



POSEIDON'S LONG COURSE LUAU

June 15-17, 2019

SANCTION NO. VS-19-112



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-112.• USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming and Jeff Rouse Swim & Sport 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: 833-SWM-FAST (796-3278)
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: Stacy Pew Email: admin@poseidonswimming.com Phone: 833-SWM-FAST (796-3278)
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.• Age on June 15, 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">• Saturday, Sunday, Monday: 13 & older swimmers will swim in the morning preliminary session with the top 16 13-14 and top 16 15 & older swimmers competing in A & B finals that evening. Finals will be swum 13-14 B, then A and 15 & older B, then A.<ul style="list-style-type: none">○ Event #7 (800 Freestyle) and event #60 (1500 Freestyle) will be timed final events and will be limited to 4 heats, with 3 heats swum in prelims and fastest heat of 13 & Older swimmers swum in finals.• Saturday, Sunday, and Monday: 11-12 swimmers will swim preliminaries in the afternoon session with the top 8 swimming during finals in the evening. 10 & younger swimmers will swim timed finals in the afternoon session.• Chase starts may be used at the discretion of the referee.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups 7:00-7:30 AM general, 7:30 – 7:50 AM, specific –lanes 1 & 8 pace and 2 & 7 sprint. Competition starts at 8:00 AM• Afternoon sessions: Warm-ups not before 12:30 PM; competition starts not before 1:30 PM.• Finals sessions: Warm-ups not before 5:00 PM, competition starts at not before 6:00 PM.• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Monday, June 10, 2019, 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:	DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY JUNE 6, 2019. <ul style="list-style-type: none">• Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams will submit entries via email.

	<ul style="list-style-type: none"> • 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. • Coaches times (CT) are only allowed for 12 & younger athletes who do not have a time of record. CTs must be slower than an A time. All entry times other than CTs must have been achieved in a sanctioned, approved, or observed meet. “No times” are not allowed • Swimmers may enter a maximum of 3 individual events a day. • 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 Administrative Official on the provided forms.
FEES:	<p>Individual events: \$8.00 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: Poseidon Swimming. • Mail payment to: Poseidon Swimming 10800 Center View Richmond VA 23235 • Payment must be received by June 7, 2019 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: Ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and Open age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. • Leis will be given to heat winners during prelims.
SEEDING:	<ul style="list-style-type: none"> • All events will be deck seeded. Scratches are to be reported to the admin table by using the scratch sheets provided to each team in the team packet. Team scratch sheets must be turned in 45 minutes prior to the start of competition. • 10 & Under events will be swum as timed finals. • 11-12 events will be swum as prelims in the afternoon with an A final (top 8) swum at finals. 13 & Older events will be swum together in prelims. <ul style="list-style-type: none"> ○ 13-14 and 15 & Older will swim an A & B final (top 16), except for the women’s 800 Freestyle and the men’s 1500 Freestyle. ○ Events #7 & 8, Women’s and Men’s 800 Freestyle and Events #59 & 60 Women’s and Men’s 1500 Freestyle will be limited to 4 heats, with 3 heats in prelims, swum fastest to slowest. The fastest heat of each event will be swum in finals. ○ Events #35 & #36, 13 & O 400 IM Individual Medley will be swum in prelims with the 4 fastest women’s heats first, followed by the four fastest men’s heats. These heats will be swum slowest to fastest. The remaining heats in prelims will be swum fastest to slowest, alternating women and men.
PENALTIES:	<ul style="list-style-type: none"> • 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"> ○ 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. • 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, swimmers or their legal guardian must ensure compliance with this requirement. • The overhead and/or chase starts will be used for the all sessions at the discretion of the Meet Referee. • The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect for all final heats. • 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>. • 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. • 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 Phone:804-387-8736</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, 804-937-0995, no later than June 10, 2019. • Officials briefing will be one hour prior to the start of the meet in the Hospitality room. Officials are encouraged to wear Hawaiian shirts for finals.
SAFETY:	<ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session. Swimmers must provide their own timers and counters for the event #7, #8 (800 m free) and #59, #60 (1500 m free). • The number of timers required per club and their lane assignments will be posted on the Poseidon website, www.poseidonswimming.com, Monday, June 10, 2019, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Meet programs: Free psych sheets will be available to print via Poseidon's website and via meet mobile, and in print format upon request. Deck-seeded event will be available as soon as the session is seeded. • 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 be provided. A light breakfast on Saturday, Sunday, and Monday, lunch and dinner each day will also be provided. Hospitality will be hosted in the room just off the pool deck. People with food allergies should bring their own food. • Disco Sports will be the meet vendor for swim gear. • Team coaches and swimmers are encouraged to dress in their best luau attire for the meet.
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. • Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility.
DIRECTIONS	<ul style="list-style-type: none"> • Go to www.poseidonswimming.com for directions.

