ups at 5:00 – 5:50 pm; competition starts at 6:00 pm. <ul style="list-style-type: none"> <li>○ 5:00 – 5:25 pm: All lanes designated for general warm-up</li> <li>○ 5:25 – 5:50 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.</li> </ul> </li> <li>● Finals session Sunday: Warm-ups at 3:30 – 4:20 pm; competition starts at 4:30 pm. <ul style="list-style-type: none"> <li>○ 3:30 – 3:55 pm: All lanes designated for general warm-up</li> <li>○ 3:55 – 4:20 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general.</li> <li>○ 1000 Y Freestyle session: Warm-ups are planned to begin 45 min prior to the start of the first scheduled heat and will close 5 min prior to the start of the first scheduled heat.</li> </ul> </li> <li>● There will be specific lanes designated for PACE ONLY in the warm-up/cool down lanes.</li> <li>● Meet Referee has the right to change lane assignments based on the needs of the swimmers.</li> </ul>								
<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li>● <b>On-Line Meet Entry (OME)</b> – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) <b>ONLY</b>. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> <li>○ The OME system is accessed from the USA Swimming web site at the address: <a href="http://www.usaswimming.org/ome">http://www.usaswimming.org/ome</a></li> <li>○ Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team".</li> </ul> </li> <li>● <b>OME OPENS:</b> 9:00 AM EST –Monday, February 4, 2013</li> <li>● <b>OME CLOSES:</b> 11:59 PM EST – Monday, February 25, 2013 (Entry Deadline)</li> <li>● <b>Meet entries in the form of an entry list or psych sheet will be posted to the VSI website on Tuesday, February 26, 2013.</b></li> <li>● <b>Meet Entry Officer:</b> Terry Randolph 757(887-0868) <a href="mailto:randtb@msn.com">randtb@msn.com</a></li> <li>● <b>OME HELP:</b> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Josh Fowler</td> <td style="width: 50%;">Terry Randolph</td> </tr> <tr> <td>USA Swimming</td> <td>Meet Entry Officer</td> </tr> <tr> <td>Phone: (719) 866-3581</td> <td>Phone: (757) 887-0868</td> </tr> <tr> <td>Email: <a href="mailto:jfowler@usaswimming.org">jfowler@usaswimming.org</a></td> <td>Email: <a href="mailto:randtb@msn.com">randtb@msn.com</a></td> </tr> </table> </li> </ul>	Josh Fowler	Terry Randolph	USA Swimming	Meet Entry Officer	Phone: (719) 866-3581	Phone: (757) 887-0868	Email: <a href="mailto:jfowler@usaswimming.org">jfowler@usaswimming.org</a>	Email: <a href="mailto:randtb@msn.com">randtb@msn.com</a>
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- **Conforming and Non Conforming times will be used for entry –Short Course Yards, Long Course Meters then, Short Course Meters.**
- **Individual Entries:** Use the fastest time in national database for entry within the qualifying period.
  - Swimmers may enter using an “Override Time” for times that are not in the national database.
  - Override times must include the meet name and date.
  - Override times that cannot be proven during the entry process will be annotated with an asterisk (\*) on the meet psych sheet (Entry List).
- **Proof of asterisk (\*) submitted times must be provided to the Administrative Referee prior the scratch deadline for that event in order to be seeded.**
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- **OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
  - If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (\*\*).
  - The \*\* signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
  - **All entries for 200 Y Medley relays must use 400 Y Medley relay times.** NT entries will not be accepted.
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
  - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
  - These individuals may send a text file of their entries to the Meet Entry Officer to be entered manually.
  - Unless other arrangements are made payment must be made by check prior to the first session of the meet (Thursday, February 28, 2013).
- **ENTRY LIMITS:**
  - **Individual Events:** Athletes may enter all events which they qualify, however they may only compete in Six (6) individual events for the meet, and no more than Three (3) individual events per day.
  - **Bonus Events:** Maximum of one (1) bonus event. Swimmers qualified for the meet will be permitted to enter a bonus event that they have achieved the bonus qualifying standard.
  - Bonus swims for the 400 Individual Medley, 500 Freestyle, 1000 Freestyle, and the 1650 Freestyle are not available.
  - **Relays:** Two (2) per team per event.
- The Meet Director reserves the right to combine heats and events, which actions may require reseeding. The Meet Direct reserves the right to eliminate heats of any event if necessary.
- **Proof of entry times is required for individual and relay events. Entries not proven by the scratch deadline will be scratched.** “No Time” relay entries will not be accepted.
- Entries which improve the time of an earlier entry will be accepted **only** while OME is open.
- **LATE ENTRIES:**
  - Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.
  - Late entries at the meet must be made to the Admin Referee and will only be accepted for events for which the scratch box has not closed.
  - All late entries must be submitted with proof of time.
  - Late entries may not be used to improve the seed time of an earlier entry.

