



AMENDED #3
WINTER SPLASH
Central District BB+ Meet
January 5-6, 2008
SANCTION NO. VS-08-27



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-27
LOCATION:	ACAC, 11621 Robious Road, Midlothian, VA 23113, (804) 379-5480 (Poseidon Office)
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:	Name: Maria and Joe Maltby Email: mariamaltby@comcast.net Phone: (804) 379-5480
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, SGY, SQST, and VACS.• Swimmers with two "BB" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered.• Swimmers must be entered in individual events to swim in a relay.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• Age on January 5, 2008 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.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups 7:00 – 8:00 AM, competition starts at 8:10 AM.• Afternoon sessions: Warm-ups will begin no earlier than 12:00 and will run for 1 hour beginning immediately following event 26 and 78. Competition starts 10 minutes after the completion of warm-ups.• There will be a 10 minute warm-up/break before Session 2 and Session 4 on Saturday.• 3 lanes will be available for continuous warm-up/warm-down during the meet.• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon Swimming website (www.poseidonswimming.com) no later than 5:00 PM, Wednesday January 2, 2008, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, DECEMBER 28, 2007.</p> <ul style="list-style-type: none">• Entries must be submitted in SCY 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Coaches Time (CT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.• "No Times" will NOT be accepted.• Swimmers may enter 3 individual events from each session 1,3,5,6 and 1 individual event from session 2 and 4. Swimmers may enter 2 relays on Sunday.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.

	<ul style="list-style-type: none"> • Entries will be processed in the order received. • 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: Marla Shreve, psdnswim@comcast.net • Mail entries to: Marla Shreve 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: \$3.25 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 January 3, 2007 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 & Older individual events will be given separate awards for 13-14 and 15 & Over age groups. • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events will be timed finals except for the following events which require a positive check-in: <ul style="list-style-type: none"> ○ Events 23, 24: 12&Y 500 free. Positive check in closes at 9:00 AM Saturday. ○ Events 25, 26: 11-12 400 IM. Positive check-in closes at 9:00 AM Saturday. ○ Events 45, 46: 13&O 1650 free. Positive check-in closes at 2:00 PM Saturday. ○ Events 103,104: 13&O 500 free. Positive check-in closes at 2:00 PM Sunday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events #45 & 46, 13&O 1650 free, 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. 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 current 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: ramsdell@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, email: ast3@comcast.net no later than January 3, 2008. • Officials meeting will be held on deck 60 minutes prior to the start of the meet.
SAFETY:	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.
TIMERS:	Clubs may be required to provide timers. The head timer will make lane assignments prior to the meet start.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for \$6.00. • Hospitality will be available for coaches and certified officials.
FACILITY RULES:	<ul style="list-style-type: none"> • 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. • No glass containers of any kind are allowed in the indoor or outdoor pool areas. • No coolers or lawn chairs are permitted in the indoor or outdoor pool area. • Please abide by the parking regulations posted in the Property's parking lots and any parking instructions provided by any employee of ACAC <ul style="list-style-type: none"> ○ 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. • Smoking is not permitted at any time on the Property. • Shoes must be worn at all times when leaving the pool. • 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. • Any individual not complying with these rules may not be permitted to participate in the meet and may be asked to leave.
PARKING	Parking is available at the medical buildings adjacent to ACAC. Please do not park in the main ACAC lot.
DIRECTIONS:	Go to www.poseidonswimming.com for mapquest directions.

ORDER OF EVENTS January 5-6, 2008

Session 1, Saturday AM			Session 5, Sunday AM		
Women	Event	Men	Women	Events	Men
1	10&Y 200 free	2	51	11-12 200 free relay	52
3	11-12 200 free	4	53	10&Y 200 free relay	54
5	10&Y 50 free	6	55	11-12 200 breast	56
7	11-12 50 free	8	57	10&Y 100 free	58
9	10&Y 100 Breast	10	59	11-12 100 free	60
11	11-12 100 Breast	12	61	10&Y 50 breast	62
13	10&Y 100 fly	14	63	11-12 50 breast	64
15	11-12 100 fly	16	65	10&Y 100 back	66
17	10&Y 50 back	18	67	11-12 100 back	68
19	11-12 50 back	20	69	10&Y 50 fly	70
21	10&Y 100 IM	22	71	11-12 50 fly	72
23	11-12 100 IM	24	73	11-12 200 fly	74
25	11-12 200 back	26	75	10&Y 200 IM	76
	10 minute break/warm-up		77	11-12 200 IM	78
	Session 2, Saturday AM		79	10&Y 200 medley relay	80
27	12&Y 500 free	28	81	11-12 200 medley relay	82
29	11-12 400 IM	30			
Session 3, Saturday PM			Session 6, Sunday PM		
Women	Event	Men	Women	Events	Men
31	13-14 100 free	32	83	13&O 200 free relay	84
33	15&O 100 free	34	85	13-14 200 free	86
35	13-14 100 back	36	87	15&O 200 free	88
37	15&O 100 back	38	89	13-14 100 breast	90
39	13-14 50 free	40	91	15&O 100 breast	92
41	15&O 50 free	42	93	13-14 200 back	94
43	13-14 200 breast	44	95	15&O 200 back	96
45	15&O 200 breast	46	97	13-14 100 fly	98
47	13&O 400 IM	48	99	15&O 100 fly	100
	10 minute break/warm-up		101	13-14 200 IM	102
	Session 4, Saturday PM		103	15&O 200 IM	104
49	13&O 1650 free	50	105	13&O 200 medley relay	106
			107	13&O 500 free	108