



**2014 VSI REGIONAL SUMMER AWARDS**  
**July 10-12, 2015**  
**SANCTION NO. VS-15-101**

Hosted by



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-15-101</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., CCA Marlins, 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>Indoor 8 Lane 50 meter x 25 yard pool, non-turbulent lane lines, 7 feet deep to 17 feet in depth, 9 feet wide lanes. Colorado Timing System with color scoreboard.</li> <li>A separate 4 Lane 20 yard warm-up/cool-down pool will be available during this meet, daily.</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 DIRECTORS:</b>	Name: Greg Lake Email: <a href="mailto:glake@ccamarlins.com">glake@ccamarlins.com</a> Phone: (540)529-6648
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams:             <ul style="list-style-type: none"> <li><b>ACST, BASS, BRAC, CAST, CCA, CYAC, FUAC, GATR, GRTD, HA, HOKI, LASO, LY, PWSC, QDD, RAPP, RPST, SCAT, SMAC, STAT, STLH, STRM, TSU, VAST, VSTP, WST, YMST, YRVS</b></li> </ul> </li> <li>The qualifying period for this meet is January 1, 2014 through July 9, 2015</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li><b>8 and younger swimmers may compete in any 8 and under event regardless of their time. 8 and younger swimmers may compete in any 10 and under event in which they have a time that is slower than the age group championship qualifying time.</b></li> <li><b>14 and younger swimmers may compete in any event in which they have a time that is slower than the age group championship qualifying time.</b></li> <li><b>15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time.</b></li> <li>Age on July 10, 2015 will determine age for the entire meet.</li> <li>10 &amp; 12 year old swimmers aging up from July 10 to July 23, 2015, and 14 year old swimmers aging up from July 10 to July 16, 2015, with times too fast to qualify for this championship will be allowed to compete under the following conditions:             <ul style="list-style-type: none"> <li>Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event.</li> <li>Any 14 year swimmer who does not qualify for Senior Champs may enter the event</li> <li>10, 12, &amp; 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.</li> </ul> </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 Events will be timed finals.</li> <li>12 and younger swimmers will swim in the morning sessions</li> <li>13 and older swimmers will swim in the afternoon sessions</li> <li>The 800 free on Sunday afternoon will be an 11 &amp; over event</li> </ul>

	<ul style="list-style-type: none"> <li>Overhead or Chase Starts may be used at the discretion of the Meet Referee.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li><b>Morning sessions: Warm-ups at 7:00AM; competition starts at 8:40AM.</b></li> <li><b>Afternoon sessions: Warm-ups not before 12:00PM; competition starts not before 1:15PM.</b></li> <li>Distance session (800 Free): The pool will be opened for 15 min. of open warm-ups immediately following the finish of the afternoon session with competition starting 5 min. thereafter. <ul style="list-style-type: none"> <li>The approximate start time for the distance sessions will be posted on the <a href="#">Marlins</a> website, no later than Tuesday, July 7, 2015, and will also be emailed to the contact person of the participating clubs.</li> <li>The distance session will start no earlier than the estimated times.</li> </ul> </li> <li>Lane assignment and warm-up times for individual clubs will be posted on the <a href="#">Marlins</a> website, no later than Tuesday, July 7, 2015 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 TUESDAY, JUNE 30, 2015.</b></p> <ul style="list-style-type: none"> <li><b>Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards</b> using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>Teams submit entries via e-mail.</li> <li>A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li><b>Swimmer may enter a maximum of 9 individual events, no more than 3 per day.</b></li> <li>“No Time” (NT) entries will be accepted.</li> <li>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.</li> <li>The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>Proof of Entry time, if requested, must be provided to the Age Group Chair 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.</li> <li>Email entries to: Greg Lake <a href="mailto:glake@ccamarlins.com">glake@ccamarlins.com</a></li> <li><b>Late entries will be accepted.</b> 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, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$7.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> <li><b>Checks should be made payable to: CCA Marlins Boosters</b> <b>Mail payment to:</b> CCA Marlins, 4254 Colonial Ave., Roanoke, VA 24018</li> <li><b>Payment must be received by July 7, 2015 for all entries.</b> 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 will be scored and awarded medals for first (1<sup>st</sup>) through third (3<sup>rd</sup>) place, and ribbons, fourth (4<sup>th</sup>) through sixteenth (16<sup>th</sup>) place.</li> <li>Individual 13 &amp; Over events will be awarded as 13-14 and 15 &amp; Over.</li> <li>Individual 10 &amp; Under events will be awarded as 9-10 and 8 &amp; Under.</li> <li>Individual 11 &amp; over events will be awarded as 11 &amp; over.</li> </ul>