**FEES:**

Individual events: \$8.50  
 Relay events: \$13.00  
 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)

	<p><b>Late Entry Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the Entry Deadline.</p> <ul style="list-style-type: none"> <li>• OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Checks should be made payable to <b>Poseidon Swimming</b>.</li> <li>• Checks should be sent to: <b>Poseidon Swimming</b> <b>5050 Ridgeway Parkway</b> <b>Richmond, VA 23234</b></li> <li>• <b>The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, February 28, 2013). Failure to pay entry fees by this deadline could result in teams being barred from the meet.</b></li> <li>• <b>All fees must be paid in full in order for the entries to be considered compete.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Scoring <ul style="list-style-type: none"> <li>○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1.</li> <li>○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</li> </ul> </li> <li>• Team (Overall): Women’s High Point, Men’s High Point, Combined High Point.</li> <li>• Team (Specific): Large Team, Medium Team, and Small Team. Both women’s high point and men’s high point in each category. Team sizes defined by the following: <ul style="list-style-type: none"> <li>○ 1-99 small team</li> <li>○ 100-199 medium team</li> <li>○ 200 + large team</li> </ul> </li> <li>• Individual: First through Eighth Place. Women’s High Point Men’s High Point</li> <li>• Relay: First through Third Place.</li> <li>• <b>Awards Staging:</b> All Medalists in each event must report to the Awards Staging Area in Team Warm-up Attire following the conclusion of the A Final of Odd Numbered (Mens) Events.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All Short Course Yards will be seeded first followed by Long Course Meters times, Short Course Meters, then Bonus times.</li> <li>• All timed finals and trials events will be seeded following the close of the scratch and positive check-in periods as listed in the “RULES” section below.</li> <li>• All relays require positive check-to swim.</li> <li>• <b>RELAY TEAMS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> </ul>
<b>TIME TRIALS:</b>	<ul style="list-style-type: none"> <li>• At the conclusion of Friday and Saturday preliminary sessions, and <b>at the conclusion of Sunday evening finals</b>, time permitting, time trials will be offered to any swimmer entered in an individual event in the meet.</li> <li>• Times Trials will begin no earlier than 30 minutes after the conclusion of the session it is following.</li> <li>• Each day’s events will be offered in order, on the following schedule (1000 Y and 1650 Y Freestyle will only be offered as the last events on Saturday): <ul style="list-style-type: none"> <li>○ Thursday: No time trials</li> <li>○ Friday: Friday’s events, Saturday’s events, Sunday’s events (excluding the 1000 Y Freestyle and the 1650 Freestyle).</li> <li>○ Saturday: Saturday’s events, Sunday’s events, Friday’s events, the 1000 Y and 1650 Y Freestyle.</li> <li>○ Sunday: Sunday’s events (excluding the 1000 Y Freestyle and the 1650 Freestyle), Friday’s events, Saturday’s events.</li> <li>○ Cost: \$15.00 per individual event, \$20.00 per relay.</li> </ul> </li> <li>• The Meet Referee, at his discretion, to save time, may reorder the day’s scheduled events or combine events into a single heat.</li> <li>• A swimmer desiring a time trial must inform the Meet Referee, or his designee, not later than 10:30 am of the day the time trial is desired. Each swimmer participating in these events should provide a timer and/or a counter.</li> <li>• Time Trials are included as events in the three events per day limit.</li> </ul>

