



**AMENDED**  
**POSEIDON AUTUMN SPLASH**  
**Central District A/BB Meet**  
**November 11-13, 2005**  
**SANCTION NO. VS-06-16**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-06-16</b>
<b>LOCATION:</b>	Atlantic Coast Athletic Club (formerly RWFC-Briarwood), 11621 Robious Road, Midlothian, VA 23113
<b>FACILITY:</b>	25 yard pool with 8 lanes; each is 8 feet wide with Kieffer-McNeil non-turbulent lane markers. A Colorado automatic timing system will be used.
<b>MEET DIRECTOR:</b>	Maria and Joe Maltby Email: <a href="mailto:maltbyva@aol.com">maltbyva@aol.com</a> Phone: (804) 379-5090
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in the Central District. Teams in the Central District are: BAC, DC, NOVA, PSDN, RACE, SQST, &amp; VACS.</li><li>• All swimmers may compete in any event and relay strokes in which they have a "BB" or "A" Time (AA times and higher are ineligible)</li><li>• All swimmers participating in this meet must be registered by the first day of the meet.</li><li>• No on deck registration will be permitted.</li><li>• 2005-2008 NAG top 16 based times are in effect.</li><li>• Age on November 11, 2005 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 on Saturday and Sunday morning.</li><li>• All 13 &amp; Older swimmers will swim on Saturday and Sunday afternoon.</li><li>• All events will be timed finals.</li><li>• Friday evening session: Warm-ups at 4:00 PM, competition starts 5:00 PM.</li><li>• Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:40 AM.</li><li>• Afternoon sessions: Warm-ups at 12:45 PM, competition starts at 1:45 PM.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than November 15, 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, NOVEMBER 2, 2005.</b></p> <ul style="list-style-type: none"><li>• 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.</li><li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>• <b>Swimmers may enter a maximum of 3 individual events and 1 relay event 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. This meet will be limited to a total of 625 swimmers not including the host team.</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. The Meet Director may delete relay events to prevent too lengthy a session.</li><li>• Email entries to: <a href="mailto:poseidonva@aol.com">poseidonva@aol.com</a></li></ul>

	<ul style="list-style-type: none"> <li>Mail entries to: Marla Shreve Poseidon Swimming 11621 Robious Road Midlothian, VA 23113</li> <li><b>IMPORTANT:</b> 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.00 Relay events: \$ 12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to <b>Poseidon Swimming</b>.</li> <li>Payment must be received by November 10, 2005 for email entries. Payment must be included with all mailed entries.</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place:</li> <li>13-18 events will be given separate awards for 13-14 and 15-18 age groups.</li> <li>11-18 events will be given separate awards for 11-12, 13-14, and 15-18 age groups.</li> <li>10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</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 events 1-12 (Friday afternoons events) will be pre-seeded. 8 &amp; Younger swimmers in the morning sessions must report to the Clerk of Course and they will be brought to the blocks from there.</li> <li>Swimmers in the afternoon sessions should report directly to the blocks for their events.</li> <li>Events 1-12 will require a positive check-in to swim.</li> <li>Positive check-in will close at 4:30 PM.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>Events 11 and 12 will be swum fastest to slowest and alternating heats of girls and boys.</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. Additional heats will be added only at the referee's discretion. Deck entries must be submitted to the Clerk-of-Course on the provided forms.</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 disqualified from 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 United States Swimming by 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> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The 2005 USA Swimming Rules and Regulations will apply.</li> <li>The overhead start procedure will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Curt Ramsdell, Email: <a href="mailto:gcramsdell@erols.com">gcramsdell@erols.com</a>, Phone: (804) 379-5559</b></p> <p>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, <a href="mailto:ast3@comcast.net">ast3@comcast.net</a> or Doug Drummond, <a href="mailto:dougdrummond@mindspring.com">dougdrummond@mindspring.com</a> no later than November 7, 2005.</p>
<b>SAFETY:</b>	<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>

<b>TIMERS:</b>	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 Poseidon web site no later than October 17, and will also be emailed to the contact person of each of the individual clubs.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• A snackbar will be open during the meet.</li> <li>• A “box” dinner will be provided Friday evening and lunch on Saturday and Sunday to those coaches and officials at the meet. A light breakfast will be provided each morning.</li> </ul>
<b>FACILITY RULES:</b>	ACAC asks that we use only the pool area and attached lockers rooms.
<b>DIRECTIONS:</b>	Go to <a href="http://www.poseidonswimming.org">www.poseidonswimming.org</a> and click directions at left.

### Order of Events:

#### Friday, November 11, 2005

Warm-ups: 4:00 PM, Meet Start 5:00 PM

1	10 & Younger 200 IM	2
3	11-12 500 free	4
5	13-18 500 free	6
7	11-18 400 IM	8
9	10 & Younger 500 free	10
11	11-18 1650 free	12

#### Saturday AM, November 12

Warm-ups 7:30 AM, Meet Start 8:40 AM

<b>13</b>	<b>11-12 100 free</b>	<b>14</b>
15	10 & Younger 100 free	16
17	11-12 50 breast	18
19	10 & Younger 50 breast	20
21	11-12 200 breast	22
23	10 & Y 100 back	24
25	11-12 100 back	26
27	10 & Y 50 fly	28
29	11-12 50 fly	30
31	11-12 200 fly	32
33	10 & Y 100 IM	34
35	11-12 100 IM	36
37	10 & Y 200 medley relay	38
39	11-12 200 medley relay	40

#### Sunday AM, November 13

Warm-ups 7:30 AM, Meet Start 8:40 AM

65	11-12 200 free	66
67	10 & Y 50 back	68
69	11-12 50 back	70
71	11-12 200 back	72
73	10 & Y 100 fly	74
75	11-12 100 fly	76
77	10 & Y 50 free	78
79	11-12 50 free	80
81	10 & Y 200 free	82
83	11-12 100 breast	84
85	10 & Y 100 breast	86
87	11-12 200 IM	88
<b>89</b>	<b>10 &amp; Y 200 free relay</b>	<b>90</b>
91	11-12 200 free relay	92

#### Saturday PM, November 12

Warm-ups 12:45 PM, Meet Start 1:45 PM

41	13-14 200 IM	42
43	15-18 200 IM	44
45	13-14 100 breast	46
47	15-18 100 breast	48
49	13-14 200 back	50
51	15-18 200 back	52
53	13-14 100 free	54
55	15-18 100 free	56
57	13-14 200 fly	58
59	15-18 200 fly	60
61	13-14 200 medley relay	62
63	15-18 200 medley relay	64

#### Sunday PM, November 13

Warm-ups 12:45, Meet Start 1:45 PM

93	13-14 50 free	94
95	15-18 50 free	96
97	13-14 100 back	98
99	15-18 100 back	100
101	13-14 100 fly	102
103	15-18 100 fly	104
105	13-14 200 breast	106
107	15-18 200 breast	108
109	13-14 200 free	110
111	15-18 200 free	112
113	13-14 200 free relay	114
115	15-18 200 free relay	116