



**Swim and Tri  
Winter Championships  
December 12-14, 2014  
SANCTION NO. VS-15-XX**



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| <b>SANCTION:</b>            | <ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-15-XX</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., 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.</li> </ul>  |
| <b>LOCATION:</b>            | Christiansburg Aquatic Center, 595 N. Franklin Street 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. The race course will be set up to swim widths with the pool depth sloping from 7 to 17 feet.</li> <li>The course of competition will be two 25-yard courses swimming the width of the pool.</li> <li>Colorado Timing System with color scoreboard and separate video board will be used.</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>       | Name: Scott Baldwin<br>Email: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a><br>Phone: (540) 998-2327   |
| <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>Age on December 12, 2014 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 welcomed 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 10 &amp; Under events will be timed finals and swim in the afternoon sessions</li> <li>All 11 &amp; 12 Preliminary Events will swim in afternoon session.</li> <li>All 13 &amp; 14 and Senior events will swim a preliminary session in the morning session.</li> <li>The top 10 single age 11 year old and 12 year old swimmers will swim the final session each day.</li> <li>The top 20 swimmers in the 13-14 and Top 30 Senior age groups will swim the final session each day. Except Senior Events #15 and #16 400IM and #57 and #58 500 Free where the top 20 will swim in finals</li> <li>The following events will be swum as timed finals with the top 10 after seeding and scratches of each age group swimming in finals: <ul style="list-style-type: none"> <li>11-12 (#33 &amp;34) 200 Breast, (#73 &amp;74)200 Back, (#117 and 118) 200 Fly.</li> <li>12&amp;Over 1650 Free</li> </ul> </li> <li>All 13 &amp; Over Relays will swim in Finals.</li> </ul> |
| <b>WARM-UP:</b>             | <ul style="list-style-type: none"> <li>Morning sessions: Warm-ups start at 6:30 am; competition starts at 8:30 am.</li> <li>Friday and Saturday Finals: Warm-ups start not before 4:00 pm; competition starts not before 5:00 pm</li> <li>Sunday Finals: Warm-ups start not before 2:30 pm and competition starts not before 4:00 pm</li> <li>12 &amp;Under Sessions: Warm-ups start not before 11:00 am; competition starts not before 12:00 pm. Exact times and Lane Assignments will be emailed after all entries have been received. No later than December 10, 2013</li> <li>1650 Distance sessions: Will begin at the conclusion of the morning session. <ul style="list-style-type: none"> <li>Exact start time will depend on number of entries in the meet. The approximate start time for the distance sessions will be posted on the H2Okie Aquatics website no later than December</li> </ul> </li> </ul>   |

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|                 | <p>10, 2013 and will also be emailed to the contact person of the participating clubs.</p> <ul style="list-style-type: none"> <li>All Preliminary and Final warm-ups will be General followed by a specific period.</li> </ul>   |
| <b>ENTRIES:</b> | <p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, NOVEMBER 25, 2013</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.</li> <li>Teams must submit entries via email.</li> <li>A Team Manager printout of entries must be included. Entry sheet with the name 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>11 &amp; Over swimmers may enter a maximum of <b>3 Individual events per day. 10 &amp; Under swimmers may enter 4 individual events per day.</b></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 and <b>accepted to</b> 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 actions may require reseeding.</li> <li><b>Email entries to: Scott Baldwin at <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a></b></li> <li>Deck entries will not be accepted.</li> </ul> |
| <b>FEES:</b>    | <p>Individual events: \$5.00<br/> Relay events: \$13.00<br/> Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: H20kie Aquatics</li> <li>Mail payment to: c/o Scott Baldwin<br/> 165 Huff Heritage Lane<br/> Christiansburg, VA 24073</li> <li>Payment must be received by December 10, 2013 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: Medals will be awarded for first through 3rd place. Ribbons 4<sup>th</sup>-10thplace. <ul style="list-style-type: none"> <li>13 &amp; Over events will be given separate awards for 13-14 and Senior age groups.</li> <li>11/12 events will be scored as single age groups, 11 yr olds and 12 yr olds.</li> <li>10&amp;Under events will be scored: 10,9,8,7&amp;Under.</li> <li>9/10 will be scored as single age groups, 9 yr olds and 10 yr olds</li> </ul> </li> <li>Relay events: Ribbons will be awarded for 1st through 10th place.</li> </ul>  |