<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• Penalties for entries using fraudulent and/or non-verifiable entry times: <ul style="list-style-type: none"> <li>○ <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>○ <b>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.</b></li> <li>○ <b>Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>○ 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.</li> </ul> </li> <li>• <b>On the last day of a VSI Senior Championship Meet, a \$50 fine will be assessed to any swimmer who qualified originally for one of the final heat(s) and who does not scratch out of finals and does not show up to compete.</b></li> <li>• <b>A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.</b></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current <i>USA Swimming Rules and Regulations</i> will apply.</li> <li>• A listing of any entries lacking proof of time will also be provided to coaches and must be dealt with as described in the ENTRIES section above.</li> <li>• Unattached athletes must have a supervising coach as per USA Swimming rule 202.3.2. Athletes listed as UNAT-CLUB will be supervised by a coach from the named club.</li> <li>• Athletes listed as UNAT must check in at the Clerk-of-Course and be assigned a supervising coach in order to warm-up and to compete.</li> <li>• All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> <li>○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water.</li> <li>○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> </ul> </li> <li>• The overhead start procedures will be used for the preliminary sessions and for timed finals (distance) sessions.</li> <li>• Automatic relay take-off judging equipment will be used to confirm the Relay Take-Off Judges' decisions upon completion of each relay race. Swimmers must touch the touchpad in their lane at the end of the course to have finished their leg of the race.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.</li> <li>• The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6 A-E will apply with the following modifications:</li> <li>• Scratches from Individual Events: Will be co-located at the Positive Check-in Table <ul style="list-style-type: none"> <li>○ Scratches for Friday's events are due by 5:30 pm, Thursday</li> <li>○ Scratches for Saturday's events are due by 6:30 pm, Friday</li> <li>○ Scratches for Sunday's events are due by 6:30 pm, Saturday</li> </ul> </li> <li>• Positive check-in: <ul style="list-style-type: none"> <li>○ Positive check-in for the 1650 Y Freestyle is due by 3:00 pm, Thursday.</li> <li>○ Positive check-in for the 800 Y Freestyle Relay is due by 9:30 am, Friday</li> <li>○ Positive check-in for the 200 Y Freestyle Relay is due by 6:30 pm, Friday.</li> <li>○ Positive check-in for the 400 Y Medley Relay is due by 9:30 am, Saturday.</li> <li>○ Positive check-in for the 200 Y Medley Relay is due by 6:30 pm, Saturday.</li> <li>○ Positive check-in for the 1000 Y Freestyle are due by 6:30 pm, Saturday (see below in positive check-in regarding AM/PM designation)</li> <li>○ Positive check-in for the 400 Y Freestyle Relay is due by 9:30 am, Sunday.</li> </ul> </li> <li>• <b>AM and PM Designations.</b></li> <li>• Relay teams wanting to swim Sunday morning and not Sunday evening must designate that desire on the positive check-in sheet.</li> </ul>

