
	<b>Valley Swim Team – Phoenix</b> <b>POLAR PLUNGE</b> <b>A/BB/B/C Meet</b> <b>January 19 – January 20, 2019</b> <b>SANCTION NO. VS-19-68</b>	Hosted by:  <b>Valley Swim Team - Phoenix</b>
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<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., VS. 19-68.</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., VSTP and Warrenton Aquatic and Recreation Facility 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>	Warrenton Aquatic and Recreation Facility, 800 Waterloo Rd. Warrenton VA., (540) 349-2520
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 8); Non-Turbulent Lane Markers; Colorado Automatic &amp; Semi-Automatic Timing System. Two additional 25 yard lanes will be available for continuous warm-up and cool down.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.</li> </ul>
<b>MEET DIRECTOR:</b>	Greg Jones E-mail : <a href="mailto:infovstp@gmail.com">infovstp@gmail.com</a> Phone: (540) 560 7048
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>No on deck USA Swimming athlete registration will be permitted.</li> <li>VSTP reserves the right to fill in events with its own club's invited swimmers in the age group sessions, regardless of their seed times.</li> <li>2017-2020 NAG Motivational time standards are in effect.</li> <li>Age on January 19, 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>All 12 &amp; under swimmers will swim timed finals in the morning session.</li> <li>All 13 &amp; over swimmers will swim timed finals in the afternoon session.</li> <li>Distance events #17-18 (500 Free) and events #57-58 (400 IM) are open events and will be held immediately after the morning sessions both days. Minimum entry times are required. <b>Please refer to the Order of Events table for those minimum times.</b></li> <li>All relay events will be timed finals</li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>Morning sessions: Warm-ups at 7 am; competition starts at 8:00 am.</li> <li>Saturday afternoon session: warm-ups not before 12:00pm; competition starts not before 1:00pm.</li> <li>Sunday afternoon session: warm-ups not before 11:30 AM; competition starts not before 12:30 pm</li> <li>Distance sessions: the pool will be opened for 15 minutes of open warm-ups immediately following the finish of the morning sessions, with the distance session competition starting 5 minutes thereafter.</li> <li>The approximate start time for the distance sessions will be posted on the Valley Swim Team Phoenix website <a href="http://www.valleyswimteam.com">www.valleyswimteam.com</a> no later than Tuesday, January 15, 2019 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.</li> <li>Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating club no later than Tuesday, January 15, 2019, The distance session will start no earlier than the estimated times.</li> </ul>

	<ul style="list-style-type: none"> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 9, 2019</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Teams submit entries via e-mail.</li> <li>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.</li> <li>Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record (except for 11-12 400 IM and 10 and under for 500 Free). <b>CT must be slower than an "A" time.</b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>All swimmers may enter a maximum of 4 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.</li> <li>Entries will be processed in the order received <b>and accepted</b> to the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>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. Relays may also be eliminated if necessary and relay fees will be refunded should this happen.</li> <li>Email entries to: <a href="mailto:infovstp@gmail.com">infovstp@gmail.com</a></li> <li><b>Late entries will be accepted until January 17, 2019.</b> <ul style="list-style-type: none"> <li>Late entries will be accepted if time and swimmer limits have not been exceeded.</li> <li>If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after they will be entered in the slowest heat in an empty lane.</li> </ul> </li> <li>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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$7.00  Relay events: \$16.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)  Deck Entries will be \$10 per event.</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: VSTP.</li> <li>Mail Payment to Jessica De Jong  115 Old Forest Circle  Winchester, VA 22602</li> <li>Payment must be received by Wednesday January 16th, 2019 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</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>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> <li>12 &amp; Under individual events will be given separate awards for 11-12, 9-10, and 8 &amp; Under age groups.</li> <li>13 and over swimmers and Open Events (400 IM and 500 Freestyle) will not receive awards.</li> </ul> </li> <li>Relay events: Ribbons will be awarded for first through sixth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events 200 Yards or longer will be positive check in.</li> <li>For All 200 yard events, Positive check in will close 30 minutes after the start of warmups for the session.</li> <li>For Events #17-18 (Open 500 Free) and Events #57-58 (Open 400 IM), Positive check-in will close at the end of the morning session each day the event is scheduled.</li> <li>Swimmers in Events #17-18 (Open 500 Free) and Events #57-58 (Open 400 IM) need to provide their own timers and counters.</li> </ul>

