



**H2OKIE AQUATICS MAY INVITATIONAL**  
**May 20-22, 2011**  
**SANCTION NO. VS-11-64**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-11-64</b></li><li>• USA Swimming/Virginia Swimming, Inc. is not liable for any actions by or consequences of such actions of athletes, coaches, officials, volunteers, and other venue participants. Furthermore, USA-S/VS is not liable for any injury incurred on the above named swim venue participants.</li></ul>
<b>LOCATION:</b>	Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA 24073, <b>Phone:</b> (540) 381-7665
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 8 Lane 50 Meter indoor pool, 17 feet deep at the start end and 7 feet deep at the turn end of the pool. Colorado timing system with one matrix scoreboard. Spectator seating for 1,000</li><li>• Separate 4 lane 20 yard warm-up, cool-down pool.</li><li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)</li></ul>
<b>MEET DIRECTOR:</b>	Scott Baldwin Phone: (540) 998-2327 Email: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes registered by the first day of the meet.</li><li>• No on deck USA Swimming athlete registration will be permitted</li><li>• Senior events 200 and longer require a minimum of a 13/14 "B" Time</li><li>• 2009-2012 NAG time standards are in effect.</li><li>• Age on May 20, 2011 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>• Chase Starts will be utilized at the discretion of the Meet Director/Meet Referee.</li><li>• Senior swimmers and swimmers 9-12 years old swim a single Friday evening session (1)</li><li>• Senior swimmers swim in the morning sessions on Saturday and Sunday (2 &amp; 5)</li><li>• Senior swimmers swim in a late mid-day distance session Saturday and Sunday (3 &amp; 6)</li><li>• 12 &amp; younger swimmers swim in the afternoon sessions (4 &amp; 7) on Saturday and Sunday</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday Evening session: Warm-ups at 3:30 pm; competition starts at 4:30 pm. General warm-up for 40 minutes, specific warm-ups for 15 minutes.</li><li>• Saturday and Sunday morning sessions: Warm-ups at 7:00 am; competition starts at 8:15 am.</li><li>• Saturday and Sunday mid-day sessions: No warm-ups; competition starts approximately 5 minutes following the end of the morning session</li><li>• Saturday and Sunday afternoon sessions: Warm-ups not before 12:00 pm; Competition not before 1:00 pm.</li><li>• Lane assignments and warm-up times for individual clubs will be posted on our team website: <a href="http://www.h2okieaquatics.org">http://www.h2okieaquatics.org</a> no later than Tuesday, May 17, 2011, 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><li>• <b>Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Tuesday, May 17, 2011</b></li></ul>

<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, MAY 12, 2011</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in Long Course Meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. Converted times are acceptable.</li> <li>• Teams submit entries via email.</li> <li>• 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.</li> <li>• Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "BB" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. Converted times are acceptable.</li> <li>• "No Time" (NT) entries will not be accepted.</li> <li>• <b>Swimmers may enter 2 individual events on Friday and a maximum of 4 individual events per session</b> not to exceed 5 total events for the day on Saturday and Sunday. If a swimmer exceeds the maximum entries, the last event entered, by numerical order, will be dropped.</li> <li>• <b>Senior 800 freestyle: Only the top 24 swimmers of each gender are guaranteed entry. Proof of time must be provided.</b></li> <li>• <b>9-12 400 Freestyle: Only the top 32 swimmers of each gender are guaranteed entry. Proof of time must be provided.</b></li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session and may require reseeding.</li> <li>• Email Meet Entries to: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a></li> <li>• Mail entries to: H<sub>2</sub>Okie Aquatics c/o Scott Baldwin 145 Wenn Drive Christiansburg, VA 24073</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><b>Individual events: \$4.00</b> <b>Swimmer surcharge: \$2.50 per person</b> (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>H<sub>2</sub>Okie Aquatics</b>.</li> <li>• Payment must be received by Wednesday, May 18, 2011 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. <b>All fees must be paid in full in order for the entries to be considered compete.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be awarded ribbons for first through eighth place.</li> <li>• Senior events will be given separate awards for 13-14 age group only, no awards will be given to the 15 &amp; Older swimmers.</li> <li>• 9-12 events will be given separate awards for 9-10 and 11-12 age groups.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded with the exception events #3-4 (Senior 800 Free), 5-6 (9-12 400 Free), 17-18 (Senior 400 Free), and 43-44 (Senior 400 IM) which will be deck seeded.</li> <li>• The following events require positive check-in at the Clerk of Course at the times and days as indicated below: <ul style="list-style-type: none"> <li>○ Friday evening: Events #3-4 (Senior 800 Free) and 5-6 (9-12 400 Free) by 4:30 pm</li> <li>○ Saturday AM: Events #17-18 (Senior 400 Free) by 9:00 am</li> <li>○ Sunday AM: Events: #43-44 (Senior 400 IM) by 9:00 am</li> </ul> </li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events #3-4 (Senior 800 Free) and Events #5-6 (9-12 400 Free) will be swum fastest to slowest alternating girls and then boys.</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 marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> </ul>

