



SWIM AND TRI
Winter Championships
December 8-11, 2016
SANCTION NO. VS-17-33



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-33.USA Swimming, Inc., Virginia Swimming, Inc., Hokie Aquatics, and Christiansburg 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.
LOCATION:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665
FACILITY:	<ul style="list-style-type: none">50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet. The race course will be set up to swim widths with the pool depth sloping from 7 to 17 feet.The course of competition will be two 25-yard courses swimming the width of the pool.Colorado Timing System with color scoreboard and separate video board will be used.The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	Name: Scott Baldwin Email: edbaldwi@vt.edu Phone: (540) 998-2327
ELIGIBILITY:	<ul style="list-style-type: none">This is a CLOSED meet. Invited teams include: HOKI, BSC-SE, CCA, CAST, EAC-NC, FSC-MD, HPSC-NC, KFY, LASO, LY, NRG-MA, OCCS-PV, NOMAD-NC, CYAC, PSDN, PWSC, RAPP, STRM, SFY, SWAP-SE, SMAC, STAT, SCAT, SGSA-NC, TSU, GATR, WST and their respective unattached athletes. All athletes must be USA Swimming registered before the first day of the meet.Teams not listed wishing for an invite must receive confirmation from the meet director prior to entries being accepted.No on-deck USA Swimming athlete registration will be permitted.Age on December 8, 2016 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">Thursday PM Session will be Timed Finals for: 10&U and 11/12 500 Free and 11&Over 1000 FreeAll 10 & Under Preliminary Events will swim in the afternoon sessionsAll 11 & 12 Preliminary Events will swim in afternoon session.All 13 & 14 and Senior events will swim a preliminary session in the morning session.The Top 1 heat (10) of single age 11 year old and Top 1 heat (10) of 12 year old swimmers will swim the final session each day.The Top 1 heat (10) of 10&Under will swim in the final session each day.The top two heats (20) in the 13-14 and Top three heats (30) of Senior age groups will swim the final session each day. Except Senior Events #15 and #16 400IM and #61 and #62 500 Free where the top two heats (20) will swim in finals.The following event will be swum as timed finals (#105 and #106) 11&Over 1650 Free, and will swim at the conclusion of Sunday AM Preliminaries and prior to the start of the 11/12 and 10&Under Session. ONLY (1) HEAT (Top 10 after positive check in) of each gender will

	<p><u>swim.</u></p> <ul style="list-style-type: none"> • The following events will be swum as timed finals with the top Heat (10) after seeding of each age group swimming in finals: <ul style="list-style-type: none"> ○ 11-12 (#37 &38) 200 Back, (#71 &72)200 Fly, (#105 and 106) 200 Breast. • All 13 & Over Relays will swim in Finals. • All 10&Under and 11/12 Relays will swim in the preliminary session each day. • Finals may be run in two courses (Women's course/ Men's Course).
WARM-UP:	<ul style="list-style-type: none"> • Thursday PM Session: Warmups: 3:30-4:30pm, Meet Start: 4:45pm • Morning sessions: Warm-ups start at 6:30 am; competition starts at 8:15 am. • Friday and Saturday Finals: Warm-ups start not before 4:00 pm; competition starts not before 5:00 pm • Sunday Finals: Warm-ups start not before 2:30 pm and competition starts not before 3:30 pm • 12 &Under Sessions: Warm-ups start not before 11:00 am; competition starts not before 12:00 pm. Exact times and Lane Assignments will be emailed after all entries have been received. No later than December 6, 2016 • All Preliminary and Final warm-ups will be General followed by a specific period.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 22, 2016</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. • Teams must submit entries via email. • A Team Manager printout of entries must be included. Entry sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Coach Times (CT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition • <i>Swimmers may enter 3 individual events per day.</i> • 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 and <u>accepted to</u> 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: Scott Baldwin at edbaldwi@vt.edu • Deck entries will not be accepted.
FEES:	<p>Individual events: \$5.50 Relay events: \$14.00 Swimmer surcharge: \$7.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> ○ Includes a convenience fee for free access to heat sheets (\$15 value): <ul style="list-style-type: none"> ▪ Online ▪ Meet Mobile ▪ Print copies. ○ Bag Tag for each athlete • Checks should be made payable to: H20kie Aquatics • Mail payment to: c/o Scott Baldwin 165 Huff Heritage Lane Christiansburg, VA 24073 • Payment must be received by December 8, 2016 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is 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.
AWARDS:	<ul style="list-style-type: none"> Individual events: Medals will be awarded for first through 3rd place. Ribbons 4th-10th place. <ul style="list-style-type: none"> 13 & Over events will be given separate awards for 13-14 and Senior age groups. 11/12 events will be scored as single age groups, 11 yr olds and 12 yr olds. 10&Under events will be scored as one age group. Relay events: Ribbons will be awarded for 1st through 10th place.
SEEDING:	<ul style="list-style-type: none"> Positive check-in for all events will close 30 minutes prior to the start of the session. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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 USA Swimming before 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. Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing dive or must start each race from within the water. If unaccompanied by a member coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement. The overhead start procedure will be used for the all sessions. The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, 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 both heats (final and consolation). 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>. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. In accordance with VSI best practices, all swimmers should shower before entering the pool. 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"> Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: George Zolovick Email: gmzolovick@aol.com Phone: (540) 449-5413</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Scott Greiner, Email: sgreiner@vt.edu or Phone: (540) 230-2680 no later than Tuesday, December 6, 2016. Officials meetings will be held one hour prior to the start of each session. Officials, please use the following link to signup: http://www.signupgenius.com/go/20f0a4fa4ab2ba1f94-2016/ Officials who signup to work 4 sessions or more will receive a free Meet Polo Shirt- (*while supplies last.)
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 HOKI team website, http://www.h2okieaquatics.org no later than Tuesday, December 7, 2016, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Hospitality will be provided for coaches and officials • Concessions will be available. • Swim and Tri swim shop will be on site. • Commemorative Meet T-shirts will also be available.
FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> • Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. • Smoking is NOT permitted within the Town of Christiansburg Aquatic Center. • The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear. <p>Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet.</p>
DIRECTIONS:	Christiansburg Aquatic Center: MapQuest link HERE