<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except the 400 and 800 freestyles, and the 400 IM's will be pre-seeded.</li> <li><b>The above events will require a positive check-in to swim.</b></li> <li><b>Positive check-in will close at 8:30AM Friday for event #17-18.</b></li> <li><b>Positive check-in will close at 1:30PM Friday, for event #25-26.</b></li> <li><b>Positive check-in will close at 8:30AM Saturday, for event #47-48.</b></li> <li><b>Positive check-in will close at 1:30PM Saturday, for event #57-58.</b></li> <li><b>Positive check-in will close at 1:30PM Sunday, for event #87-88.</b></li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li><b>Events 87 &amp; 88 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.</b></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> <li><b>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.</b></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 dive 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.</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>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>In accordance with VSI Best Practices, swimmers should shower before entering the pool</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: Name: John Stanley</b>  <b>Email: <a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a></b>  <b>Phone: (540) 354-9856</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 Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: <b>John Stanley</b> at 540-354-9856, or <a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a> <b>no later than Tuesday, July 7, 2015.</b></li> <li>There will be an officials' meeting approximately 1 hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up 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>The number of timers required per club and their lane assignments will be posted on the <a href="#">Marlins</a></li> </ul>

	<p><a href="#">website</a>, no later than Tuesday, July 7, 2015, and will also be emailed to the contact person of each of the individual clubs.</p>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators</li> <li>• Hospitality will be available for coaches and officials</li> <li>• Concessions will be provided on site.</li> <li>• Swim &amp; Tri swim shop will be on-site.</li> <li>• Commemorative meet T-shirts will be available for sale by Northwest Designs.</li> <li>• Heat sheets will be available for the entire meet at a cost of \$10.</li> </ul>
<b>FACILITY RULES:</b>	<p><b><i>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:</i></b></p> <p><b><i>PARKING: Shuttle to and from Christiansburg High School will be available starting at 7:30am and will run throughout the day. Park near the football field.</i></b></p> <ul style="list-style-type: none"> <li>• <i>Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups.</i></li> <li>• <i>Young children must be supervised by an adult.</i></li> <li>• <i>Observers are to stay in designated areas.</i></li> <li>• <i>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.</i></li> <li>• <i>Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.</i></li> <li>• <i>Smoking is NOT permitted within the Town of Christiansburg Aquatic Center.</i></li> <li>• <i>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.</i></li> <li>• <i>No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.</i></li> <li>• <i>No glass containers of any kind are to be brought into the pool complex.</i></li> <li>• <i>Parking violators will be subject to fines and/or towing as posted.</i></li> <li>• <i>Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends.</i></li> <li>• <i>The Aquatic Center strongly encourages showering prior to entering the pool.</i></li> <li>• <i>All emergency exits and walkways must remain clear.</i></li> <li>• <i>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.</i></li> </ul>
<b>DIRECTIONS:</b>	<p>Christiansburg Aquatic Center: <a href="#">Mapquest link HERE</a></p>

# VSI REGIONAL SUMMER AWARDS

## Order of Events

### Friday, July 10, 2015

#### Morning Session

**Warm Up:**           **Start:**  
**Event #**  
1&2 11-12 200m Backstroke  
3&4 9-10 50m Breaststroke  
5&6 11-12 50m Breaststroke  
7&8 8 & U 50m Breaststroke  
9&10 11-12 200m Freestyle  
11&12 10 & U 200m Freestyle  
13&14 11-12 100m Butterfly  
15&16 10 & U 100m Butterfly  
17&18 11-12 400m Individual Medley

#### Afternoon Session

**Warm Up:**           **Start:**  
**Event#**  
19&20 13 & O 200m Freestyle  
21&22 13 & O 100m Breaststroke  
23&24 13 & O 100m Butterfly  
25&26 13 & O 400m Individual Medley

### Saturday, July 11, 2015

#### Morning Session

**Warm Up:**           **Start:**  
**Event #**  
27&28 11-12 200m Butterfly  
29&30 8 & U 50m Freestyle  
31&32 9-10 50m Freestyle  
33&34 11-12 50m Freestyle  
35&36 10 & U 100m Breaststroke  
37&38 11-12 100m Breaststroke  
39&40 8 & U 50m Backstroke  
41&42 9-10 50m Backstroke  
43&44 11-12 50m Backstroke  
45&46 10 & U 400m Freestyle  
47&48 11-12 400m Freestyle

#### Afternoon Session

**Warm Up:**           **Start:**  
**Event #**  
49&50 13 & O 200m Butterfly  
51&52 13 & O 50m Freestyle  
53&54 13 & O 200m Breaststroke  
55&56 13 & O 100m Backstroke  
57&58 13 & O 400m Freestyle

### Sunday, July 12, 2015

#### Morning Session

**Warm Up:**           **Start:**  
**Event #**  
59&60 11-12 200m Breaststroke  
61&62 10 & U 100m Backstroke  
63&64 11-12 100m Backstroke  
65&66 8 & U 100m Freestyle  
67&68 9-10 100m Freestyle  
69&70 11-12 100m Freestyle  
71&72 8 & U 50m Butterfly  
73&74 9-10 50m Butterfly  
75&76 11-12 50m Butterfly  
77&78 10 & U 200m Individual Medley  
79&80 11-12 200m Individual Medley

#### Afternoon Session

**Warm Up:**           **Start:**  
**Event #**  
81&82 13 & O 200m Backstroke  
83&84 13 & O 100m Freestyle  
85&86 13 & O 200m Individual Medley  
87&88 11 & O 800m Freestyle