

	<p align="center">BLUE RIDGE REGION/SW DISTRICT MARDI GRAS MADNESS CHAMPIONSHIP February 28-March 2, 2014 SANCTION NO. VS-14-53</p>	<p align="center">Hosted by CCA and LY</p>
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SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-14-53 USA Swimming, Inc., Virginia Swimming, Inc., CCA, LY, and Christiansburg Aquatic 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:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665						
FACILITY:	<ul style="list-style-type: none"> 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck anchored starting blocks and water depth of minimum of 7 feet at the starting end. Colorado Timing System with color scoreboard. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). 						
MEET DIRECTORS:	<table border="0"> <tr> <td>Name: Lisa Liston</td><td>John Stanley</td></tr> <tr> <td>Email: LisaLListon@aol.com</td><td>jfstanley@cox.net</td></tr> <tr> <td>Phone: (434) 384-6338</td><td>(540) 354-9856</td></tr> </table>	Name: Lisa Liston	John Stanley	Email: LisaLListon@aol.com	jfstanley@cox.net	Phone: (434) 384-6338	(540) 354-9856
Name: Lisa Liston	John Stanley						
Email: LisaLListon@aol.com	jfstanley@cox.net						
Phone: (434) 384-6338	(540) 354-9856						
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes 13 years old & older in the Blue Ridge Region and registered athletes 12 years old & younger in the Southwest District registered before the first day of the meet. Teams in the Blue Ridge Region are: <ul style="list-style-type: none"> ACST, BAC, BRAC, CAST, CCA, CYAC, FUAC, GATR, GRTD, HA, HOKI, LASO, LY, PSDN, RACE, SCAT, SMAC, STRM, YRVS, and YMST Teams in the Southwest District are: <ul style="list-style-type: none"> ACST, BRAC, CAST, CCA, CYAC, FUAC, GATR, GRTD, HA, HOKI, LASO, LY, SCAT, SMAC, STRM, YMST, & YRVS The qualifying period for this meet is January 1, 2013 through February 27, 2014 No on deck Virginia Swimming athlete registration will be permitted. Swimmers 13-14 may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and 1000 free. 15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the senior championship qualifying time except the 400 IM, 500 free, and 1000 Free. 15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 Free. The time for either event entered must be slower than the senior championship qualifying time. Swimmers 13-14 must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time. Swimmers 9-12 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. Swimmers 8 & younger may compete in any event offered for 8 & under swimmers. 2013-2016 NAG time standards are in effect. Age on February 28, 2014 will determine age for the entire meet. 14 year old swimmers aging up from February 28 to March 6, 2014 and 10 or 12 year old swimmers aging up from February 28 to March 13, 2014, with times too fast to qualify for this championship will be allowed to compete under the following conditions: 						

	<ul style="list-style-type: none"> ○ Any 14 year old swimmer who does not qualify to swim an event at Senior Champs and any 10 or 12 year old swimmer who does not qualify to swim an event at Age Group Champs may swim the event at this meet. ○ 10, 12, and 14 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.
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 & Older swimmers will swim a combined preliminary session in the morning session. • Top 16 13-14 swimmers and the top 16 15&O swimmers regardless of division will swim the final session each day, with the exception of the 1000 freestyle. • 11-12 year old swimmers will swim a preliminary session in the morning, with the exception of the 500 free and the 400 IM which will be contested in the morning session as timed finals. • The top 16 11-12 swimmers will swim in finals each day, except in the 200 butterfly, 200 backstroke, and 200 breaststroke where only the top 8 swimmers will compete in finals. • Only the top heat of the 1000 will swim in finals, regardless of age. • Finals will be swum with the final heat competing first, followed by the consolation heat. • 9-10 year old swimmers will swim timed finals in the morning sessions each day. • 8 & younger swimmers will swim timed finals in the afternoon session each day. • All relay events will be timed finals and will be conducted during the preliminary session.
WARM-UP:	<ul style="list-style-type: none"> • Prelim sessions: Warm-ups not before 6:30am; competition starts not before 8:30am. • Finals sessions: Warm-ups not before 4pm Friday and Saturday, 3:30pm on Sunday; competition starts not before 5:30pm on Friday and Saturday, 5:00pm on Sunday. • Afternoon sessions: Warm ups not before 12:00pm, competition starts not before 1pm. • Lane assignment and warm-up times for individual clubs will be posted on the LY website at www.lyswimming.org no later than February 25, 2014, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 18, 2014.</p> <ul style="list-style-type: none"> • Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. • Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries via email. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) 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. • Swimmers 11 and older may enter a maximum of 8 individual events, no more than 3 per day, and one relay per day. Swimmers 10 and younger may enter a maximum of 9 individual events for the meet, no more than 4 per day and 1 relay event per day. • Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. Names must be included on relay entries but may be changed at the meet if necessary prior to the event being swum. • The Meet Director reserves the right to combine heats and events, which actions may require reseeding, and use both courses in a manner that expedites timelines. • “No Time” (NT) entries will be accepted except in the 400 IM, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 “B” time, and 15 & older swimmers must have achieved a minimum of a 15-16 “B” time. • Coach Times will be accepted, except in the 13 & older 400 IM, 500 free, and the 1000 free.

