



**Poseidon's A/BB/B/C
Fire & Ice Invitational
January 6-7, 2018
SANCTION NO. VS-18-46**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-18-46• USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming and Liberty University 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:	<ul style="list-style-type: none">• Liberty University, 3853 Candler's Mountain Rd., Lynchburg VA 24502• Phone: 833-SWM-FAST (833-796-3278)
FACILITY:	<ul style="list-style-type: none">• The Liberty University facility provides a 9-lane, 50 meter competition pool with moveable bulkhead, separate 8-lane, 25 yard diving well, and supporting amenities including hospitality and concession stand.• Nine lane, 25-yard racing course allows for 18 continuous warm-up warm-down lanes OR two 10-lane 25-yard racing courses allow for 8 lanes of continuous warm-up warm-down in diving well, 7 ft. continuous depth; overflow gutters with non-turbulent lane markers.• Indoor 8-lane 25 yard diving well pool for continuous warm-up, cool-down.• Non-Turbulent Lane Markers in both pools.• Paddock Starting Blocks with track plates, Colorado backstroke wedges, Daktronics timing system.• Spectator wrap-around three-sided seating for 1400.• Two video boards allow for two simultaneous course displays, plus the ability to scroll preliminary results.• The natatorium combines a 1-2 micron regenerative filter with an ultraviolet light disinfect system, ensuring premium water quality amidst heavy usage.• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	Name: Jessica Bauer Email: admin@poseidonswimming.com Phone: 833-SWM-FAST (833-796-3278)
ELIGIBILITY:	<ul style="list-style-type: none">• Open to USA Swimming registered athletes registered before the first day of the meet.• No on-deck athlete registration will be permitted.• Age on January 6, 2018 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 13 and older swimmers will swim in the morning session Saturday and Sunday. • All 12 and younger swimmers will swim in the afternoon session Saturday and Sunday. • A session will be held Saturday evening for the 1000 free. The 400 IM, 500 free and 1000 will all be swim fastest to slowest. • All events will be timed finals. • Dual courses may be run for part or the entire meet to accommodate the number of swimmers and still not create too lengthy a session.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 7:00 AM competition starts at 8:00 AM. • Afternoon sessions: Warm-ups not before 12:30 PM; competition starts not before 1:30 PM. • Saturday evening session: General warm-ups not before 4:30 PM, competition not before 5:30 PM. • Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Tuesday, January 2, 2018 5:00 PM, and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, DECEMBER 27, 2017.</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. • Teams must submit entries via email. • 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 Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter 5 individual events per day Saturday and Sunday. • 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: Becky Hofmann, entries@poseidonswimming.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 Clerk-of-Course on the provided forms.
FEES:	<p>Individual events: \$4.50 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: Poseidon Swimming • Mail payment to: Poseidon Swimming, 10800 Center View Dr., Richmond VA 23235 • Payment must be received by December 27, 2017 for 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 eighth place. • Awards will be given for the following age groups: 8 & Y, 9-10, 11-12, 13-14, 15 & O.
SEEDING:	<ul style="list-style-type: none"> • All individual events except for the following will be pre-seeded; events #21-24, #55-56 500 free; events #57-60, 1000 free; events #81-84, #113-116 400 IM. • These events, #21-24, 55-56 500 free, 57-60 1000 free, 81-84, 113-116 400 IM, will require a positive check-in to swim. • Positive check-in will close 45 minutes prior to the start of each session. • The 500 free, 400 IM and 1000 free events will be swum fastest to slowest.
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. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • 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 within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • The overhead start procedure may be used for the all sessions 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>.

	<ul style="list-style-type: none"> • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • In accordance with VSI Best Practices, 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 who have valid USA Swimming credentials but who 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: Bob Rustin Phone: 804-387-8736, Email: brustin55@gmail.com</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 Scott Farrar, sfarrar@bsnsports.com, no later than Tuesday, January 2, 2018. • Officials briefing will take place 1 hour before the beginning of each session.
SAFETY:	<ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Swimmers in 500 free, 400 IM and 1000 free events must provide their own timers. • 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 Poseidon website no later than Tuesday, January 2, 2018 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Meet programs will be sold for \$10. • Concessions will be available during the meet at Liberty University concessions. Concessions will open for warm-ups and during competition each day for hot/cold drinks, snacks, etc.. • Coaches' and officials' hospitality will include breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday in a 1300 sq. ft. hospitality room. • Swim & Tri will be the meet vendor for swim gear. Additional vendors may also be available.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus. • No flash photography.
DIRECTIONS:	Go to www.poseidonswimming for directions.