	<ul style="list-style-type: none"> <li>○ Relays teams will swim in the session desired with up to two full heats participating at Sunday evening finals.</li> <li>○ If a team does not designate a preference they may be assigned to the evening finals if their team is next in line to fill open lanes in the two heats at finals.</li> <li>● Athletes wanting to swim the 1000 Y Freestyle in the afternoon and not in the fastest heat swimming in finals must designate that desire on the check-in sheet prior to the close of the scratch box on Saturday evening. <ul style="list-style-type: none"> <li>○ <b>All distance swims MUST positively check-in and declare their intent to swim by the scratch deadline for that day's events TO BE SEEDED.</b></li> <li>○ <b>A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.</b></li> </ul> </li> <li>● Swimmers failing to scratch events which if swum would put them in violation of either the 3 event per day or the 6 events in the meet, will not be permitted to swim the event or events. <ul style="list-style-type: none"> <li>○ The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation.</li> <li>○ No other penalty will be applied.</li> </ul> </li> <li>● The scratch rule regarding finals will apply to all three 3 evening heats Bonus, Consolation, Finals) excluding the relays, the 1650 Y Freestyle, and the 1000 Y Freestyle.</li> <li>● <b>Scratches from finals (of prelim and final events) shall be made with the Administrative Referee.</b> All other scratches shall be made at the Scratch box which shall be located at the Positive check in table until the General Meeting, at the General Meeting and then at the Clerk of the Course table.</li> <li>● The Meet Referee in accordance with 102.23.2 in the USA Swimming Rules and Regulations will appoint a Meet Jury.</li> <li>● 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 <ul style="list-style-type: none"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Jim Frye</b>  <b>Email: <a href="mailto:jamfrye@comcast.net">jamfrye@comcast.net</a></b>  <b>Phone: (540) 840-8947 (cell)</b></p> <ul style="list-style-type: none"> <li>● Officials will be needed for all positions and all sessions for this meet.</li> <li>● Officials must have been certified for a year in the positions in which they are planning to work.</li> <li>● An Application to Officiate is available on the VSI website (<a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>) and should be sent to the Meet Referee no later than February 22, 2013. Those requesting assigned positions need to apply by February 8, 2013.</li> <li>● This meet is approved as an Officials Qualifying Meet for N2/N3 certification/re-certification. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate.</li> <li>● <b>Briefings will be held 1 hour prior to the start of each session. In a room off the front lobby.</b></li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>● The number of timers required per club and their lane assignments will be posted on the VSI website at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> no later than Tuesday Feb 26, 2013, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>● The <b>General Meeting</b> will be held at <b>2:00 pm on Thursday, Feb 28, 2012.</b> Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance. <b>The meeting will be held in the Hospitality Room.</b></li> <li>● <b>Hospitality:</b> A light breakfast, lunch, and dinner will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages.</li> <li>● <b>Meet Program:</b> A Psych Sheet will be available to download off the VSI website. A Meet book</li> </ul>