ORDER OF EVENTS
Poseidon's Long Course Luau
Saturday, June 15, 2019

Morning Open Session Warm-up: 7:00-7:30am (general) 7:30-7:50 Specific Start Time: 8:00AM			Afternoon 12 & Younger Session Warm up not before 12:30PM Start Time: 1:30PM		
<u>Women</u>	<u>Events</u>	<u>Men</u>	<u>Women</u>	<u>Events</u>	<u>Men</u>
1	13 & Older 400 Freestyle	2	9	11-12 200 Back	10
3	13 & Older 200 IM	4	11	10&U 50 Back	12
5	13 & Older 50 Freestyle	6	13	11-12 50 Back	14
7	13 & Older 800 Freestyle	8	15	10&U 50 Breaststroke	16
			17	11-12 50 Breaststroke	18
			19	10&U 200 Freestyle	20
			21	11-12 200 Freestyle	22
			23	10&U 100 Butterfly	24
			25	11-12 100 Butterfly	26
<p><u>Evening Finals Session</u> Warm-up not before 5:00PM Start time not before 6:00PM Order of Finals Event 9, 10, 1, 2, 13, 14, 3, 4, 17, 18, 5, 6, 21, 22, 7, 25, 26 11/12 age group: top 8 qualify for finals, 13/14 and 15 and older age group: top 16 in each age group qualify for finals.</p>					

Sunday, June 16, 2019

Morning Open Session Warm-up start time: 7:00-7:30am (general) 7:30-7:50 Specific Start Time: 8:00AM			Afternoon 12 & Younger Session Warm up not before 12:30PM Start Time: 1:30PM		
<u>Women</u>	<u>Events</u>	<u>Men</u>	<u>Women</u>	<u>Events</u>	<u>Men</u>
27	13 & Older 100 Butterfly	28	37	11-12 200 Butterfly	38
29	13 & Older 200 Freestyle	30	39	10&U 100 Freestyle	40
31	13 & Older 100 Breaststroke	32	41	11-12 50 Freestyle	42
33	13 & Older 100 Backstroke	34	43	10&U 200 Individual Medley	44
35	13 & Older 400 IM	36	45	11-12 200 Individual Medley	46
			47	10&U 100 Breaststroke	48
			49	11-12 100 Breaststroke	50
<p><u>Evening Finals Session</u> Warm-up not before 5:00PM Start time not before 6:00PM Order of Finals Event 27, 28, 37, 38, 29, 30, 41, 42, 31, 32, 45, 46, 33, 34, 49, 50, 35, 36 11/12 age group: top 8 qualify for finals, 13/14 and 15 and older age group: top 16 in each age group qualify for finals.</p>					

Monday, June 17, 2019

Morning Open Session Warm-up start time: 7:00-7:30am (general) 7:30-7:50 Specific Start Time: 8:00AM			Afternoon 12 & Younger Session Warm up not before 12:30PM Start Time: 1:30PM		
<u>Women</u>	<u>Events</u>	<u>Men</u>	<u>Women</u>	<u>Events</u>	<u>Men</u>
51	13 & Older 200 Backstroke	52	61	11-12 100 Freestyle	62
53	13 & Older 100 Freestyle	54	63	10&U 100 Backstroke	64
55	13 & Older 200 Breaststroke	56	65	11-12 200 Breaststroke	66
57	13 & Older 200 Butterfly	58	67	10&U 50 Freestyle	68
59	13 & Older 1500 Freestyle	60	69	11-12 100 Backstroke	70
			71	10&U 50 Butterfly	72
			73	11-12 50 Butterfly	74
			75	10&U 400 Freestyle	76
			77	11-12 400 Freestyle	78
Evening Finals Session Warm-up not before 5:00PM Start time not before 6:00PM Order of Finals 61, 62, 51, 52, 65, 66, 53, 54, 69, 70, 55, 56, 73, 74, 57, 58, 77, 78, 60 11/12 age group: top 8 qualify for finals, 13/14 and 15 and older age group: top 16 in each age group qualify for finals.					