



29TH ANNUAL CHERRY TREE SWIM MEET
A+ Meet
February 3-5, 2006
Sanction No. VS-06-36



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-36
LOCATION:	ACAC, 11621 Robious Road, Midlothian, VA 23113
FACILITY:	The pool is 25 yards long with 8 lanes; each lane is 8 feet wide with Kieffer-McNeil non-turbulent lane markers. A Colorado automatic timing system will be used.
MEET DIRECTOR:	Maria and Joe Maltby Phone: (804) 379-5090 Email: mariaMaltby@comcast.net Kelly and Rick Fisk Phone: (804) 560-0780 Email: fiskfour@comcast.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers who have achieved an "A" time in the event entered. Teams outside the Virginia Swimming LSC will be permitted by invitation meeting eligibility requirements for the meet.• All swimmers participating in this meet must be registered by the first day of the meet.• Swimmers who have one "A" entry time may enter one additional event in which they have at least a "BB" time except as noted.• Swimmers entering the 1650 free must have an "A" time. The 15-16 time standards will be used for swimmer 15 & older swimmers. 12 & younger swimmers who want to swim the 1650 must have a 15-16 "A" time. The 1650 free can not be swum as a "BB" bonus event.• An "A" time is required to enter the 500 free. The 500 free can not be swum as a "BB" bonus event.• No on deck registration will be permitted.• 2005-2008 NAG top 16 based times are in effect.• Age on February 3 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">• Friday: Swimmers of all ages.• All 12 & Younger swimmers will swim on Saturday and Sunday morning.• All 13 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.• Friday Warm-ups:<ul style="list-style-type: none">○ 1650 free session: Warm-ups at 2:30 PM; competition starts at 3:30 PM○ 500 free session:<ul style="list-style-type: none">▪ Warm-ups for 12 & younger swimmers at 6:00 PM▪ Warm-ups for 13 & older swimmers at 6:20 PM▪ Competition starts at 6:50 PM.• Morning sessions: Warm-ups at 7:30 AM competition starts at 8:30 AM.• Afternoon sessions: Warm-ups at 12:00 PM; competition starts at 1:00 PM.• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Tuesday, January 31, and will also be emailed to the contact person of the participating clubs.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 25, 2006. <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.

	<ul style="list-style-type: none"> Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk. A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. All entry times must have been achieved in USA Swimming sanctioned or approved competition. Swimmers may enter a maximum of 3 individual events and 1 relay event per day on Saturday and Sunday. Swimmers may enter only 1 event on Friday. 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. This meet will be limited to a total of 600 swimmers excluding the host team. 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: psdnswim@comcast.net Mail entries to: Marla Shreve Poseidon Swimming ACAC/11621 Robious Road Midlothian, VA 23113 IMPORTANT: If entries are 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.
FEES:	<p>Individual events: \$3.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: Poseidon Swimming. Payment must be received by January 30, 2006 for email entries. Payment must be included with all mailed 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: Medals will be awarded for first through third place, ribbons for fourth through eighth. Any 13-14/Senior events will be awarded 13-14 and Senior separately. Relays will be awarded ribbons for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events, except for Friday's 1650 free and 500 free, will be pre-seeded. All events on Friday will require positive check-in.. Positive check-in will close at 3:00 PM for the 1650 free. Positive check-in will close at 6:20 PM for 12 & younger swimmers in the 500 free and at 6:35 PM for 13 & older swimmers in the 500 free. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 1 & 2 (1650 free) will be swum slowest to fastest, alternating heats of girls and boys. Deck entries will be accepted in the order received only 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.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be disqualified from 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 United States Swimming by 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 2005 USA Swimming Rules and Regulations will apply. The overhead start procedure will be used for the afternoon sessions, and may be used for the

