



POSEIDON HALLOWEEN MEET
Central District A/BB Meet
October 21-23, 2005
SANCTION NO. VS-06-09



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-09
LOCATION:	Atlantic Coast Athletic Club (formerly RWFC-Briarwood), 11621 Robious Road, Midlothian, VA 23113
FACILITY:	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.
MEET DIRECTOR:	Julie and Billy Chenault Email: jjchenault@hotmail.com Phone: (804) 320-1256
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the Central District. Teams in the Central District are: BAC, DC, NOVA, PSDN, RACE, SQST, & VACS.• 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)• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 2005-2008 NAG top 16 based times are in effect.• Age on October 21, 2005 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 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 evening session: Warm-ups at 4:00 PM, competition starts 5:00 PM.• Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:40 AM.• Afternoon sessions: Warm-ups at 12:45 PM, competition starts at 1:45 PM.• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than October 18, 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:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 12, 2005.</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 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 of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Swimmers may enter a maximum of 3 individual events and 1 relay event 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. This meet will be limited to a total of 625 swimmers not including 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. The Meet Director may delete relay events to prevent too lengthy a session.• Email entries to: poseidonva@aol.com• Mail entries to: Marla Shreve

	<p>Poseidon Swimming 11621 Robious Road Midlothian, VA 23113</p> <ul style="list-style-type: none"> • 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 Relay events: \$ 12.00 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 October 19, 2005 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: Ribbons will be awarded for first through eighth place: • 13-18 events will be given separate awards for 13-14 and 15-18 age groups. • 11-18 events will be given separate awards for 11-12, 13-14, and 15-18 age groups. • 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except events 1-12 (Friday afternoons events) will be pre-seeded. 8 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be brought to the blocks from there. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • Events 1-12 will require a positive check-in to swim. • Positive check-in will close at 4:30 PM. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events 11 and 12 will be swum fastest to slowest and alternating heats of girls and boys. • 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.
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 morning sessions at the discretion of the Referee. • 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: gcramsdell@erols.com, Phone: (804) 379-5559</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 the meet referee no later than October 19, 2005.</p>
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>
TIMERS:	<p>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</p>

	Poseidon web site no later than October 17, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> A snackbar will be open during the meet. 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.
FACILITY RULES:	ACAC asks that we use only the pool area and attached lockers rooms.
DIRECTIONS:	Go to www.poseidonswimming.org and click directions at left.

Order of Events:

Friday, October 21, 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 1000 free	12

Saturday, October 22

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

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

Sunday October 23, 2005

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

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

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Saturday Afternoon, October 22

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

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

Sunday, October 23, 2005

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

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