

	<p style="text-align: center;"><b>RPST FALL INVITE</b>  <b>A/BB/B/C Meet</b>  <b>November 8-9, 2014</b>  <b>SANCTION NO.</b></p>	<p style="text-align: center;">Hosted by  </p>
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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-</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Regency Park Swim Team, and St. Michael High School 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>	St. Michael High School, 6301 Campus Drive, Fredericksburg, VA 22407,
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Eight Lane 25 yard indoor pool; 9 feet deep at the start end and 4 feet deep at the turn end; Non-Turbulent Lane Markers.</li> <li>Colorado Automatic &amp; Semi-Automatic Timing System. Dolphin Timing System with Dolphin watches. Two additional 20 yard lanes will be available for continuous warm-up and warm-down.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Gerri Cole Email: <a href="mailto:gworkingmom@hotmail.com">gworkingmom@hotmail.com</a> Phone: 816-377-2322
<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 November 8, 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 12 &amp; Younger swimmers will swim in the morning session.</li> <li>All 13 &amp; Over swimmers will swim in the afternoon session.</li> <li>All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 am.</li> <li>Afternoon sessions: Saturday - Warm-ups not before 11:30 am; competition starts not before 12:40 pm. Sunday – Warm-ups not before 12:30 pm; competition starts not before 1:40 pm</li> <li>Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the Sunday morning session, with the distance session competition starting 5 minutes thereafter. .</li> <li>The approximate start time for the distance sessions will be posted on the Regency Park's (<a href="http://www.swimrpst.org">www.swimrpst.org</a>) website no later than Wednesday, November 5th, 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 posted on the Regency Park's (<a href="http://www.swimrpst.org">www.swimrpst.org</a>) website no later than Wednesday, November 5th, and will also be emailed to the contact person of the participating clubs.</li> <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, OCTOBER 29, 2014.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yard times times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> </ul>

	<ul style="list-style-type: none"> <li>Teams submit entries via email.</li> <li>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.</li> <li>Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. Coach Times (CT) <b>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>"No Time" (NT) entries will <b>not</b> be accepted.</li> <li>Swimmers may enter a maximum of <b>4 individual event(s) and 1 relay event(s) 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>Email entries to: Jill Ryne: <a href="mailto:jill@jryhne.com">jill@jryhne.com</a></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 Clerk-of-Course on the provided forms.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$4.50  Relay events: \$14.00  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: RPST, LLC.</li> <li>Mail payment to: RPST, LLC, 6105 N Danford St, Fredericksburg, VA 22407</li> <li>Payment must be received by November 5, 2014 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 <b>NOT</b> required for delivery as this will delay the acceptance 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>13 &amp; Over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>12 &amp; Under events will be given separate awards for 11-12, 9-10 and 8 &amp; Under age groups.</li> </ul> </li> <li>Relay events: Ribbons will be awarded for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except #53-54 (12&amp;U 500 Free) 21-22 (13&amp;O 400 IM) and 55-56 (13&amp;O 500 Free) will be pre-seeded. Events #53-54 and #55-56 will be swum fastest to slowest and alternating heats of girls and boys.</li> <li>Swimmers in all sessions should report directly to the blocks for their events.</li> <li>Events 21-22, 53-54, and 55-56 will require a positive check-in to swim.</li> <li>Positive check-in for events #53-54 and #55-56 will close 30 minutes after the conclusion of warm ups of the morning session on Sunday. (Positive Check in for events #55-56 will also be available during the Saturday afternoon session.)</li> <li>Positive check-in will close 30 min before the start of the afternoon session on Saturday for events #21-22.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>Events #53-54 and 55-56 will be swum fastest to slowest and alternating heats of girls and boys.</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> </ul>