	<p>morning sessions at the discretion of the Referee.</p> <ul style="list-style-type: none"> In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Curt Ramsdell Email: ramsdelll@msn.com Phone: (804) 379-5559</p> <ul style="list-style-type: none"> Officials at all positions will be required 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 Al Thompson, via email at ast3@comcast.net no later than January 23, 2006. Swimmers competing in the 1650 free and 500 free are responsible for providing their own lap counters.
SAFETY:	<p>VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.</p>
GENERAL:	<ul style="list-style-type: none"> Hospitality: A light dinner will be provided for coaches and official attending both sessions on Friday evening. Lunch will be provided on Saturday and Sunday. Concessions: None. All food and drink (other than water) must be consumed outside of the pool area. Heat sheets: \$8.00 Disco Sports will be at the meet on Saturday and Sunday. Parking is available at Riverside for the Friday evening session only. Saturday and Sunday, please park in the medical parking lots adjacent to Riverside. Parking attendants will be available to assist you.
FACILITY RULES:	<ul style="list-style-type: none"> No swim meet participants or spectators are permitted to use any Riverside Wellness and Fitness Center facilities other than the pool locker rooms. No food or drink (with the exception of water) will be allowed in the pool area.
HOTELS:	<p><u>HOTELS CLOSE TO THE POOL:</u></p> <p>AmeriSuites, Midlothian Tpk. & 76 (Powhite Pkwy), Richmond, VA (804) 560-1566 Amenities: Deluxe continental breakfast, each room is a suite, VCR, refrigerator, and microwave in each suite, popcorn in the afternoon, fruit and coffee in the lobby.</p> <p>Best Western Governor's Inn, 9826 Midlothian Tpk., Richmond, VA 23235 (804) 323-0007 Amenities: full complimentary breakfast, free local calls, exercise room, all rooms have a microwave and refrigerator; restaurant & lounge on premises.</p> <p>Comfort Inn, Corporate Gateway, 8710 Midlothian Tpk., (804) 320-8900 All rooms have refrigerator, coffee maker, fold out couch in the living area, king bed, deluxe breakfast.</p> <p>Days Inn, Chesterfield Towne Center, 1301 Huguenot Road, Midlothian, VA 23113, 804-794-4999 Amenities: free continental breakfast; group rates; adjacent to Chesterfield Towne Center</p> <p>Hampton Inn, Research Road, off Midlothian Turnpike, (804) 897-6099. Amenities: free continental breakfast, indoor pool, offers doubles, suites, King studies.</p> <p>Holiday Inn - Select, Koger South Conference Center off Midlothian Tpk., (804) 379-3800. Amenities ; each room has a hair-dryer, coffee maker, refrigerator, microwave, iron, ironing board, voice mail. Court Cafe Restaurant serving breakfast, lunch, and dinner.</p> <p>Sheraton Park South, 9901 Midlothian Tpk. (800) 525-9538. Amenities: each room has hair dryer, coffee maker, iron, ironing board, voice mail. Cafe Palm Court serves breakfast, lunch, and dinner, indoor pool. Less than 5 minutes from Riverside Wellness and Fitness Center.</p>

Schedule of Events
Session 1, Friday February 3, 2006
Warm-ups for the 1650 free 2:30 PM - 3:15 PM
Start time 3:30 PM

Women		Men
1	13-14/Senior 1650 freestyle	2

Note: Events 1 and 2 will be deck seeded.

Heats will be swum slowest to fastest, alternating women and men.
Awards will be given for 13-14 and Senior age groups separately

Warm-ups 6:00 - 6:40 PM, Meet Starts 6:50 PM

Women		Men
3	10 & U 500 freestyle	4
5	11-12 500 freestyle	6
7	13-14 500 freestyle	8
9	Senior 500 freestyle	10

Session 2, Saturday February 4, 2006

Warm-ups, 7:30 – 8:20 AM, Meet Starts 8:30 AM

Women		Men
11	10 & U 200 freestyle	12
13	11-12 200 freestyle	14
15	10 & U 100 breaststroke	16
17	11-12 100 breaststroke	18
19	10 & U 50 freestyle	20
21	11-12 50 freestyle	22
23	10 & U 100 butterfly	24
25	11-12 100 butterfly	26
27	10 & U 50 backstroke	28
29	11-12 50 backstroke	30
31	11-12 200 backstroke	32
33	10 & U 100 individual medley	34
35	11-12 100 individual medley	36

Session 4, Sunday Morning, February 5, 2006

Warm-ups 7:30 – 8:20 AM, Meet Start 8:30 AM

Women		Men
61	11-12 200 breaststroke	62
63	10 & U 100 freestyle	64
65	11-12 100 freestyle	66
67	10 & U 50 breaststroke	68
69	11-12 50 breaststroke	70
71	10 & U 100 backstroke	72
73	11-12 100 backstroke	74
75	11-12 200 butterfly	76
77	10 & U 50 butterfly	78
79	11-12 50 butterfly	80
81	10 & U 200 individual medley	82
83	11-12 200 individual medley	84

Session 3, Saturday Afternoon, February 4, 2006

Warm-ups 12:00 - 12:50 PM, Meet Starts 1:00 PM

Women		Men
37	13-14 100 freestyle	38
39	Senior 100 freestyle	40
41	13-14 200 butterfly	42
43	Senior 200 butterfly	44
45	13-14 100 backstroke	46
47	Senior 100 backstroke	48
49	13-14 50 freestyle	50
51	Senior 50 freestyle	52
53	13-14 200 breaststroke	54
55	Senior 200 breaststroke	56
57	13-14 400 individual medley	58
59	Senior 400 individual medley	60

Session 5, Sunday Afternoon, February 5, 2006

Warm-ups 12:00 - 12:50 PM, Meets Starts 1:00 PM

Women		Men
85	13-14 200 freestyle	86
87	Senior 200 freestyle	88
89	13-14 100 butterfly	90
91	Senior 100 butterfly	92
93	13-14 200 backstroke	94
95	Senior 200 backstroke	96
97	13-14 100 breaststroke	98
99	Senior 100 breaststroke	100
101	13-14 200 individual medley	102
103	Senior 200 individual medley	104