



**The Superhero Splashdown
A/BB/B/C
April 12-14, 2019
SANCTION NO. VS-19-94**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-94.• USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming and Jeff Rouse Swim and Sports 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:	<ul style="list-style-type: none">• Jeff Rouse Swim and Sport Center, 1600 Mine Rd., Stafford VA 22554• Phone:804-387-1279
FACILITY:	<ul style="list-style-type: none">• The Jeff Rouse Swim and Sport Center provides 2 indoor pools and supporting amenities including hospitality and concession stand.• Eight lanes, 50-meter competition pool, 12 feet deep at the start end and 6.7 feet at the turn end; overflow gutters with non-turbulent lane markers.• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.• Non-Turbulent Lane Markers in both pools.• Competitor Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.• Spectator seating for 700 plus.• The competition course has 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: Nikki Deal Email: psdnhanover@gmail.com Phone: 804-267-9494
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered before the first day of the meet.• No on-deck USA Swimming athlete registration will be permitted.• 2017-2020 NAG time standards are in effect• Age on April 12, 2019 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">• Athletes with a disability are welcome 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 12 & younger swimmers will swim in the morning sessions on Saturday and Sunday.• All 13 & older swimmers will swim in the afternoon sessions on Saturday and Sunday• Friday's afternoon session will include swimmers 9 & over.• Depending on the number of entries, chase starts may be used at the discretion of the referee.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Friday's session: Warm-ups at 5:00 PM; competition starts at 6:00 PM• Morning sessions: Warm-ups at 7:50 AM; competition starts at 9:00 AM• Saturday and Sunday afternoon sessions: Warm-ups not before 1:00 PM; competition starts not before 2:10 PM.• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website (www.psdnhanover.com) no later than Monday, April 8, 2019, and will also be emailed to the contact person of the participating clubs.• Warm-up and meet start times may change based on the time line of the meet after receiving all entries. Teams will be notified not later than Monday, April 8, 2019. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, April 4, 2019.

	<ul style="list-style-type: none"> • Entries must be submitted in LCM times using Hy-Tek Team Manager and Commlink-2 software. Teams 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. • Coach Time (CT) and “No Time” (NT) 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 2 events on Friday, a maximum of 3 individual events per day on 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 may require reseeding. • Email entries to: Juanita Wilson, psdnhanover@gmail.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 Administrative Official on the provided forms.
FEES:	<p>Individual events: \$6.50 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: Hanover Aquatics, Inc. • Mail payment to: PO Box 1886, Mechanicsville, VA 23116 • Payment must be received by the start of the meet, April 12, 2019 for all entries. Failure to pay entry fees by this deadline could result in the team 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 acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> • Awards will be given to each heat winner, all age groups.
SEEDING:	<ul style="list-style-type: none"> • Events 1-4 (9 & O 400 free and 11 & O 400 IM) will be deck seeded. These events will require positive check-in. • Check-in for events 1-4 will close at 5:30 PM Friday. All other events will be pre-seeded. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • All events will be swum slowest to fastest. • Swimmers should report directly to the blocks for their events.
PENALTIES:	<ul style="list-style-type: none"> • A fine 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"> ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be rescored and re-awarded.
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

	<p>areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</p> <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. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Bob Rustin 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 April 7, 2019. • Officials meetings will be held one hour prior to the start of each session.
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. If your club is team traveling and you don't expect parents to attend, please let us know so we can make adjustments to the assignments prior to the start of the meet. • The number of timers required per club and their lane assignments will be posted on the Poseidon's website (www.psdnhanover.com) no later than Monday, April 8, 2019, and will also be emailed to the contact person of each of the individual clubs. • Athletes provide own timers and counters for Friday session.
GENERAL:	<ul style="list-style-type: none"> • Meet programs will be sold for \$10. • Concessions will be available during the meet at the Jeff Rouse Swim and Sport cafeteria. Concessions will open for warm-ups and during competition each day. No outside food or drinks are allowed in the facility. • Coaches' and officials' hospitality will include breakfast and lunch on Saturday and breakfast and lunch on Sunday. Hospitality will be hosted in the room just off the pool deck.
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 outside food or beverages are allowed in the facility. • No flash photography.
DIRECTIONS:	Go to poseidonswimming.com for directions.
HOTELS:	Go to www.poseidonswimming.com , click Meets/Events, the Visitor Hotel info.

ORDER OF EVENTS
Friday, April 12, 2019
Warm-up: 5:00 PM Start: 6:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1*	9 & O 400 Free	2*
3*	11 & O 400 IM	4*

*requires positive check-in for seeding, check-in closes at 5:30 PM

Saturday, April 13, 2019					
Morning Session Warm-up: 7:50 AM; Start: 9:00 AM			Afternoon Session Warm-up: not before 1:00 PM; Start: not before 2:10 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	9-12 200 Free	6	23	13 & Older 100 Free	24
7	8 & Y 50 Breast	8	25	13 & Older 200 Back	26
9	9-12 50 Breast	10	27	13 & Older 100 Breast	28
11	11-12 200 Breast	12	29	13 & Older 200 Fly	30
13	9-12 100 Back	14	31	13 & Older 200 IM	32
15	8 & Y 50 Back	16			
17	9-12 100 Fly	18			
19	8 & Y 100 Free	20			
21	9-12 50 Free	22			
Sunday, April 14, 2019					
Morning Session Warm-up: 7:50AM; Start: 9:00 AM			Afternoon Session Warm-up: not before 1:00 PM; Start: not before 2:10 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	9-12 200 IM	34	51	13 & Older 200 Free	52
35	8 & Y 50 Fly	36	53	13 & Older 100 Back	54
37	9-12 50 Fly	38	55	13 & O 50 Free	56
39	11-12 200 Fly	40	57	13 & Older 200 Breast	58
41	9-12 100 Breast	42	59	13 & Older 100 Fly	60
43	9-12 50 Back	44			
45	11-12 200 Back	46			
47	8 & Y 50 Free	48			
49	9-12 100 Free	50			