	<ul style="list-style-type: none"> <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(s) swum.</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 swimmer entered in the meet must be certified by a USA-S 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>• The overhead start procedure will be used for all 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>• 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 strongly discouraged.</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 who have valid USA Swimming credentials but who 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: Jim Frye</b>  <b>Email: <a href="mailto:jamfrye@comcast.net">jamfrye@comcast.net</a></b>  <b>Phone: (540) 840-8947</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 Beth Jones, <a href="mailto:beth@tricordhomes.com">beth@tricordhomes.com</a>, (540-760-6714) no later than Monday, November 3, 2014.</li> <li>• Officials will meet in hospitality one hour before the start of each session.</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>• Swimmers competing in the 500 Free (event #53-54 and #55-56) are responsible for providing their own lap counters and 2 timers.</li> <li>• The number of timers required per club and their lane assignments will be posted on the Regency Park's website no later than Wednesday, November 5, 2014, 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>• Heat Sheets will not be sold at the meet. Electronic copies will be available on the Regency Park website, <a href="http://www.swimrpst.org">www.swimrpst.org</a>, by Wednesday, November 5, 2014 and will also be emailed to each club contact.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Swimmers must enter and exit the pool through the locker rooms. Please bring your towel with you to dry off before heading back to the gym area.</li> <li>• Deck changing is prohibited.</li> <li>• Only drinks are allowed on the pool deck. No glass containers allowed.</li> <li>• Swimmers and spectators are not allowed to eat food in the pool area.</li> <li>• Teams are responsible for cleaning up their team area.</li> <li>• Coaches may only sit on the locker room side of the pool deck.</li> <li>• Spectators are not allowed to congregate on the locker room side of the pool.</li> <li>• Coaches are responsible for the behavior of their swimmers at all times.</li> <li>• No diving in the warm-up pool.</li> <li>• No parking in the fire lane.</li> </ul>

	<ul style="list-style-type: none"> <li>• No towels to be placed over the blocks during competition.</li> <li>• Spectator seating: Seats may not be reserved and saving of seats is not allowed. No coolers larger than a 6 pack lunch box sized cooler will be allowed in the stands. Swim bags cannot be in the spectator bleachers.</li> <li>• The gym is available for all spectators and swimmers. Other areas of the school property not directly related to the swim meet are off limits.</li> </ul>
<b>DIRECTIONS:</b>	From I-95, you will take exit 130/Rt 3 West. Travel approximately 3 miles and take a right turn at the intersection of Rt 3 and 5 Mile Road (Old Plank Road). Travel approximately ¼ mile and turn right onto Campus Drive.
<b>HOTELS:</b>	Quality Inn Fredericksburg, 2310 Plank Road, Fredericksburg, VA 22401, 540-371-0330

**RPST Fall Invite  
ORDER OF EVENTS**

**Saturday, November 08, 2013**

Morning Session Warm-up: 7:00 am; Start: 8:10 am			Afternoon Session Warm-up: 11:30 am; Start: 12:40 pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
<u>1</u>	12 & U 200 IM	2	<u>21</u>	13 & O 400 IM	<u>22</u>
3	8 & U 25 Free	4	23	13 & O 100 Back	24
5	12 & U 100 Free	6	25	13 & O 200 Fly	26
7	12 & U 50 Breast	8	27	13 & O 100 Breast	28
9	11-12 200 Breast	10	29	13 & O 200 Free	30
11	8 & U 25 Breast	12	31	13 & O 200 Medley Relay	32
13	12 & U 50 Back	14			
15	11-12 200 Back	16			
17	12 & U 100 Fly	18			
19	12 & U 200 Free Relay	20			
				HIGHLIGHTED EVENTS REQUIRE POSITIVE CHECK-IN	

**Sunday, November 09, 2013**

Morning Session Warm-up: 7:00 am; Start: 8:10 am			Afternoon Session Warm-up: 12:30 pm; Start: 1:40 pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	12 & U 200 Free	34	57	13 & O 200 IM	58
35	8 & U 25 Back	36	59	13 & O 50 Free	60
37	12 & U 100 Breast	38	61	13 & O 200 Back	62
39	12 & U 100 Back	40	63	13 & O 100 Fly	64
41	8 & U 25 Fly	42	65	13 & O 200 Breast	66
43	12 & U 50 Fly	44	67	13 & O 100 Free	68
45	11-12 200 Fly	46	69	13 & O 200 Free Relay	70
47	12 & U 50 Free	48			
49	12 & U 100 IM	50			
51	12 & U 200 Medley Relay	52			
	<b>DISTANCE SESSION</b> Warm Up: 15 min, Immediately after AM session				
<u>53</u>	12 & U 500 Free	<u>54</u>			
<u>55</u>	13 & O 500 Free	<u>56</u>			