Thursday, December 8, 2016

Distance Session

Warmups: 3:30pm Meet Start: 5:00pm

Girls	Event	BOYS
1	10&Under 500 Free	2
3	11/12 500 Free	4
5	11&Over 1000 Free	6
All Timed Final Events		
Positive Check in Required		

Friday, December 9, 2016

13/14 and Senior Session

Warmups: 6:30am Meet Start: 8:15am

Girls	Event	BOYS
7	13/14 200 Free	8
9	Senior 200 Free	10
11	13/14 100 Breast	12
13	Senior 100 Breast	14
15	13/14 100 Fly	16
17	Senior 100 Fly	18
19\$	13/14 400 IM	20\$
21\$	Senior 400 IM	22\$
23*	13/14 400 Medley Relay	24*
25*	Senior 400 Medley Relay	26*
\$ Positive Check-in Event		
* Relays will swim in Finals		

12 & Under Session

Warmups: Not before 11am Meet Start: Not before 12pm

Girls	Event	BOYS
27#	11/12 200 Med Relay	28#
29#	10&Under 200 Med Relay	30#
31	11/12 200 Free	32
33	10&Under 200 Free	34
35	11/12 50 Breast	36
37	10&Under 50 Breast	38
39	11/12 100 Fly	40
41	10&Under 100 Fly	42
43 @	11/12 200 Back	44 @
45	10&Under 50 Back	46
47#	11/12 400 IM	48#

@ Timed Final Event. Top Heat swims in Finals

Timed Final Event. All heats swim in Preliminaries

Saturday, December 10, 2016

13/14 and Senior Session

Warmups: 6:30am Meet Start: 8:15am

Girls	Event	BOYS
49	13/14 200 Fly	50
51	Senior 200 Fly	52
53	13/14 50 Free	54
55	Senior 50 Free	56
57	13/14 200 Breast	58
59	Senior 200 Breast	60
61	13/14 100 Back	62
63	Senior 100 Back	64
65\$	13/14 500 Free	66\$
67\$	Senior 500 Free	68\$
69*	13/14 400 Free Relay	70*
71*	Senior 400 Free Relay	72*
\$ Positive Check-in Event		
* Relays will swim in Finals		

12 & Under Session

Warmups: Not before 11am Meet Start: Not before 12pm

Girls	Event	BOYS
73#	11/12 200 FREE Relay	74#
75#	10&Under 200 FREE Relay	76#
77@	11/12 200 FLY	78@
79	11/12 50 BACK	80
81	10&Under 50 Free	82
83	11/12 50 Free	84
85	10&Under 100 Breast	86
87	11/12 100 Breast	88
89	10&Under 200 IM	90
91	11/12 200 IM	92

@ Timed Final Event. Top Heat swims in Finals

All Relays will swim in Preliminary Session

Sunday, December 11, 2016

13/14 and Senior Session

Warmups: 6:30am Meet Start: 8:15am

Girls	Event	BOYS
93	13/14 200 Back	94
95	Senior 200 Back	96
97	13/14 100 Free	98
99	Senior 100 Free	100
101	13/14 200 IM	102
103	Senior 200 IM	104
105%\$	11&Over 1650 Free	106%\$
\$ Positive Check-in Event		
% (1) heat of each gender (top 10 girls / top 10 Boys) will swim		

12 & Under Session

Warmups: Not before 11am Meet Start: Not before 12pm

Girls	Event	BOYS
107@	11/12 200 Breast	108@
109	10&Under 100 Back	110
111	11/12 100 Back	112
113	10&Under 100 Free	114
115	11/12 100 Free	116
117	10&Under 50 Fly	118
119	11/12 50 Fly	120
121	10&Under 100 IM	122
123	11/12 100 IM	124

@ Timed Final Event. Top Heat swims in Finals