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| <b>SEEDING:</b>   | <ul style="list-style-type: none"> <li>• All events will be pre-seeded except: <ul style="list-style-type: none"> <li>○ Events #'s 13-16, 33-4, 39-40, 55-58, 73-74, 89-90,91-92, and 117-118 will require a positive check-in</li> </ul> </li> <li>• Positive check-in for all events except #'s 91 and 92(1650) will close 30 minutes prior to the start of the session.</li> <li>• 1650 Positive Check-in will close at 9:00am on Sunday December 16<sup>th</sup>.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>SWIMMERS WHO POSITIVELY CHECK-IN AND DO NOT SWIM THE EVENT; WILL BE BARRED FROM THEIR NEXT INDIVIDUAL EVENT.</b></li> <li>• Events #'s: 91 and 92 (1650) will be swum fastest to slowest and alternating heats of girls and boys after the top 10 finals swimmers have been removed. Swimmer will have the option of swimming in the AM or PM</li> </ul>   |
| <b>PENALTIES:</b> | <p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>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.</b></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> </ul>  |
| <b>RULES:</b>     | <ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Any swimmers entered in the meet must be certified by a USAS member coach as being proficient in performing a racing dive or must start each race from within the water. If a swimmer is unaccompanied by a USAS member coach, the swimmer or the swimmer's legal guardian must assume responsibility for compliance with this requirement.</li> <li>• The overhead start procedure will be used for the all sessions.</li> <li>• The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.12.6, 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).</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>• 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.</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 <ul style="list-style-type: none"> <li>○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul> |
| <b>OFFICIALS:</b> | <p><b>Meet Referee: Steve Woolfolk</b><br/> <b>Email: <a href="mailto:woolfolks@aol.com">woolfolks@aol.com</a></b><br/> <b>Phone: (540) 890-6160</b></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 chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Kim Walsh, Email: <a href="mailto:walshes4@verizon.net">walshes4@verizon.net</a> or Phone: (540) 230-7092 no later than Tuesday, December 10, 2013.</li> <li>• <b>Officials wishing to Volunteer can go to this link:</b><br/> <a href="http://www.SignUpGenius.com/go/20F0D44A9A62C7-swim1">www.SignUpGenius.com/go/20F0D44A9A62C7-swim1</a></li> <li>• Officials meetings will be held one hour prior to the start of each session.</li> <li>• Officials who signup to work 4 sessions or more will receive a free Meet Polo Shirt</li> </ul>   |
| <b>SAFETY:</b>    | <ul style="list-style-type: none"> <li>• Virginia Swimming Meet Safety Procedures will be in effect.</li> </ul>   |
| <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> </ul>   |

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|                        | <ul style="list-style-type: none"> <li>The number of timers required per club and their lane assignments will be posted on the HOKI team website, <a href="http://www.h2okieaquatics.org">http://www.h2okieaquatics.org</a> no later than Tuesday, December 10, 2013, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>   |
| <b>GENERAL:</b>        | <ul style="list-style-type: none"> <li>Hospitality will be provided for coaches and officials</li> <li>Concessions will be provided</li> <li>Heat sheets for the entire meet will be for sale.</li> <li>Swim and Tri swim shop will be on site.</li> <li>Commemorative Meet T-shirts will also be available.</li> </ul>  |
| <b>FACILITY RULES:</b> | <p><b>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANBURG AQUATIC CENTER RULES:</b></p> <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 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 Director of Aquatics prior to hanging up any relevant decorations.</li> <li>Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.</li> <li>Smoking is NOT permitted within the Town of Christiansburg Aquatic Center.</li> <li>The Town of Christiansburg 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 Director.</li> <li>No glass containers of any kind are to be brought into the pool complex.</li> <li>Parking violators will be subject to fines and/or towing as posted.</li> <li>Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends.</li> <li>The Aquatic Center strongly encourages showering prior to entering the pool.</li> <li>All emergency exits and walkways must remain clear.</li> <li>Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet.</li> </ul> |
| <b>DIRECTIONS:</b>     | Christiansburg Aquatic Center: <a href="#">Mapquest link HERE</a>  |
| <b>HOTELS:</b>         | Hotel Info can be found on our team website: <a href="http://www.h2okieaquatics.org">http://www.h2okieaquatics.org</a>   |

## Friday, December 12, 2014

### 13/14 and Senior Session

Warm-ups: 6:30 am Meet Starts: 8:15am

| Women | Event                      | Men   |
|-------|----------------------------|-------|
| 1     | 13/14 200 Free             | 2     |
| 3     | Senior 200 Free            | 4     |
| 5     | 13/14 100 Breast           | 6     |
| 7     | Senior 100 Breast          | 8     |
| 9     | 13/14 100 Fly              | 10    |
| 11    | Senior 100 Fly             | 12    |
| 13 \$ | 13/14 400 IM               | 14 \$ |
| 15 \$ | Senior 400 IM              | 16 \$ |
| 17 *  | 13/14 400 Free Relay       | 18 *  |
| 19 *  | Senior 400 Free Relay      | 20 *  |
| \$    | Positive Check in Required |       |
| *     | Relays will swim in Finals |       |

