



**H20KIE THANKSGIVING INVITATIONAL**  
**Senior and Age Group (12&U) A/BB/B/C Meet**  
**November 12-14, 2010**  
**SANCTION NO. VS-11-14**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-11-14</b>
<b>LOCATION:</b>	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet at the starting end.</li><li>• Colorado Timing System with color scoreboard and separate video board will be used.</li><li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTOR:</b>	Name: Scott Baldwin Email: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a> Phone: (540) 998-2327
<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>• Age on November 12, 2010 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>• This meet will be run in two separate courses, a 12 &amp; Under and Senior courses.</li><li>• All 12 &amp; Under Session swimmers swim timed finals on Friday evening, and Saturday and Sunday morning sessions.</li><li>• All Senior Session swimmers swim timed finals on Friday evening, Saturday morning, Saturday evening, and Sunday morning sessions.</li><li>• There will be a 5 minute break following event #2 in the 12&amp;U competition pool. Event #5 will start immediately following the break in the same course of competition in the Friday evening session</li><li>• There will be a 20 minute break following event #42 prior to the start of the senior 1650 Free session.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Friday evening session: Warm-ups start at 4:00 pm; competition start at 5:05 pm. General warm-up will be for 35 minutes with 25 minutes of specific warm-ups immediately following.</li><li>• Saturday and Sunday morning sessions (senior and 12&amp;U): Warm-ups start at 7:00 am; competition starts at 8:30 am.</li><li>• Saturday evening senior session: Warm-ups start at 4:30 pm; competition starts at 5:35 pm. General warm-up will be for 35 minutes with 25 minutes of specific warm-ups immediately following.</li><li>• Distance (1650 Free) session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the Sunday afternoon session, with the distance session competition starting 5 minutes thereafter.</li><li>• Warm-up times will be posted on <a href="http://www.h2okieaquatics.org">www.h2okieaquatics.org</a> no later than November 10, 2010, and emailed to the contact person of the participating clubs.</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 Wednesday, November 10, 2010</b></li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 2, 2010</b> <ul style="list-style-type: none"><li>• Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software.</li><li>• Teams must submit entries as an e-mail attachment</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</li></ul>

	<p>accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> <li>• “No Time” (NT) entries will be accepted. All entry times other than NT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Proof of time must be submitted with entry for all distance events</li> <li>• 12 &amp; Under session swimmers may enter a maximum of <b>5 events</b> per day.</li> <li>• Senior session swimmers on Saturday may enter a maximum of <b>3 events</b> per session and no more than, 5 events total for the day.</li> <li>• Senior session swimmers on Sunday may enter a maximum of <b>4 events</b>.</li> <li>• 12 &amp; Under swimmers entered in a senior session are bound to the senior session entry limits for that day.</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. This may include combining heats and events, which actions may require reseeding.</li> <li>• Email entries to: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a></li> <li>• Mail entry fees to: Scott Baldwin 145 Wenn Drive Christiansburg, VA 24073 Phone: (540) 998-2327</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> <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>FEES:</b>	<p><b>Individual Events: \$3.50</b> <b>Swimmer Surcharge: \$2.50 per person (entered in the meet in any capacity)</b></p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: H20kie Aquatics</li> <li>• Payment must be received by Wednesday, November 10, 2010 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. <ul style="list-style-type: none"> <li>○ 12 &amp; Under events will be awarded by 8&amp;U, 9, 10, 11, and 12 year old single age groups.</li> <li>○ Senior events will be awarded by 13-14 and senior age groups.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events 200 yds or less will be pre-seeded. All events 400 yds or longer will be deck seeded with a positive check-in as described below.</li> <li>• Swimmers should report directly to the blocks for their events.</li> <li>• Positive check-in will close 10 min prior to the end of warm-ups.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT</b></li> <li>• <b>SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT.</b></li> <li>• Senior 1000 free will be swum fastest to slowest in alternating heats of girls and boys</li> <li>• Senior 1650 Session will be swum fastest to slowest in alternating heats of girls and boys. This session may run in two courses to be determined after receipt of entries. Teams will be notified not later than Wednesday, November 10, 2010</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> <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> </ul>

