



**SOUTHWEST DISTRICT  
9- 12yr CHAMPIONSHIP  
February 15 – 17, 2019  
SANCTION NO. VS-19-90**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-19-90</b> .</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., and H2okie Aquatics, Inc 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>	Christiansburg Aquatic Center: 595 Mill Ln. Christiansburg, VA 24073 (540)-381-7665
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>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 at the starting end.</li> <li>Colorado Timing System with color scoreboard and separate video board will be used.</li> <li>10 Lane Race Course will be utilized.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Scott Baldwin Email: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a> Phone: (540) 998-2327
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming registered athletes 9 - 12 years old by the first day of the meet in the <b>Southwest</b> District which includes: ACAC, ACST, BASS, CAST, CCA, CYAC, DYST, FUAC, GATR, HOKI, KFY, LASO, LY, SCAT, SFY, SMAC, STRM, VAST and YMST</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li><b>8 &amp; U Virginia Swimming registered athletes in the Southwest District may enter the 10 &amp; U 500 Free regardless of classification.</b></li> <li>The qualifying period for this meet is January 1, 2018 through February 14, 2019.</li> <li><b>Athletes 9 to 12 years of age may compete in any individual event or relay leg in which they do NOT have a VSI Age Group Championship qualifying time.</b></li> <li>10 and 12 year-old swimmers aging up from February 15 to March 7, 2019 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> <li>10 or 12 year old swimmers who do not qualify for an event in their new age group at Age Group Championships may enter the event in this meet.</li> <li>10 or 12 year old swimmers aging up between championships will be seeded correctly by time, however, will swim exhibition only and will not be eligible to receive an award or compete in the Finals session.</li> </ul> </li> <li>Age on February 15, 2019 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 welcome 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>11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 free which will be swum as timed finals. The top 16 swimmers in the 11-12 age group from prelims will come back to compete in finals, except for the 200 fly, 200 back, and 200 breast where only the top 8 swimmers will compete in finals.</li> <li>9-10 year old swimmers will swim prelim/finals in all individual events with the exception of the 500 Free and 200 IM which will be contested as timed finals. The top 8 swimmers in all other individual events will come back to compete in finals.</li> <li>Ready Room: A Ready Room will be used at this Championship prior to each "A" final heat. Each Swimmer in the "A" Final (Final heat) should report to the Ready Room 10 minutes preceding the event and participate in the "A" Final parade. <ul style="list-style-type: none"> <li>"A" Final swimmers will be presented with music and their names will be announced prior to the start of the race.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>All heats of the 11-12 and 9-10 year old 200 Free Relay and 200 Medley Relay will be swum during the Prelim sessions.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 5, 2019</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>.</li> <li>Teams submit entries via e-mail.</li> <li>A <b>Team Manager</b> printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> ) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>“No Time” (NT) entries will be accepted.</li> <li>9 -12 year old swimmers may enter a maximum of 8 individual events for the meet, no more than 3 individual events and 1 relay event per day.</li> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 4.</li> <li>Entries will be processed in the order received.</li> <li>The Meet Director reserves the right to combine heats and events, which may require reseeding.</li> <li>Email entries to: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a></li> <li>Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$5.50</b>  <b>Relay Events: \$12.00</b>  <b>Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</b></p> <p><b>Late 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>Checks should be made payable to: <b>H2okie Aquatics</b></li> <li>Mail payment to: Scott Baldwin  165 Huff Heritage LN  Christiansburg, VA 24073  Phone: (540) 998-2327</li> <li>Payment must be received by <b>Tuesday, February 12, 2019</b> for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.</li> <li><b>IMPORTANT:</b> 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.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday Session: Warm-ups start: 4:30pm; Competition starts at: 5:30pm</li> <li>Morning / Preliminary sessions: Warm-ups start 7:30am; Competition starts at 8:30am</li> <li>Finals sessions: Warm-ups start not before 4:00pm; Competition begins not before 5:00pm</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends</li> <li>Lane assignments and warm-up times for individual clubs will be posted on the <a href="http://www.h2okieaquatics.org">www.h2okieaquatics.org</a> no later than Monday February 11, 2019 and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except the 9-10 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded.</li> <li>All 9/10 and 11/12 swimmers should report directly to the blocks for all preliminary and “B” Final events.</li> <li>Positive check-in for the 9-10 500 free, 11-12 500 free and 11-12 400 IM will close <b>15 minutes</b> prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Administrative table.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT SEEDED.</b></li> </ul>

	<ul style="list-style-type: none"> <li>● <b>A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>● Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place.</li> <li>● Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place.</li> <li>● 10 &amp; Under events will be given separate awards for 8 &amp; U and 9/10 age groups.</li> <li>● Team Awards will be given. Total team points will be combined with scores from 8 &amp; Under District Championships. Teams placing first through third will receive a plaque.</li> <li>● Scoring will be as follows: <ul style="list-style-type: none"> <li>○ Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1</li> <li>○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</li> <li>○ All events will be scored to 16 places</li> <li>○ Only the top two relay entries per team may score.</li> </ul> </li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>● A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </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> <li>● Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>● The current USA Swimming Rules and Regulations will apply.</li> <li>● 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's legal guardian to ensure compliance with this requirement.</li> <li>● 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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>● The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E only will be in effect and apply to all heats of individual events held on Saturday and Sunday. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet.</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>● Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>● In accordance with VSI best practices, swimmers should shower before entering the pool.</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. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Name Steve Woolfolk</b>  <b>Email: woolfolks@aol.com</b>  <b>Phone: 540-312-1259</b></p> <ul style="list-style-type: none"> <li>● Officials will be needed for all positions and all sessions for this meet.</li> <li>● Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook</li> <li>● 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 Greiner at sgreiner@vt.edu no later than Tuesday, February 12, 2019.</li> <li>● Officials meetings will be held in the hospitality area one hour prior to the start of the meet.</li> </ul>