### 12&Under Session

Warm-ups: Not before 11:00 am Meet Starts: not Before 12pm

| Girls   | Event  | Boys    |
|---------|--|---------|
| 21      | 11/12 200 Free Relay   | 22      |
| 23      | 10&Under 200 Free Relay  | 24      |
| 25      | 11/12 200 Free   | 26      |
| 27      | 10&Under 200 Free  | 28      |
| 29      | 11-12 50 Breast  | 30      |
| 31      | 10&Under 50 Breast   | 32      |
| 33      | 11/12 100 Fly  | 34      |
| 35      | 10&Under 100 Fly   | 36      |
| 37 @    | 11/12 200 Back   | 38 @    |
| 39      | 10&Under 50 Back   | 40      |
| 41 \$ # | 11/12 400 IM   | 42 \$ # |
| @       | Timed Final Event. Top 10 11/12 age group swimmers after positive check-in will swim in Finals. Positive check-in required |         |
| \$      | Positive Check-in Required   |         |
| #       | Timed Final Event. All Heats of 11/12 400 IM will swim in 12&Under Session   |         |

## Saturday, December 13, 2014

### 13/14 and Senior Session

Warm-ups: 6:30 am Meet Starts: 8:15am

| Women | Event                      | Men   |
|-------|----------------------------|-------|
| 43    | 13/14 200 Fly              | 44    |
| 45    | Senior 200 Fly             | 46    |
| 47    | 13/14 50 Free              | 48    |
| 49    | Senior 50 Free             | 50    |
| 51    | 13/14 200 Breast           | 52    |
| 53    | Senior 200 Breast          | 54    |
| 55    | 13/14 100 Back             | 56    |
| 57    | Senior 100 Back            | 58    |
| 59 \$ | 13/14 500 Free             | 60 \$ |
| 61 \$ | Senior 500 Free            | 62 \$ |
| 63 *  | 13/14 400 Medley Relay     | 64 *  |
| 65 *  | Senior 400 Medley Relay    | 66 *  |
| \$    | Positive Check in Required |       |
| *     | Relays will swim in Finals |       |

### 12&Under Session

Warm-ups: Not before 11:00 am Meet Starts: not Before 12pm

| Girls | Event  | Boys  |
|-------|--|-------|
| 67    | 11/12 200 Medley Relay   | 68    |
| 69    | 10&Under 200 Medley Relay  | 70    |
| 71 @  | 11/12 200 Fly  | 72 @  |
| 73    | 11/12 50 Back  | 74    |
| 75    | 10&Under 50 Free   | 76    |
| 77    | 11/12 50 Free  | 78    |
| 79    | 10&Under 100 Breast  | 80    |
| 81    | 11/12 100 Breast   | 82    |
| 83    | 10&Under 100 IM  | 84    |
| 85    | 11/12 200 IM   | 86    |
| 87    | 10&Under 500 Free  | 88    |
| 89 \$ | 11/12 500 Free   | 90 \$ |
| @     | Timed Final Event. Top 10 11/12 age group swimmers after positive check-in will swim in Finals. Positive check-in required |       |
| \$    | Positive Check-in Required. All Heats swim in Afternoon Session  |       |
| #     | Timed Final Event. All Heats of 11/12 500 Free will swim in 12&Under Session   |       |

Order of Events  
**Sunday, December 14, 2014**

**13/14 and Senior Session**

Warm-ups: 6:30 am Meet Starts: 8:15am

| Women | Event   | Men |
|-------|---|-----|
| 91%   | 12&Over 1650 Free   | 92% |
| 93    | 13/14 200 Back  | 94  |
| 95    | Senior 200 Back   | 96  |
| 97    | 13/14 100 Free  | 98  |
| 99    | Senior 100 Free   | 100 |
| 101   | 13/14 200 200 IM  | 102 |
| 103   | Senior 200 IM   | 104 |
| %     | Timed Final event. Top 10 after seeding will swim in Finals. Swimmers have the option of declaring AM or PM and must be noted on positive check in sheet. |     |

**12&Under Session**

Warm-ups: Not before 11:00 am Meet Starts: not Before 12pm

| Girls | Event  | Boys  |
|-------|--|-------|
| 105 @ | 11/12 200 Breast   | 106 @ |
| 107   | 10&under 100 Back  | 108   |
| 109   | 11/12 100 Back   | 110   |
| 111   | 10&under 100 Free  | 112   |
| 113   | 11/12 100 Free   | 114   |
| 115   | 10&under 50 Fly  | 116   |
| 117   | 11/12 50 Fly   | 118   |
| 119   | 10&Under 100 IM  | 120   |
| 121   | 11/12 100 IM   | 122   |
| @     | Timed Final Event. Top 10 11/12 age group swimmers after positive check-in will swim in Finals. Positive Check-in Required. Swimmers will have option of declaring AM or PM and must be noted on check-in sheet. |       |