	<p>Coach Times must be slower than an "A" time. Additional proof of ENTRY time, if requested, must be provided to the Age Group Chairman within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed.</p> <ul style="list-style-type: none"> Email entries to: CoachListon@comcast.net Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$5.50 Relay events: \$16.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline. Checks should be made payable to: YMCA of CENTRAL VIRGINIA Mail payment to: TJ Liston, 1240 Krise Circle, Lynchburg, VA 24503 Payment must be received by Tuesday, February 25, 2014, 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. 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 will be scored and awarded first through sixteenth place. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. <ul style="list-style-type: none"> The 1000 Free will be awarded as 13-14 and 15 & over age groups. Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. Team awards will be given for 13 & older swimmers as well as for 12 & younger swimmers, first through third place. The teams placing will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> Individual: Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1. Relay: Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. Only the top two relays for one team may score in an event.
SEEDING:	<ul style="list-style-type: none"> The 400 IM, 500 Freestyle, and 1000 Freestyle, will require a positive check-in to swim. All other events will be pre-seeded. Positive check-in will close at 8:30am each morning for the prelim sessions. Positive check-in for the Sunday afternoon session will close at the start of competition. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. The 400 IM and the 500 freestyle for 13 and older swimmers will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will swim fast to slow, alternating girls and boys. Event# 125-126, the 9-12 500 Free will be swum together but separated 9-10 and 11-12 for awards and scoring. This event will be swum fast to slow, alternating girls and boys. The 1000 Freestyle will be swum fastest to slowest and alternating heats of girls and boys. <ul style="list-style-type: none"> Any athlete entered in the 1000 freestyle will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline. The fastest 8 swimmers that wish to swim during the evening finals will swim during the evening finals.
PENALTIES:	<ul style="list-style-type: none"> Penalties for entries using fraudulent and/or non-verifiable entry times: <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.

	<ul style="list-style-type: none"> ○ 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. ● On the last day of a VSI Region Championship Meet, a \$50 fine will be assessed to any swimmer who qualified originally for one of the final heat(s) and who does not scratch out of finals and does not show up to compete. ● A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.
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, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. ● The overhead start procedure will be used for the prelim sessions. ● 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 and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all 11&O events, excluding the relays, and the 11-12 500 Free, 11-12 400 IM, and the 13 & older 1000 Free. ● 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>. ● Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. ● 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: John Stanley Email: jfstanley@cox.net Phone: (540) 354-9856</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. ● Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to John Stanley at jfstanley@cox.net no later than Friday, February 21, 2014. ● Any necessary coaches' meetings will be announced via email or during warm ups. Officials meetings will begin 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. ● The number of timers required per club and their lane assignments will be posted on the LY website at www.lyswimming.org no later than Tuesday, February 25, and will also be emailed to the contact person of each of the individual clubs. ● Swimmers in the 500 and 1000 freestyle should supply their own timers and lap counters.
GENERAL:	<p>Breakfast, lunch, dinner and light snacks will be provided for coaches and officials each day. Concessions will be provided for the swimmers and parents.</p> <p>Heat sheets will be sold for \$10 with finals' heat sheets at no cost with coupon. Finals heat sheets will be \$2 without coupon.</p>

FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> • Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • No tape of any kind is to be used inside to hang signs, banners, or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. • Smoking is prohibited on the property of the Christiansburg Aquatic Center. • The Town of Christiansburg is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatics Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must be kept clear. • Each club is responsible for supervising the conduct of its swimmers and spectators. Swimmers are not permitted in any room not directly associated with the meet.
DIRECTIONS:	<p>Directions are available on the Virginia Swimming website at www.virginiawimming.org or at this link: http://www.christiansburg.org/index.aspx?NID=367</p>