	<p>with time standards, team information, coupons and advertisements for local establishments will be available for \$10.00. The Meet book will also contain coupons for a copy of each Trials and Finals program. Otherwise heat sheets for trials and finals will be available for \$2.00 without a coupon.</p> <ul style="list-style-type: none"> <li>• <b>Photography:</b> In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted behind the starting blocks without the express permission of the Meet Director. Individuals who violate the above photography restrictions may be asked by the Meet Director to leave the pool venue.</li> <li>• <b>Meet Event Apparel:</b> A vendor will be on site selling VSI Sr. Champ t-shirt and sweatshirts. There is a vendor on site for other swim equipment such as goggles and swim suits.</li> <li>• <b>Lost and Found:</b> Check with the front desk for lost and found items.</li> </ul>
<b>WAIVER:</b>	<ul style="list-style-type: none"> <li>• <b>AUTHORIZATION AND EVENT PROMOTION IN THE EVENT THAT VIRGINIA SWIMMING LIVE STREAM FINALS.</b></li> <li>• All participants agree to be filmed and photographed by web-casting network under the conditions authorized by Virginia Swimming Inc.</li> <li>• All participants give the organizers the right to use names, pictures, likenesses, and other information before, during or after the period of participation in this competition to promote the competition or to promote the success of swimming.</li> <li>• All participants understand and agree not to use or authorize use of pictures of themselves provided by Virginia Swimming Inc. for the purpose of trade.</li> <li>• All participants agree not to use the medals or photos, portraits or films of themselves with their medals, which participants receive for their performances in this competition, for the purposes of trade.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or at other needed volunteer positions.</li> <li>• All Air Flow in take Vents on deck are not to be blocked by chairs, benches, spectators or <b>towels!</b></li> <li>• Spectators may not sit in the aisles and may not reserve blocks of seats.</li> <li>• No glass containers of any kind are allowed in the facility.</li> <li>• No lawn/deck chairs allowed in the grandstand.</li> <li>• Objects are not to be passed over the grandstand railing.</li> <li>• No parking on the grass around CSAC.</li> <li>• No smoking on the campus.</li> <li>• Shoes are required to be worn in all areas outside the pool deck including locker rooms.</li> <li>• Doors are not to be propped open (HVAC).</li> <li>• Young children must be supervised by an adult.</li> <li>• No tape of any kind is to be used inside to hang signs, banners or decorations. PSDN must be consulted before hanging any Event specific signage.</li> <li>• CSAC, PSDN or VSI is not responsible for any lost or stolen items.</li> <li>• No unauthorized persons are permitted to use the audio and video equipment.</li> <li>• CSAC strongly encourages Swimmers to take a shower before entering the swim pool.</li> <li>• All rules and regulations of CSAC shall remain in effect and be followed.</li> <li>• Any individual or team member that fails to comply with any rule or regulation of CSAC or the terms and conditions of this agreement will not be permitted to participate in the Event and will be asked to leave the CSAC Premises.</li> <li>• Clubs are responsible for keeping their areas of the deck clean. Bags will be provided in which to gather trash.</li> <li>• No balloons!</li> <li>• The practice of deck changing is prohibited. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy</li> <li>• Each club is responsible for supervising the conduct of their swimmers.</li> <li>• No shaving at the venue is permitted.</li> <li>• <b>Marshals will enforce the facility rules and can, with the concurrence of the Meet Referee,</b></li> </ul>

	<b>remove any person from the venue for failure to adhere to the rules.</b>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"><li>• Directions to the pool can be found by going to: <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> Click on "Meets". Click on "Senior Championships", Click on "Directions".</li></ul>
<b>PARKING:</b>	<ul style="list-style-type: none"><li>• Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.</li><li>• There will be a drop off area designated. Please follow the guidance of the parking attendants.</li><li>• Overflow Parking is available directly behind the venue in the Martin's Grocery Store Lot.</li></ul>



## SCHEDULE OF EVENTS

### 2013 VIRGINIA SWIMMING SHORT COURSE SENIOR CHAMPIONSHIPS

(Qualifying period: January 1, 2012 to February 27, 2013)

Women	Qualifying Times			THURSDAY FEBRUARY 28	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
1	19:02.29	19:37.19	19:08.99	1500 M /1650 Y FREE*	17:35.09	17:58.49	17:29.09	2

All events swum as timed finals. Order: fastest to slowest alternating women's and men's.

Women	Qualifying Times			FRIDAY MARCH 01	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
3	2:12.39	2:15.39	1:59.79	200 Y FREE	1:48.99	2:04.49	2:00.39	4
5	1:20.09	1:23.09	1:12.39	100 Y BREAST	1:05.19	1:15.49	1:11.09	6
7	1:08.19	1:09.09	1:01.69	100 Y FLY	55.29	1:02.39	1:01.19	8
9	5:18.49	5:26.09	4:47.99	400 Y IND MEDLEY	4:25.99	5:01.59	4:53.29	10
11				800 Y FREE REL <sup>†</sup>				12

<sup>†</sup>Requires positive check-in to swim; fastest two heats swim in finals.  
Order of Finals: Events 3, 4, 5, 6, 7, 8, 9,10, Break (10min), Events 11, 12