	<ul style="list-style-type: none"> <li>All The 400 IM and 500 Free events MAY be limited by the meet director, to the top 32 swimmers per event according to time constraints.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>Events #17-18 (Open 400 IM), #57-58 (Open 500 Free) will be swum fastest to slowest and alternating heats of girls and boys.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li><b>A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as</b> <ul style="list-style-type: none"> <li><b>Entries using fraudulent or non-verifiable times.</b></li> <li><b>Athlete competed in the incorrect age group.</b></li> <li><b>Athlete is not registered with USA Swimming prior to the first day of the meet.</b></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 or 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) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>The overhead start procedure will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee.</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 not appropriate and is PROHIBITED.</li> <li>In accordance with VSI best practices, all 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:</b> Tony Martinich  Email: <a href="mailto:tonymartinich@gmail.com">tonymartinich@gmail.com</a>  Cell: (540) 273-8362</p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jessica De Jong, Email: <a href="mailto:jepdejong@comcast.net">jepdejong@comcast.net</a>, no later than Wednesday January 16, 2019.</li> <li>There will be an Officials meeting one hour before the start of each session.</li> <li>Dress for Officials will be navy and white for all timed finals.</li> <li>There will be coaches meeting in the hospitality area, prior to the start of sessions 1 and 4</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <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 emailed to the contact person of each of the individual clubs.</li> <li>Swimmers must provide own timers and counters for events #17-18 (500 Free) and Events #57-58 (400 IM)</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat sheets will be available for \$5</li> <li>A Hospitality Suite will be available (refreshments, lunch &amp; dinner) for USS officials &amp; coaches.</li> <li>Concessions snack bar and Metro Swim Shop will be available.</li> </ul>

<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each club is responsible for supervising the conduct of their swimmers</li> <li>• Swimmers are not permitted in any room of the building not directly associated with this swim meet.</li> <li>• Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the gym.</li> <li>• No cars are to be left in fire lanes.</li> <li>• No cars are to park on the grass</li> <li>• Absolutely no shaving is to take place in the facility.</li> <li>• Parking in designated areas only, overflow parking available at nearby high school</li> <li>• Spectators will be permitted to bring chairs for designated “camping” areas but no cots allowed. All personal property must be removed from the camping areas by the conclusion of the final session for each day. No large electronic devices are permitted.</li> </ul>		
<b>DIRECTIONS:</b>	Directions are available on the Virginia Swimming website.		
<b>HOTELS:</b>	<b>Howard Johnson Inn</b> 6 Broadview Avenue Warrenton, VA (540) 347 4141	<b>Holiday Inn Express</b> 410 Holiday Court Warrenton, VA (540) 368-9600	<b>Hampton Inn</b> 501 Blackwell Road Warrenton, VA (540) 349-4200

**VSTP – POLAR PLUNGE ORDER OF EVENTS**

**Saturday, January 20, 2019**

<b>Morning Session #1: 12 and under – Timed Finals</b> Warm-up: not before 7:00 AM; Start not before 8:00 AM			<b>Afternoon Session #3: 13 and over – Timed Finals</b> Warm-up: not before 12:00 PM; Start: not before 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 200 Freestyle	2	19	13-14 200 Breaststroke	20
3	12 & Under 100 Individual Medley	4	21	15 & Over 200 Breaststroke	22
5	12 & Under 50 Breaststroke	6	23	13-14 50 Freestyle	24
7	12 & Under 100 Backstroke	8	25	15 & Over 50 Freestyle	26
9	11-12 200 Breaststroke	10	27	13-14 200 Butterfly	28
11	12 & Under 50 Freestyle	12	29	15 & Over 200 Butterfly	30
13	12 & Under 100 Butterfly	14	31	13-14 100 Backstroke	32
15	12 & Under 200 Medley Relay	16	33	15 & Over 100 Backstroke	34
			35	13-14 200 Freestyle	36
			37	15 & Over 200 Freestyle	38
			39	13 & over 200 Medley Relay	40

**Distance Session #2**

**Warm-up: Open 15 minutes immediately after a.m. session**

17	<b>6:38.39</b> - Open 500 Yard Freestyle – <b>6:27.49</b>	18
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**Sunday, January 21, 2019**

<b>Morning Session #4: 12 and under – Timed Finals</b> Warm-ups: not before 7:00 AM; Start not before 8:00 AM			<b>Afternoon Session #6: 13 &amp; Over – Time Finals</b> Warm-ups: Not earlier than 11:30 AM; Start not before 12:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	11-12 200 Butterfly	42	59	13-14 100 Butterfly	60
43	12 & Under 100 Freestyle	44	61	15 & Over 100 Butterfly	62
45	12 & Under 200 Backstroke	46	63	13-14 200 Backstroke	64
47	12 & Under 100 Breaststroke	48	65	15 & Over 200 Backstroke	66
49	12 & Under 50 Butterfly	50	67	13-14 100 Freestyle	68
51	11-12 200 Individual Medley	52	69	15 & Over 100 Freestyle	70
53	12 & Under 50 Backstroke	54	71	13-14 200 Individual Medley	72
55	12 & Under 200 Freestyle Relay	56	73	15 & over 200 Individual Medley	74
			75	13-14 100 Breaststroke	76
			77	15& Over 100 Breaststroke	78
			79	13 & Over 200 Freestyle Relay	80

**Distance Session #5**

**Warm-up: Open 15 minutes immediately after a.m. session**

57	<b>5:56.79</b> - Open 400 Individual Medley – <b>5:46.39</b>	58
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