



**VAST ODD AGE GROUP MEET
A/BB/B/C Mini Meet
January 3-4, 2015
SANCTION NO. VS-15-36**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-15-36 USA Swimming, Inc., Virginia Swimming, Inc., and James Madison University Savage Natatorium 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:	Savage Natatorium, James Madison University, Harrisonburg, Virginia
FACILITY:	<ul style="list-style-type: none">• 25 yard, 8 lane pool, 4 feet deep at the start end and 12 feet deep at the turn end with non-turbulent lane lines. Colorado timing system with a 8-line display board will be used with stopwatch timing as a back-up• Bleacher seating is available on deck and the gym will be available for seating as well.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)
MEET DIRECTOR:	Name: Karen Folsom E-Mail: karenkolsom@gmail.com Phone: (540) 434-7779
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 January 3, 2015 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 11 & Younger swimmers will swim in the morning (Session 1 Saturday and Session 4 Sunday). These sessions will offer events for 7 & Under, 9 & Under, and 10-11 age groups.• All 12 & Older swimmers will swim in the afternoon Session 2 Saturday and Session 5 Sunday. These sessions offer events for 12-13, 14 & over age groups.• Distance sessions will follow Session 2 on Saturday and Session 5 on Sunday. These are Open events for all age groups.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:35 am; competition starts at 9:00 am.• Afternoon sessions: Warm-ups no earlier than 12:30 pm; competition starts no earlier than 2:10 pm• Distance Session: The pool will be opened for 10 minutes of open warm-up immediately following the finish of the last event of the previous session. The distance session competition will start 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than Thursday, January 1, 2015 and will also be emailed to the contact person of the participating clubs.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS, Tuesday, December 23, 2014</p> <ul style="list-style-type: none"> • 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. • Teams submit entries via e-mail. • 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. • Coach Times (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 5 individual events and 2 relay 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. Relays may also be eliminated and relay fees refunded if this is necessary. • Email entries to: Steve Phillips, Email: swimvast@gmail.com • 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 Meet Referee on the provided forms.
FEES:	<p>Individual events: \$4.00 Relay events: \$16.00 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: VAST • Mail payment to: VAST Gators P.O. Box 984 Harrisonburg, VA 22803 • Payment must be received by Friday, January 2, 2015 for all entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place for all odd-age groups. <ul style="list-style-type: none"> ○ 9 & Under individual events will be awarded for each age group 7 & Under and 8-9 ○ 11 & Under individual events will be awarded for each age group 7 & Under, 8-9, and 10-11. ○ 12 & Over individual events will be awarded for each age group 12-13, 14-15, 16 & Over. ○ 14 & Over individual events will be awarded for each age group 14-15 and 16 & Over ○ Heat winner ribbons will be awarded for all 11& Younger individual events. • Relay events: Awards will be given for first through fourth place.

SEEDING:	<ul style="list-style-type: none"> • Swimmers in the morning and afternoon sessions should report directly to the blocks for their events • All events will be pre-seeded with the exception of events 29-30, (400IM) 55-56,(Open 500 Free) and 85-86 (11 & U 500 Free) 115-116 (1650 Free) • Positive check in for Events 29-30, (400IM) 55-56, 85-86 (500 Free) and Events 115-116(1650 Free). • Positive check in for Events 29-30, and 85-86 will close at 9:30AM. We reserve the right to limit the entries of these events due to the four-hour rule. • Positive check in for Events 55-56 & 115-116 will close at 4:30PM • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Distance session will follow afternoon sessions for swimmers of all ages. • Events #55-56 (500 free) #115-116 (1650 Free) will be swum fastest to slowest alternating girls heats with boys heats. A qualifying time for the 1650 free will be at least a BB time for the 200 Free.
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 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 may be used at the discretion of the Referee. • 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 swim suits 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. Coaches with valid USA Swimming credentials 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: Jeff Sheffer Email: jsheffe@comcast.net Phone: (540) 433-9519</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jeff Sheffer no later than Tuesday, December 30, 2014. • Officials will meet on the pool deck one hour before the start of any session.
SAFETY:	<p>Virginia Swimming Meet Safety Procedures will be in effect.</p>