	<ul style="list-style-type: none"> <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 USA 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 current USA Swimming Rules and Regulations will apply.</li> <li>• Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> <li>• In accordance with VSI Policy, only those coaches who have 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>Meet Referee: Steve Woolfolk  Email: <a href="mailto:woolfolks@aol.com">woolfolks@aol.com</a>  Phone: 540-890-6160</p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Officials wishing to participate should signup through: <a href="http://signupgenius.com/go/hoki2">http://signupgenius.com/go/hoki2</a> no later than Saturday, May 14, 2011.</li> <li>• Briefings will be held 45 minutes prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• Timer lane assignments will be posted on <a href="http://www.h2okieaquatics.org">www.h2okieaquatics.org</a> no later than May 17, 2011, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers are expected to provide their own timers for the 9-12 400 Free (events #5-6) and their own timers and lap counters for the Senior 800 Free (events #3-4)</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality will be available for Coaches and officials.</li> <li>• Concessions will be available</li> <li>• Swim and Tri will be on site for all of your swimwear needs.</li> </ul>
<b>FACILITY RULES:</b>	<p><b>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANBURG AQUATIC CENTER RULES:</b></p> <ul style="list-style-type: none"> <li>• Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups.</li> <li>• Young children must be supervised by an adult.</li> <li>• Observers are to stay in designated areas.</li> <li>• Painter's tape (blue) is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations.</li> <li>• Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.</li> <li>• Smoking or use of tobacco products is NOT permitted within the Town of Christiansburg Aquatic Center.</li> <li>• The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.</li> <li>• No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.</li> <li>• No glass containers of any kind are to be brought into the pool complex.</li> <li>• Parking violators will be subject to fines and/or towing as posted.</li> <li>• Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends.</li> <li>• The Aquatic Center strongly encourages showering prior to entering the pool.</li> <li>• All emergency exits and walkways must remain clear.</li> </ul>
<b>DIRECTIONS:</b>	Mapquest using this address: 595 North Franklin Street, Christiansburg, VA 24073
<b>HOTELS:</b>	Hotel information can be found on Hosted Meet Page at <a href="http://www.h2okieaquatics.org">www.h2okieaquatics.org</a>

# H<sub>2</sub>OKIE AQUATICS MAY INVITATIONAL ORDER OF EVENTS

**Friday, May 20, 2011**

<b>Evening Session #1</b>		
<b>Warm-up: 3:30 pm; Start: 4:30 pm</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
1	9-12 200 Individual Medley	2
3	<b>Senior 800 Freestyle*</b>	4
5	9-12 400 Freestyle	6

**Saturday, May 21, 2011**

<b>Morning Session #2</b>		
<b>Warm-up: 7:00 am; Start: 8:15 am</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
7	Senior 100 Freestyle	8
9	<b>Senior 200 Backstroke*</b>	10
11	Senior 100 Breaststroke	12
13	<b>Senior 200 Butterfly*</b>	14
15	<b>Senior 200 Individual Medley*</b>	16

**Sunday, May 22, 2011**

<b>Morning Session #5</b>		
<b>Warm-up: 7:00 am; Start: 8:15 am</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
33	<b>Senior 200 Freestyle*</b>	34
35	Senior 100 Backstroke	36
37	<b>Senior 200 Breaststroke*</b>	38
39	Senior 100 Butterfly	40
41	Senior 50 Freestyle	42

**Mid-day Session #3**

**Start: 5 minutes following morning session**

<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
17	<b>Senior 400 Freestyle*</b>	18

**Mid-day Session #6**

**Start: 5 minutes following morning session**

<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
43	<b>Senior 400 Individual Medley*</b>	44

**Afternoon Session #4**

**Warm-up: 12:00 pm; Start: 1:00 pm**

(Times are approximate & no earlier than)

<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
19	9-12 200 Freestyle	20
21	8 & Under 50 Freestyle	22
23	9-12 50 Butterfly	24
25	8 & Under 50 Butterfly	26
27	9-12 50 Breaststroke	28
29	8 & Under 50 Breaststroke	30
31	9-12 100 Backstroke	32

**Afternoon Session #4**

**Warm-up: 12:00 pm; Start: 1:00 pm**

(Times are approximate & no earlier than)

<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
45	9-12 100 Freestyle	46
47	8 & Under 100 Freestyle	48
49	9-12 100 Breaststroke	50
51	9-12 50 Backstroke	52
53	8 & Under 50 Backstroke	54
55	9-12 100 Butterfly	56
57	9-12 50 Freestyle	58

**NOTE: \*requires Qualifying Time (13-14 "B" Time for all Senior events 200 meters and longer)**