



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



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-15-XXUSA 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.
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 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.The course of competition will be two 25-yard courses swimming the width of the pool.Colorado Timing System with color scoreboard and separate video board will be used.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
MEET DIRECTOR:	Name: Scott Baldwin Email: edbaldwi@vt.edu Phone: (540) 998-2327
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 December 12, 2014 will determine age for the entire meet.
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 10 & Under events will be timed finals and swim in the afternoon sessionsAll 11 & 12 Preliminary Events will swim in afternoon session.All 13 & 14 and Senior events will swim a preliminary session in the morning session.The top 1 heat of single age 11 year old and top 1 heat of 12 year old swimmers will swim the final session each day.The top two heats in the 13-14 and Top three heats of Senior age groups will swim the final session each day. Except Senior Events #15 and #16 400IM and #61 and #62 500 Free where the top two heats will swim in finals.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">11-12 (#37 &38) 200 Back, (#71 &72)200 Fly, (#105 and 106) 200 Breast.12&Over 1650 Free (#91 &92)All 13 & Over Relays will swim in Finals.
WARM-UP:	DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, NOVEMBER 24, 2014 <ul style="list-style-type: none">Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software.Teams must submit entries via email.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.

	<ul style="list-style-type: none"> • “No Time” (NT) entries will be accepted. • 11 & Over swimmers may enter a maximum of 3 Individual events per day. 10 & Under swimmers may enter 4 individual events per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • 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: Scott Baldwin at edbaldwi@vt.edu • Deck entries will not be accepted.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 25, 2014</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software. • Teams must submit entries via email. • 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. • “No Time” (NT) entries will be accepted. • 11 & Over swimmers may enter a maximum of 3 Individual events per day. 10 & Under swimmers may enter 4 individual events per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • 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: Scott Baldwin at edbaldwi@vt.edu • Deck entries will not be accepted.
FEES:	<p>Individual events: \$5.25 Relay events: \$14.00 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: H20kie Aquatics • Mail payment to: c/o Scott Baldwin 165 Huff Heritage Lane Christiansburg, VA 24073 • Payment must be received by December 10, 2014 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: Medals will be awarded for first through 3rd place. Ribbons 4th-10thplace. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and Senior age groups. ○ 11/12 events will be scored as single age groups, 11 yr olds and 12 yr olds. ○ 10&Under events will be scored as single age groups: 10yr olds,9yr olds, and 8&Under. • Relay events: Ribbons will be awarded for 1st through 10th place.
SEEDING:	<ul style="list-style-type: none"> • Positive check-in for all events except #'s 91 and 92(1650) will close 30 minutes prior to the start of the session. • 1650 Positive Check-in will close at 9:00am on Sunday December 16th. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • SWIMMERS WHO POSITIVELY CHECK-IN AND DO NOT SWIM THE EVENT WILL BE

	<p>BARRED FROM THEIR NEXT INDIVIDUAL EVENT.</p> <ul style="list-style-type: none"> 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
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <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. 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.
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 dive or must start each race from within the water. If unaccompanied by a member coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement. The overhead start procedure will be used for the all sessions. 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). 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 with valid USA Swimming credentials but 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: Steve Woolfolk Email: woolfolks@aol.com Phone: (540) 890-6160</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 (host team officials chair Kim Walsh, Email: walshes4@verizon.net or Phone: (540) 230-7092 no later than Tuesday, December 10, 2014. Officials wishing to Volunteer can go to this link: www.SignUpGenius.com (coming soon) Officials meetings will be held one hour prior to the start of each session. Officials who signup to work 4 sessions or more will receive a free Meet Polo Shirt
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 HOKI team website, http://www.h2okieaquatics.org no later than Tuesday, December 10, 2014, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Hospitality will be provided for coaches and officials Concessions will be provided

	<ul style="list-style-type: none"> • Heat sheets for the entire meet will be for sale. • Swim and Tri swim shop will be on site. • Commemorative Meet T-shirts will also be available.
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 NOT permitted within the Town of Christiansburg Aquatic Center. • 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. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic 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 remain clear. <p>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.</p>
DIRECTIONS:	Christiansburg Aquatic Center: Mapquest link HERE

Order of Events
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 Medley Relay	18 *
19 *	Senior 400 Medley 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 Medley Relay	22
23	10&Under 200 Medley 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	
\$	Positive Check-in Required	
#	Timed Final Event. All Heats of 11/12 400 IM will swim in 12&Under Session	

Order of Events
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 Free Relay	64 *
65 *	Senior 400 Free 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 Free Relay	68
69	10&Under 200 Free 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	
\$	Postive 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 200 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.	