HOTELS:	Go to www.poseidonswimming.com ,click Meets/Events, then Visitor Hotel Info.
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Area Hotels:

Springhill Suites Marriott, 15171 Wards Road, Lynchburg VA 24502

434-237-5848 King Suites and Double Double Suites available \$119.00 plus tax per night. Hot Breakfast served daily for swim families at 5:30am

Hampton Inn & Suites, 3600 Liberty Mountain Drive, Lynchburg VA 24502

434-608-1224 Double Queens available \$124.00 plus tax per night. Hot Deluxe buffet breakfast served daily.

Holiday Inn Express, 5600 Seminole Ave, Lynchburg VA 24502

434-237-7771 Double Queen rooms available \$114.00 plus tax per night. Hot Deluxe buffet breakfast served daily.

Comfort Inn & Suites, 15001 Wards Road, Lynchburg, VA 24502

434-266-1111, Double Queen rooms available, \$120.00-140.00 plus tax per night. Hot breakfast served daily.

**Poseidon Fire & Ice Invitational, January 6-7, 2018
ORDER OF EVENTS**

Saturday Morning Session Warm-up: 7:00 AM; Start: 8:00 AM			Saturday Afternoon Session Warm-up: 12:30, 1:30 PM start (Times are approximate)			
Girls	<u>Events</u>	Boys		Girls	<u>Events</u>	Boys
1	13-14 200 free	2		25	8 & Y 25 back	26
3	15 & O 200 free	4		27	10 & Y 50 back	28
5	13-14 200 breast	6		29	11-12 200 back	30
7	15 & O 200 breast	8		31	11-12 50 back	32
9	13-14 100 back	10		33	8 & Y 25 fly	34
11	15 & O 100 back	12		35	10 & Y 50 fly	36
13	13-14 100 fly	14		37	11-12 50 fly	38
15	15 & O 100 fly	16		39	11-12 200 fly	40
17	13-14 200 IM	18		41	10 & Y 200 IM	42
19	15 & O 200 IM	20		43	11-12 200 IM	44
21	13-14 500 free **	22		45	10 & Y 100 free	46
23	15 & O 500 free**	24		47	11-12 100 free	48
				49	10 & Y 100 breast	50
				51	11-12 100 breast	52
				53	10 & Under 500 free **	54
				55	11-12 500 free**	56

**Requires Positive Check-in

Saturday Evening Session, January 6, 2018

PM Distance Session

Warm-up: 4:30 PM; Start 5:30 PM

Girls	Event	Boys
57	13 & O 1000 Free **	58
59	12 & under 1000 free **	60

**Requires Positive Check-in

Sunday, January 7, 2018

Sunday Morning Session Warm-up: 7:00 AM; Start: 8:00 AM			Sunday Afternoon Session Warm-up: 12:30 PM; Start: 1:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	13-14 200 fly	62	85	8 & Y 25 free	86
63	15 & O 200 fly	64	87	10 & Y 50 free	88
65	13-14 50 free	66	89	11-12 50 free	90
67	15 & O 50 free	68	91	10 & Y 200 free	92
69	13-14 100 breast	70	93	11-12 200 free	94
71	15 & O 100 breast	72	95	8 & Y 25 breast	96
73	13-14 200 back	74	97	10 & Y 50 breast	98
75	15 & O 200 back	76	99	11-12 50 breast	100
77	13-14 100 free	78	101	11-12 200 breast	102
79	15 & O 100 free	80	103	10 & Y 100 IM	104
81	13 -14 400 IM **	82	105	11-12 100 IM	106
83	15 & O 400 IM **	84	107	10 & Y 100 back	108
			109	11-12 100 back	110
			111	10 & Y 100 fly	112
			113	11-12 100 fly	114
			115	11-12 400 IM **	116