Women	Qualifying Times			SATURDAY MARCH 02	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
13				200 YFREE REL <sup>†</sup>				14
15	2:32.89	2:35.79	2:18.39	200 Y FLY	2:04.99	2:21.19	2:18.19	16
17	28.69	29.49	25.89	50 Y FREE	22.89	26.09	25.39	18
19	2:52.39	2:57.99	2:35.99	200 Y BREAST	2:21.79	2:44.59	2:36.69	20
21	1:09.19	1:11.79	1:02.59	100 Y BACK	56.89	1:05.79	1:02.89	22
23	4:39.39	4:43.89	5:19.19	400 M / 500 Y FREE	4:55.89	4:24.79	4:18.89	24
25				400 Y MED REL <sup>†</sup>				26

<sup>†</sup>Requires positive check-in to swim. All heats swim in prelims.  
<sup>‡</sup>Requires positive check-in to swim; fastest two heats swim in finals.  
Order of Finals: Events 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, Break (10 min), Events 25, 26

Women	Qualifying Times			SUNDAY MARCH 03	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
27				200 Y MED REL <sup>†</sup>				28
29	2:29.89	2:34.99	2:15.59	200 Y BACK	2:04.19	2:21.99	2:17.39	30
31	1:01.69	1:03.09	55.79	100 Y FREE	49.99	57.29	55.39	32
33	2:30.29	2:34.79	2:15.99	200 Y IND MEDLEY	2:03.39	2:22.39	2:16.39	34
35				400 Y FREE REL <sup>‡</sup>				36
37	9:51.29	10:01.39	11:15.69	800 M/1000 Y FREE <sup>#</sup>	10:27.99	9:24.19	9:08.59	38

<sup>†</sup>Requires positive check-in to swim; **enter using your 400 Medley Relay time.** All heats swim in prelims.  
<sup>‡</sup>Requires positive check-in to swim; may choose AM or PM preference; up to two heats swim in finals.  
<sup>#</sup>May designate AM or PM preference; top 8 PM designees will swim at finals.  
Order of Finals: Events 37, 38, Break (10 min), 29, 30, 31, 32, 33, 34, Break (10 min), Awards (Individual High Point), Events 35, 36, Awards (Team), Time Trials

## 2013 VIRGINIA SWIMMING SENIOR CHAMPIONSHIPS BONUS STANDARDS

(Qualifying period: January 1, 2012 to February 27, 2013)

**Swimmers are allowed a maximum of one (1) bonus event. Bonus events count toward the maximum number of swims (6) for the meet and maximum number of swims (3) per day.**

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
29.19	29.99	26.39	50 free	23.39	26.59	25.89
1:02.69	1:04.09	56.79	100 free	50.99	58.29	56.39
2:14.39	2:17.39	2:01.79	200 free	1:50.99	2:06.49	2:02.39
<b>Bonus swims for the 400, 800, or 1500 Free are not available</b>			400/500 free	<b>Bonus swims for the 400, 800, or 1500 Free are not available</b>		
			800/1000 free			
			1500/1650 free			
1:10.19	1:12.79	1:03.59	100 back	57.89	1:06.79	1:03.89
2:31.89	2:36.99	2:17.59	200 back	2:06.19	2:23.99	2:19.39
1:21.09	1:24.09	1:13.39	100 breast	1:06.19	1:16.49	1:12.109
2:54.39	2:59.99	2:37.99	200 breast	2:23.79	2:46.59	2:38.69
1:09.19	1:10.09	1:02.69	100 fly	56.29	1:03.39	1:02.19
2:34.89	2:37.79	2:20.39	200 fly	2:06.99	2:23.19	2:20.19
2:32.29	2:36.79	2:17.99	200 IM	2:05.39	2:24.39	2:18.39
<b>Bonus swims for the 400 IM are not available</b>			400 IM	<b>Bonus swims for the 400 IM are not available</b>		