MARDI GRAS MADNESS ORDER OF EVENTS

FRIDAY, FEBRUARY 28, 2014

Morning Prelims Pool A

Warm ups 6:30am Start 8:30am

Event#

1-2 13 & over 100 Breast
3-4 13 & over 200 Free
5-6 13 & over 100 Fly
7-8 13-14 400 Free Relay
9-10 13 & over 400 Free Relay
11-12 13 & over 400 IM

Afternoon Timed Finals

Warm ups not before 12:00pm

Start not before 1:00pm

Event#

33-34 8 & U 50 Breast
35-36 8 & U 25 Back
37-38 8 & U 100 Fly
39-40 8 & U 100 Free
41-42 8 & U 100 IM
43-44 8 & U 200 Free Relay

Morning Prelims Pool B

Warm ups 6:30am Start 8:30am

Event#

13-14 11-12 50 Back
15-16 9-10 50 back
17-18 11-12 100 breast
19-20 9-10 100 breast
21-22 11-12 200 200 free
23-24 9-10 200 free
25-26 11-12 100 fly
27-28 9-10 100 fly
29-30 11-12 400 Free Relay
31-32 11-12 400 IM (TF)

FINALS

Warm ups not before 4:00pm

Start not before 5:30pm

Event#

13-14 11-12 50 Back
1-2 13 & over 100 Breast
17-18 11-12 100 Breast
3-4 13 & over 200 Free
21-22 11-12 200 Free
5-6 13 & over 100 Fly
25-26 11-12 100 Fly
11-12 13 & over 400 IM

SATURDAY, MARCH 1, 2014

Morning Prelims Pool A

Warm ups 6:30am Start 8:30am

Event#

45-46 13 & over 200 Fly
47-48 13 & over 50 Free
49-50 13 & over 200 Breast
51-52 13 & over 100 Back
53-54 13-14 400 Medley Relay
55-56 13 & over 400 Medley Relay
57-58 13 & over 500 Free

Morning Prelims Pool B

Warm ups 6:30am Start 8:30am

Event#

59-60 11-12 50 Breast
61-62 9-10 50 Breast
63-64 11-12 200 Fly
65-66 9-10 50 Free
67-68 11-12 50 Free
69-70 11-12 200 Breast
71-72 9-10 100 Back
73-74 11-12 100 Back
75-76 9-10 100 IM
77-78 11-12 100 IM
79-80 9-10 200 Medley Relay
81-82 11-12 200 Medley Relay

Afternoon Timed Finals

Warm ups not before 12:00pm

Start not before 1:00pm

Event #

83-84 8 & U 25 Breast

85-86 8 & U 100 Back

87-88 8 & U 25 Fly

89-90 8 & U 50 Free

91-92 8 & U 200 IM

93-94 8 & U 100 Free Relay

FINALS

Warm up not before 4:00pm

Start not before 5:30pm

Event #

59-60 11-12 Breast

45-46 13 & over 200 Fly

63-64 11-12 200 Fly

47-48 13 & over 50 Free

67-68 11-12 50 Free

49-50 13 & over 200 Breast

69-70 11-12 200 Breast

51-52 13 & over 100 Back

73-74 11-12 100 Back

57-58 13 & over 500 Free

77-78 11-12 100 IM

SUNDAY, MARCH 2, 2014**Morning Prelims Pool A**

Warm ups 6:30am Start 8:30am

Event#

95-96 13 & over 200 Back

97-98 13 & over 100 Free

99-100 13 & over 200 IM

101-102 13-14 200 Free Relay

103-104 13 & over 200 Free Relay

105-106 13 & over 1000 Free (TF)

Morning Prelims Pool B

Warm ups 6:30am Start 8:30am

Event #

107-108 11-12 50 Fly

109-110 9-10 50 Fly

111-112 11-12 200 Back

113-114 9-10 100 Free

115-116 11-12 100 Free

117-118 9-10 200 IM

119-120 11-12 200 IM

121-122 9-10 200 Free Relay

123-124 11-12 200 Free Relay

125-126 9-12 500 Free (TF)

Afternoon Timed Finals

Warm ups not before 12:00pm

Start not before 1:00pm

Event#

127-128 8 & U 100 Breast

129-130 8 & U 25 Free

131-132 8 & U 50 Fly

133-134 8 & U 50 Back

135-136 8 & U 200 Free

137-138 8 & U 100 Medley Relay

FINALS

Warm ups not before 3:30pm

Start not before 5:00pm

Event#

107-108 11-12 50 Fly

105-106 13 & over 1000 Free

111-112 11-12 200 Back

95-96 13 & over 200 Back

115-116 11-12 100 Free

97-98 13 & over 100 Free

119-120 11-12 200 IM

99-100 13 & over 200 IM