	<ul style="list-style-type: none"> <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>The overhead start procedure will be used at the discretion of the Referee.</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><b>Meet Referee:</b> Mary Ferrari  Email: <a href="mailto:mferrari@radford.edu">mferrari@radford.edu</a>  Phone: (540) 731-4364</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 Kim Walsh, Email: <a href="mailto:Walshes4@verizon.net">Walshes4@verizon.net</a>, no later than November 10, 2010.</li> <li>A meeting of all strokes and turns officials 30 minutes prior to the start of the Friday evening session and 45 minutes prior to all Saturday and Sunday sessions</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety 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>The number of timers required per club and their lane assignments will be posted on <a href="http://www.h20kieaquatics.org">www.h20kieaquatics.org</a> no later than November 10, 2010 and emailed to the contact person of each of the individual clubs.</li> <li>Distance events, event #3- #6, participants will be expected to provide their own timers and lap counters.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Spectator seating of approx 1200 is available above the swimming venue.</li> <li>Only swimmers, officials, and timers are allowed on deck.</li> <li><i>Swim and Tri</i> swimwear will be in attendance for swimming related items.</li> <li>Hospitality will be provided to certified USA swimming coaches and registered USA swimming officials only.</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>FOOD is not permitted in the pool area. 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>No tape of any kind 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 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> <li>Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet.</li> </ul>
<b>DIRECTIONS:</b>	MapQuest using this address: 595 North Franklin Street, Christiansburg, VA 24073

## ORDER OF EVENTS

### H20KIE THANKSGIVING INVITATIONAL

<b>Friday, November 12, 2010 Evening Session</b>		
<u>Female</u>	<u>Event</u>	<u>Male</u>
1*	12&U 200 IM	2*
3	Senior 1000 Freestyle	4
5*	12& Under 500 Freestyle	6*

\*All 12&under events in same course

<b>Saturday, November 13, 2010 Senior Pool-Morning Session</b>		
<u>Female</u>	<u>Event</u>	<u>Male</u>
7	200 yd Butterfly	8
9	100 yd Freestyle	10
11	100 yd Backstroke	12
13	500 yd Freestyle	14

<b>Saturday, November 13, 2010 12 &amp; Under Pool-Morning Session</b>		
<u>Female</u>	<u>Event</u>	<u>Male</u>
15	12 & U 100 yd Freestyle	16
17	12 & U 50 yd Butterfly	18
19	12 & U 200 yd Butterfly	20
21	12 & U 100 yd Backstroke	22
23	12& U 100 yd Breaststroke	24
25	12 & U 50 yd Freestyle	26

<b>Saturday, November 13, 2010 Senior Pool-Evening Session</b>		
<u>Female</u>	<u>Event</u>	<u>Male</u>
27	200 yd Freestyle	28
29	200 yd Breaststroke	30
31	100 yd Butterfly	32
33	400 yd IM	34

<b>Sunday, November 14, 2010 12 &amp; Under Pool-Morning Session</b>		
<u>Female</u>	<u>Event</u>	<u>Male</u>
43	12& U 100 yd IM	44
45	12&U 50 yd Backstroke	46
47	12&U 200 yd Backstroke	48
49	12&U 100 yd Butterfly	50
51	12&U 50 yd Breaststroke	52
53	12&U 200 yd Breaststroke	54
55	12&U 200 yd Freestyle	56

<b>Sunday, November 14, 2010 Senior Pool-Morning Session</b>		
<u>Female</u>	<u>Event</u>	<u>Male</u>
35	50 yd Freestyle	36
37	200 yd Backstroke	38
39	100 yd Breaststroke	40
41	200 yd IM	42

<b>Sunday, November 14, 2010 Senior 1650 Free Session</b>		
<u>Female</u>	<u>Event</u>	<u>Male</u>
57	1650 yd Freestyle	58