



**HOLIDAY CLASSIC**  
**13-14/Senior BB+ Invitational**  
**December 14-16, 2007**  
**SANCTION NO. VS-08-23**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-08-23</b>
<b>LOCATION:</b>	ACAC, 11621 Robious Road, Midlothian, VA 23113, (804)379-5408 (office phone)
<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>	Name: Maria and Joe Maltby Email: <a href="mailto:mariamaltby@comcast.net">mariamaltby@comcast.net</a> Phone: 804-379-5480
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered 13 year old and older swimmers in the LSC and other invited out-of-LSC teams that meet the eligibility requirements for the meet.</li><li>• All swimmers participating in the meet must be registered by the first day of the meet.</li><li>• 13-14 swimmers must have one "BB" time in two different strokes to enter all 13-14 events.</li><li>• Swimmers entering Senior events must be at least 13 years old and have 15-16 "BB" times in each event entered.</li><li>• No on deck registration will be permitted.</li><li>• 2005-2008 NAG top 16 based time are in effect</li><li>• Age on December 14, 2007 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 events will be prelims and finals events except for events 3-12 and the 1650 free, events 61-64. Finals for the 50 free are swum after the men's 500 free on Friday evening.</li><li>• All events will be swum combined age groups in prelims and separated during finals as 13-14 and Senior.</li><li>• The top 20 13-14 and top 20 Senior swimmers will swim in finals, A, B, C. A super final of the top 4 will swim first. A consolation heat of swimmers 5-12 will swim next and a bonus heat of swimmers 13-20 will be swum last.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• <b>Friday Afternoon session:</b> Warm-ups at 4:00 PM, general; competition starts at 5:30 PM</li><li>• <b>Saturday &amp; Sunday Prelim sessions:</b> Warm-ups 6:30-8:20 AM; general warm-up 6:30 -7:50; specific 7:50 – 8:20 AM; competition starts at 8:30 AM;</li><li>• <b>Finals Session:</b><ul style="list-style-type: none"><li>○ <b>Saturday:</b> Warm-ups at 5:00-5:30 general, 5:30-5:50 PM specific; competition starts at 6:00 PM.</li><li>○ <b>Sunday:</b> Warm-ups not before 4:00 PM, 30 minutes general, 20 minutes specific; competition start not before 5:00 PM.</li></ul></li><li>• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon Swimming website, <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> no later than December 10, 2007, and will also be emailed to the contact person of the participating clubs.</li><li>• 3 lanes will be available throughout the meet for warm-up/warm-down.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY DECEMBER 6, 2007</b></p> <ul style="list-style-type: none"><li>• Entries must be submitted in <b>short course yard</b> 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li></ul>

	<ul style="list-style-type: none"> <li>• <b>“No Time” (NT) entries will not be accepted.</b> If a swimmer does not have a time of record the swimmer must be entered with a Coaches Time (CT).</li> <li>• Coaches’ times may not exceed a “B” time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Swimmers may enter a maximum of 2 <i>individual events</i> on Friday and 3 <i>individual events</i> and 2 <i>relay events</i> per day.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</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.</li> <li>• Email entries to: <a href="mailto:psdns swim@comcast.net">psdns swim@comcast.net</a></li> <li>• Mail entries to: Marla Shreve 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: Poseidon Swimming.</li> <li>• Payment must be received by December 12, 2007 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: Medals 1<sup>st</sup> through 3<sup>rd</sup> and ribbons 4<sup>th</sup> through 20<sup>th</sup>; 13-14 and Senior age groups.</li> <li>• Relay events: Ribbons will be awarded for first through 3rd place.</li> <li>• High Point: Trophies 1<sup>st</sup> through 3<sup>rd</sup> for each sex, 13-14 and Senior.</li> <li>• Team Trophies: 1<sup>st</sup> through 3<sup>rd</sup> combined team points.</li> </ul>
<b>SCORING:</b>	<ul style="list-style-type: none"> <li>• Individual events: Super Final 28-25-24-23, Consolation 19-17-16-15-14-13-12-11 , Bonus 9-7-6-5-4-3-2-1</li> <li>• Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</li> <li>• All individual events will be scored to 20 places. All relays to 16 places.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 400 IM, 1650 Free and all relays, will be pre-seeded. Swimmers should report directly to the blocks for their events.</li> <li>• All relays will be swum as timed finals.</li> <li>• Events 29-32 (400 IM) and 53-56 (1650) will require a positive check-in to swim. Positive check-in will close at 8:30 AM Saturday for the 400 IM and 8:30 AM Sunday for the 1650 Free.</li> <li>• The top 32 swimmers, with a minimum of 8 swimmers from the 13-14 age group entered in the 1650 will swim. Heats will run fastest to slowest, alternating women and men.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Coaches may elect to swim the 400 Free relay at the conclusion of Sunday Prelims.</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. No additional heats will be added. 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</li> </ul>

