



STORM'S HALLOWEEN SPRINTS
A/BB/B/C Meet
October 29-30, 2016
SANCTION NO. VS-17-21



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-21USA Swimming, Inc., Virginia Swimming, Inc., STRM and The Community Pool 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:	The Community Pool, 194 Wallace Street, Lexington, VA, Phone: (540) 463-5441
FACILITY:	<ul style="list-style-type: none">25 yard, 6 lane domed municipal pool; Paragon blocks; 6.5 feet deep at the start end and 3.5 feet deep at the turn end of the pool; Colorado Timing semi-automatic system including 6 lane scoreboardBleacher seating is available; however, competitors and spectators can 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:	Craig Charley Phone: (540) 463-5441 Email: ccharley9@hotmail.com Leslie Ayers (540) 463-5441 forswimming@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered prior to the first day of the meet.No on deck USA Swimming athlete registration will be permitted.8 years old and younger swimmers may participate regardless of classification in 8 & Under eventsAge on October 29, 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">All ages compete in a single session each day, Saturday and SundayAll events will be timed finalsEvent 24 is intentionally omitted
WARM-UPS	<ul style="list-style-type: none">Saturday Warm-up starts; 10:00 am; Competition starts: 11:00 am.Sunday Warm-up starts: 9:00 am; Competition starts: 10:00 am.Lane assignment and warm-up times for individual clubs will be posted on www.rockbridgeswims.org no later than Wednesday, October 26, 2016 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 19th, 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, or on a VSI master entry sheet. Times may be converted from other course types.Teams submit entries via e-mail.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.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 "BB" 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 individual events and 1 relay event per day.

	<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: Craig Charley; ccharley9@hotmail.com • 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 Meet Referee on the provided forms and accompanied by payment in cash or by check made payable to "Rockbridge Storm".
FEES:	<p>Individual events: \$4.00 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: Rockbridge Storm. • Mail payment to : Leslie Ayers P.O Box 1552 Lexington VA 24450 • Payment must be received by October 29th, 2016, for all 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. • 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: Ribbons will be awarded for first through 6th place <ul style="list-style-type: none"> ○ 13-18 individual events will be given separate awards for 13-14 and 15 -18 age groups ○ 11-18 individual events will be given separate awards for 11-12, 13-14, and 15 -18 age groups ○ 10 & Under individual events will be given separate awards for 9-10, 7-8 and 6 & Younger age groups. ○ Heat winner will be awarded something in the spirit of Halloween. • Relay events: Ribbons will be awarded for first through 3rd place in each event.
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. • All swimmers 11 and older will 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. • Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from the within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer of the swimmer's legal guardian to ensure compliance with this requirement. • The overhead start procedure will be used at the discretion of the Referee. • 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>. • 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. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming

	<p>credentials will be permitted to act in a coaching capacity at this meet</p> <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. ● No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.
OFFICIALS:	<p>Meet Referee Steve Woolfolk Email woolfolks@aol.com</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 26, 2016. ● Officials will meet in the hospitality room 45 minutes before the start of each session. ● Coaches' meeting will be held immediately following the end of warm-ups on Saturday, October 29th.
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 23, 2013, 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. ● Please obey posted facility rules. ● Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	Directions to THE COMMUNITY POOL: Take 81 south to exit 191 (64 west) Take 1 st exit 55 At end of ramp, turn left on Route 11 south Stay on Route 11 for approximately 1 mile. Cross bridge . Stay left on Route 11 bypass Follow Route 11 bypass for approximately 2 miles to the 1 st stop light Turn Right on Main (route 11) Take 1 st right turn on Waddell street at the Farmers' Coop. Go straight through Maury River Middle School Parking lot. Turn left into Pool parking lot
Hotels:	<ul style="list-style-type: none"> ● Holiday Inn Express: 880 North Lee Highway, Phone: (540) 463-7351 ● Econo- Lodge: US Route 11, Phone: (540) 463-7371 ● Comfort Inn: US Route 11, Phone: (540) 463-7311

Order of Events
STORM'S Halloween Sprints
A/BB/B/C Meet
October 29 & October 30
Sanction No. VS

Saturday, October 29, 2016		
Warm-up: 10:00 am; Start: 11:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & Under 25 Freestyle	2
3	9-10 100 Freestyle 6 Minute Break	4
5	11 -18 200 Freestyle	6
7	10 & Under 50 Breaststroke 6 Minute Break	8
9	8 & Under 25 Butterfly	10
11	11 -18 50 Butterfly 6 Minute Break	12
13	11 -18 100 Breaststroke	14
15	10 & Under 50 Backstroke	16
17	11 -18 100 Backstroke 6 Minute Break	18
19	11-18 100 Individual Medley	20
21	8 & Under 100 Free Relay	22
23	10 & Under 200 Free Relay	24
25	11-18 200 Free Relay	26

Sunday, October 30, 2016		
Warm-up: 9:00 am; Start: 10:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	8 & Under 25 Backstroke	28
29	11 -18 50 Backstroke	30
31	11 -18 100 Butterfly 6 Minute Break	32
33	10 & Under 50 Butterfly	34
35	11 -18 100 Freestyle 6 Minute Break	36
37	11 -18 200 Individual Medley	38
39	10 & Under 100 Individual Medley	40
41	8 & Under 25 Breaststroke	42
43	11 -18 50 Breaststroke 6 Minute Break	44
45	10 & Under 50 Free	46
47	11-18 50 Free	48
49	8 & Under 100 Medley Relay	50
51	10 - Under 200 Medley Relay	52
53	11 -18 200 Medley Relay	54