



AUTUMN SPLASH
Odd Age Group A/BB/B/C Meet
November 20-21, 2010
SANCTION NO. VS-11-19



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-19
LOCATION:	ACAC, 11621 Robious Road, Midlothian, VA 23113, (804) 379-5480 (Poseidon Office)
FACILITY:	<ul style="list-style-type: none">The 8 lane 25 yard pool has a depth of 10 feet at the start end sloping to 5 feet. Additional warm-up lanes have a depth of 4 feet. Each lane is 8 feet wide with Kiefer-McNeil non-turbulent lane markers. A Colorado timing system will be used.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
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 Virginia Swimming athletes and athletes from out-of-LSC teams by invitation registered by the first day of the meet.Swimmers must be entered in individual events to swim in a relay.No on deck Virginia Swimming athlete registration will be permitted.Age on November 20, 2010 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">11 & younger swimmer will compete in the mornings.12 & older swimmers will compete in the afternoons.Age groups for this meet will be 9&U, 10-11, 12-13, and 14&O.
WARM-UP:	<ul style="list-style-type: none">Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:40 AMAfternoon sessions: Warm-ups at 1:00 PM; competition starts at 2:10 PM.Distance sessions: The pool will be opened for 5 minutes of open warm-ups immediately following the finish of the morning and afternoon sessions each day, with the distance session competition starting 5 minutes thereafter.Lane assignment and warm-up times for individual clubs will be posted on the Poseidon Swimming website (www.poseidonswimming.com) no later than November 16, 2010 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.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 17, 2010
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, NOVEMBER 11, 2010</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 submit entries as an e-mail attachment.A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.Coach's Time (CT) and "No Time" (NT) entries 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.

	<ul style="list-style-type: none"> • 11 and younger swimmers may enter 4 events per day, 12 and older swimmers may enter 3 events per day. All swimmers may enter 1 relay per session. • 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 and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or 400 swimmers whichever is sooner. • 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, psdswim@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. • 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.
FEES:	<p>Individual events: \$4.25 Relay events: \$12.00 Swimmer surcharge: \$2.50 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 November 19, 2010 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. <ul style="list-style-type: none"> ○ 11 & U individual events will be given separate awards for 7&U, 8-9 and 10-11 age groups. ○ 12 & O individual events will be given separate awards for 12-13 and 14&O age groups. • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events except the 500 Free (Events 27-28, and 113-114), 1000 Free (Events 55-56 and 85-86), and the 400 IM (Events 87-88) will be pre-seeded. Swimmers should report directly to the blocks for their events. • Events 27-28 (11&Y 500 Free), 55-56 (12&O 1000 Free), 85-86 (11 yr old 1000 Free), 87-88 (12 & O 400 IM), and 113-114 (12&O 500 Free) require a positive check-in to swim. Check-in must be complete 30 minutes after the main AM and PM sessions' start times. • The 1000 free events will be swum fastest to slowest, alternating girls and boys. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for 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. • 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. • The overhead start procedure may be used at the discretion of the Referee. • 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.
OFFICIALS:	<p>Meet Referee: Bob Rustin Email: bob.a.rustin@usa.dupont.com Phone: (804) 276-9220</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 Bill Ross, williamross122@comcast.net no later than November 4, 2009. • Officials meeting will be held on deck 40 minutes prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
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. • A concession will be available to swimmers and spectators.
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 • 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 building across the driveway from ACAC. Attendants will be on duty to help guide.
DIRECTIONS:	Go to www.poseidonswimming.com for MapQuest directions.
HOTELS:	<p>These hotels are close (within 5-10 minutes) to the ACAC facility.</p> <ul style="list-style-type: none"> • Comfort Inn, Corporate Gateway, 8710 Midlothian Turnpike, (804) 320-8900, newly renovated. Group rates 79.00, 2 Kings per room, breakfast. Call Tiffany Izzo, 804-320-8900 to set up a block. • Days Inn, Chesterfield Towne Center, 1301 Huguenot Road, Midlothian, VA 23113, (804) 794-4999, Amenities: free continental breakfast; group rates; adjacent to Chesterfield Towne Center. • Hampton Inn, (new) Research Road, off Midlothian Turnpike (804) 897-6099. Amenities: free continental breakfast, indoor pool, offers doubles, suites, King Studios. • Holiday Inn - Select, Koger South Conference Center off Midlothian Tpk., (804) 379-3800. Amenities; each room has a hair-dryer, coffee maker, refrigerator, microwave, iron, ironing board, voice mail. Court Cafe Restaurant serving breakfast, lunch, and dinner. • Sheraton Park South, 9901 Midlothian Tpk. (800) 525-9538. Amenities: each room has hair dryer, coffee maker, iron, ironing board, voice mail. Cafe Palm Court serving breakfast, lunch, and dinner. *Indoor Pool*. Less than 5 minutes from Riverside Wellness and Fitness Center.

Odd Age Group Meet Order of Events

1-Saturday AM, November 20

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

Girls	Event	Boys
1	7 & U 25 free	2
3	9 & U 100 free	4
5	10-11 100 free	6
7	9 & U Boys 50 breast	8
9	10-11 50 breast	10
11	7& U 25 back	12
13	9 & U 100 back	14
15	10-11 100 back	16
17	9 & U 50 fly	18
19	10-11 50 fly	20
21	9 & U 100 IM	22
23	10-11 100 IM	24
25	11 & U 100 free relay	26

10 minute break after event 26

2-Saturday AM, November 20, Distance

27	11 & U 500 free	28
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3-Saturday PM, November 20

Warm-ups 1:00 PM, Meet Start 2:10 PM

Girls	Event	Boys
29	14 & O 200 IM	30
31	12-13 200 IM	32
33	14 & O 100 breast	34
35	12-13 100 breast	36
37	14 & O 200 back	38
39	12-13 200 back	40
41	12-13 50 back	42
43	14 & O 100 free	44
45	12-13 100 free	46
47	14 & O 200 fly	48
49	12-13 200 fly	50
51	12-13 50 fly	52
53	12 & O 200 free relay	54

10 minute break after event 54

4-Saturday PM, November 20 Distance

55	12 & O 1000 free	56
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5-Sunday AM, November 21

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

Girls	Event	Boys
57	10-11 200 free	58
59	9 & U 200 free	60
61	10-11 50 back	62
63	9 & U 50 back	64
65	10-11 100 fly	66
67	9 & U 100 fly	68
69	7 & U 25 fly	70
71	10-11 50 free	72
73	9 & U 50 free	74
75	10-11 100 breast	76
77	9 & U 100 breast	78
79	7 & U 25 breast	80
81	11 & U 200 IM	82
83	11 & U 100 medley relay	84

10 minute break after event 84

6-Sunday AM, November 21, Distance

85	11 year olds 1000 free	86
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7-Sunday PM, November 21

Warm-ups 1:00, Meet Start 2:10 PM

Girls	Events	Boys
87	12 & O 400 IM	88
89	14 & O 50 free	90
91	12-13 50 free	92
93	14 & O 100 back	94
95	12-13 100 back	96
97	14 & O 100 fly	98
99	12-13 100 fly	100
101	14 & O 200 breast	102
103	12-13 200 breast	104
105	12-13 50 breast	106
107	14 & O 200 free	108
109	12-13 200 free	110
111	12 & O 200 medley relay	112

10 minute break after event 112

8-Sunday PM, November 21, Distance

113	12 & O 500 free	114
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