	swimmer is unattached, the fine will be levied on the swimmer.
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply.</li> <li>The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.12.10, sections D and E only will be in affect and modified as follows: <b>The scratch rule regarding finals will apply to all heats, super final, consolation, and bonus, excluding the 200 IM, the 500 Free, the relays, and the 1650 Free</b></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</b>  <b>Email: <a href="mailto:ramsdelll@msn.com">ramsdelll@msn.com</a></b>  <b>Phone: (804) 379-5559</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required 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 the officials chairman Bill Ross, <a href="mailto:williamross122@comcast.net">williamross122@comcast.net</a></li> <li>An officials' meeting will be held 30 minutes prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	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.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs may 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 Poseidon web site, <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> by 5:00 PM, December 10, 2007, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat Sheets: Trial heat sheets will be sold for \$10 and will include coupons for free finals heat sheets. Finals heat sheets will be sold for \$2.</li> <li>Swim Supplies: provided by Disco Sports</li> <li>Hospitality for Coaches and Officials: light breakfast, lunch and evening snacks.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Absolutely no food or drink is permitted in the indoor pool area at any time. Plastic water bottles and sports drink bottles (no red) only are permitted during meets.</li> <li>No glass containers of any kind are allowed in the indoor or outdoor pool areas.</li> <li>No coolers or lawn chairs are permitted in the indoor or outdoor pool area.</li> <li>Please abide by the parking regulations posted in the Property's parking lots and any parking instructions provided by any employee of ACAC. Vehicles in violation may be ticketed or towed at the owner's expense. Tenant's staff, team members, visitors and participants may only park in parking areas designated by ACAC and Parking Attendants.</li> <li>Smoking is not permitted at any time on the Property.</li> <li>Shoes must be worn at all times when leaving the pool.</li> <li>An adult must supervise all young children. Spectators are to stay only in areas designated by ACAC. The lap pool area, recreational pool and children's playground are off limits.</li> <li>Any individual not complying with these rules may not be permitted to participate in the meet and may be asked to leave.</li> </ul>
<b>DIRECTIONS:</b>	Go to <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> for directions.
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li><b>Days Inn</b>, 1301 Huguenot Road, Midlothian, VA 23113, <b>804-794-4999</b></li> <li><b>Hampton Inn</b>, 800 Research Road., <b>804-897-2800</b>.</li> <li><b>Holiday Inn - Select</b>, Koger South Conference Center, 1021 Koger Center Blvd., <b>804-379-3800</b>.</li> <li><b>Sheraton Park South</b>, 9901 Midlothian Tpk. <b>1-804-323-1144</b>.</li> <li><b>Best Western</b>, 9826 Midlothian Tpk., <b>804-323-0007</b></li> </ul>

# Order of Events

Friday, December 14, 2007  
Warm-up 4:00 PM, Start 5:30 PM

Girls	Events	Boys
1/3	13-14/Senior 50 Free	2/4
5	*13-14 200 IM	6
7	*Senior 200 IM	8
9	*13-14 500 Free	10
11	*Senior 500 Free	12

\*timed finals event

Friday Evening Finals, 50 free  
Immediately following the men's 500 free

1	13-14 50 Free	2
3	Senior 50 Free	4

Saturday, December 15, 2007 Prelims Session

Warm-ups 7:00 AM, Start 8:30 AM

13	13-14 200 Free Relay	14
15	Senior 200 Free Relay	16
17/19	13-14/Senior 200 Free	18/20
21/23	13-14/Senior 100 Fly	22/24
25/27	13-14/Senior 200 Breast	26/28
29/31	13-14/Senior 100 Back	30/32
33/35	*13-14/Senior 400 IM	34/36

\*Poseidon Check-in required for the 400 IM

Saturday Evening Finals  
Warm-ups 5:00 PM, Start 6:00 PM

17	13-14 200 Free	18
19	Senior 200 Free	20
21	13-14 100 Fly	22
23	Senior 100 Fly	24
25	13-14 200 Breast	26
27	Senior 200 Breast	28
29	13-14 100 Back	30
31	Senior 100 Back	32
33	13-14 400 IM	34
35	Senior 400 IM	36
37	13-14 400 Medley Relay	38
39	Senior 400 Medley Relay	40

**Sunday, December 16, 2007 Prelims Session**

**Warm-ups: 7:00 AM, Start 8:30 AM**

41	13-14 200 Medley Relay	42
43	Senior 200 Medley Relay	44
45/47	13-14/senior 200 Fly	46/48
49/51	13-14/Senior 100 Free	50/52
53/55	13-14/Senior 100 Breast	54/56
57/59	13-14/Senior 200 Back	58/60

**\*\*\*\* 30 minute break \*\*\*\***

61/63	<b>*13-14/Senior 1650 Free</b>	62/64
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**\*Positive check-in required for the 1650 free. This is a timed final event.**

**The event is limited to the fastest 32 women and the fastest 32 men, with a minimum of 8 from the 13-14 age group, and will be swum fastest to slowest, alternating women and men.**

**Sunday Evening Finals**

**Warm-ups not before 4:00 PM, start not before 5:00 PM**

45	13-14 200 Fly	46
47	Senior 200 Fly	48
49	13-14 100 Free	50
51	Senior 100 Free	52
53	13-14 100 Breast	54
55	Senior 100 Breast	56
57	13-14 200 Back	58
59	Senior 200 Back	60
65	13-14 400 Free Relay	66
67	Senior 400 Free Relay	68

**Coaches may elect to swim the 400 Free relay at the conclusion of Sunday Prelims.**