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 VAST website no later than Wednesday, December 31, 2014 and will also be emailed to the contact person of each of the individual clubs. ● Swimmers competing in the 400IM, (29-30) need to provide their own timers. Swimmers competing in 500 Free (55-56, 85-86) and 1650 Free (115-116) are responsible for providing their own lap counters and timers.
GENERAL:	<ul style="list-style-type: none"> ● Heat Sheets will be sold for \$5. ● Swimmers are not permitted in any room of the building not directly associated with this swim meet. ● Aramark of JMU will provide concessions. ● Pro-shop will be available. ● Hospitality: VAST will provide Hospitality for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day. ● All results will be posted in the hallway near the spectator stand.
FACILITY RULES:	<ul style="list-style-type: none"> ● The gym and a viewing area above the pool will be available both days. Some areas may be marked off limits. Please obey signage. ● Access to the pool will be limited to swimmers, coaches, officials, staff and timers. ● No smoking is permitted in the building. ● No food or drink on the pool deck or the new gym floor. Concessions available in hallway. ● Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	<ul style="list-style-type: none"> ● The Godwin pool facility is located on the campus of James Madison University. ● From interstate 81, take exit 245. Off the ramp, head west on Port Republic Road. At the next light, turn right on to the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall.
HOTELS:	<ul style="list-style-type: none"> ● Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031 about 5 minutes from the pool. ● Days Inn at James Madison University: 1131 Forest Hill Road, Harrisonburg, VA, (540) 433-9353, continental breakfast, about 2 minutes from the pool. ● Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast, about 5 minutes from the pool. ● Residence Inn - Marriott 1945 Deyerle Ave. Harrisonburg, VA (540) 437-7426 5 minutes from pool ● Quality Inn - 1881 Evelyn Byrd Ave. Harrisonburg, VA (540) 442-1515 -5 minutes from pool

VAST Gators Jan 3-4, 2015
Odd Age Group Meet Order of Events

1-Saturday AM, January 3

Warm-ups 7:35 AM, Meet Start 9:00 AM

Girls	Event	Boys
1	11 & U 200 medley relay	2
3	7 & U 25 free	4
5	9 & U 100 free	6
7	10-11 100 free	8
9	9 & U 50 breast	10
11	10-11 50 breast	12
13	7 & U 25 back	14
15	9 & U 100 back	16
17	10-11 100 back	18
19	9 & U 50 fly	20
21	10-11 50 fly	22
23	9 & U 100 IM	24
25	10-11 100 IM	26
27	11 & U 100 free relay	28
29	11 & U 400 IM	30

2-Saturday PM, January 3

Warm-ups Not before 12:30

Meet Start 2:10 PM

Girls	Event	Boys
31	12 & O 200 free relay	32
33	12 & O 400 IM	34
35	14 & O 100 Breast	36
37	12-13 100 Breast	38
39	14 & O 200 Back	40
41	12-13 200 Back	42
43	12-13 50 Back	44
45	14 & O 100 Free	46
47	12-13 100 Free	48
49	12 & O 200 Fly	50
51	12-13 50 Fly	52
53	12 & O 400 medley relay	54

10 minute break after event 54

3-Saturday PM, January 3 Distance

55	Open 500 free	56
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4-Sunday AM, January 4

Warm-ups 7:35 AM, Meet Start 9:00 AM

Girls	Event	Boys
57	11 & U 200 free relay	58
59	10-11 200 free	60
61	9 & U 200 free	62
63	10-11 50 back	64
65	9 & U 50 back	66
67	11 & U 100 fly	68
69	7 & U 25 fly	70
71	10-11 50 free	72
73	9 & U 50 free	74
75	10-11 100 breast	76
77	9 & U 100 breast	78
79	7 & U 25 breast	80
81	11 & U 200 IM	82
83	11 & U 100 medley relay	84
85	11 & U 500 free	86

5-Sunday PM, January 4

Warm-ups Not before 12:30

Meet Start 2:10 PM

Girls	Events	Boys
87	12 & O 400 free relay	88
89	12 & O 200 IM	90
91	14 & O 50 free	92
93	12-13 50 free	94
95	14 & O 100 back	96
97	12-13 100 back	98
99	14 & O 100 fly	100
101	12-13 100 fly	102
103	14 & O 200 breast	104
105	12-13 200 breast	106
107	12-13 50 breast	108
109	14 & O 200 free	110
111	12-13 200 free	112
113	12 & O 200 medley relay	114

10 minute break after event 114

6-Sunday PM, January 4, Distance

115	Open 1650 free	116
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