	<ul style="list-style-type: none"> <li>General meeting for coaches and key officials will be held in the hospitality area 30 minutes prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li><b>Swimmers supply their own timers and lap counters for the 500 Freestyle and timers for the 400 IM.</b></li> <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 <a href="http://www.h2okieaquatics.org">www.h2okieaquatics.org</a> no later than Monday, February 11, 2019, and will also be emailed to the contact person of each of the individual clubs.</li> <li>These assignments will also be posted throughout the venue.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups.</li> <li>Young children must be supervised by an adult.</li> <li>Observers and spectators are to stay in designated areas.</li> <li>No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Aquatic Tournaments Coordinator prior to hanging up any relevant decorations.</li> <li>Only Aquatic Center staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Center staff or management.</li> <li>No smoking is permitted within the Center Facilities.</li> <li>The Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.</li> <li>No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Center Director.</li> <li>No glass containers of any kind are to be brought into the pool complex.</li> <li>The Aquatic Center strongly encourages showering prior to entering the pool.</li> <li>All emergency exits and walkways must remain clear throughout the meet.</li> <li>All rules and regulations of the Aquatic Center are in effect and shall be followed.</li> <li>Any individual or team member that fails to comply with any rule or regulation of the Aquatic Center or any of the terms and conditions of the Host's Rental Contract will not be permitted to participate in the Event and will be asked to leave the Center Facilities.</li> </ul>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>In compliance with USA Swimming Safe Sport guidelines the back building entrance, under the diving tower is a secure, locked entrance that is reserved for use by facility staff and essential personnel with access cards. Coaches and officials parking will be reserved in Parking Lot E.</li> <li>Parking violators will be subject to fines and/or towing as posted. <ul style="list-style-type: none"> <li>No Parking in the skatepark parking lot</li> <li>No Parking in areas marked by yellow curb</li> </ul> </li> <li>Overflow parking will be pre-arranged with Kroger or Christiansburg High School on weekends.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li><a href="http://www.mapquest.com">www.mapquest.com</a></li> </ul>

**RELAY "SLOWER THAN TIMES" CHART**

Age Group	Gender	Free	Medley
9-10	Girls	2:05.16	2:25.56
	Boys	2:03.96	2:23.86
11-12	Girls	1:49.96 (200) 4:01.96 (400)	2:05.56
	Boys	1:49.96 (200) 4:00.76 (400)	2:06.66

**2019 Southwest District  
Short Course  
9-12 Year-Old Championships  
Feb. 15-17, 2019**

**Order of Events**

Friday Timed Finals		
Warm-ups: 4:30 pm Competition: 5:30 pm		
Girls	Event	Boys
<b>1</b>	9/10 200 IM	<b>2</b>
<b>3</b>	11/12 400 IM	<b>4</b>
<b>5</b>	10 & U 500 Free	<b>6</b>
<b>7</b>	11/12 500 Free	<b>8</b>
****5 min Break****		
<b>9</b>	11/12 400 Free Relay	<b>10</b>
*All Events Are Timed Finals		

Saturday Prelims/Finals		
Prelims: Warm-ups: 7:30 am; Competition: 8:30 am Finals: Warm-ups: 4:00 pm Competition: 5:00 pm		
Girls	Event	Boys
<b>11</b>	11/12 200 Fly	<b>12</b>
<b>13</b>	9/10 100 Back	<b>14</b>
<b>15</b>	11/12 100 Back	<b>16</b>
<b>17</b>	9/10 50 Fly	<b>18</b>
<b>19</b>	11/12 50 Fly	<b>20</b>
<b>21</b>	11/12 200 Breast	<b>22</b>
<b>23</b>	9/10 100 Free	<b>24</b>
<b>25</b>	11/12 100 Free	<b>26</b>
<b>27</b>	9/10 50 Breast	<b>28</b>
<b>29</b>	11/12 50 Breast	<b>30</b>
<b>31</b>	11/12 200 IM	<b>32</b>
<b>33</b>	9/10 200 Free Relay	<b>34</b>
<b>35</b>	11/12 200 Free Relay	<b>36</b>

Sunday Prelims/Finals		
Prelims: Warm-ups: 7:30 am; Competition: 8:30 am Finals: Warm-ups: 4:00 pm Competition: 5:00 pm		
Girls	Event	B
<b>37</b>	11/12 200 Back	<b>38</b>
<b>39</b>	9/10 100 Breast	<b>40</b>
<b>41</b>	11/12 100 Breast	<b>42</b>
<b>43</b>	9/10 200 Free	<b>44</b>
<b>45</b>	11/12 200 Free	<b>46</b>
<b>47</b>	9/10 50 Back	<b>48</b>
<b>49</b>	11/12 50 Back	<b>50</b>
<b>51</b>	9/10 100 Fly	<b>52</b>
<b>53</b>	11/12 100 Fly	<b>54</b>
<b>55</b>	9/10 50 Free	<b>56</b>
<b>57</b>	11/12 50 Free	<b>58</b>
<b>59</b>	9/10 100 IM	<b>60</b>
<b>61</b>	11/12 100 IM	<b>62</b>
<b>63</b>	9/10 200 Medley Relay	<b>64</b>
<b>65</b>	11/12 200 Medley Relay	<b>66</b>