



**HOKI Trials Tune up (P/F)
&
Age Group Invitational (TF)
June 1-3, 2012
SANCTION NO. VS-12-75**



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-75USA Swimming, Inc., Virginia Swimming, Inc., and Christiansburg Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA 24073, Phone: (540) 381-7665
FACILITY:	<ul style="list-style-type: none">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 1,000Separate 4 lane 20 yard warm-up, cool-down pool during Senior SessionSeparate 2 lane 20 yard warm-up, cool-down pool during 12 & Under sessionThe competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)
MEET DIRECTOR:	Scott Baldwin Phone: (540) 998-2327 Email: edbaldwi@vt.edu
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered by the first day of the meet.No on deck USA Swimming athlete registration will be permittedSenior events 200 and longer require a minimum of a 13/14 "B" Time2009-2012 NAG time standards are in effect.Age on June 1, 2012 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">Chase Starts will be utilized at the discretion of the Meet Director/Meet Referee.Senior Sessions will be Prelim/ Final (P/F) except Friday Distance SessionTop 8-14 & Under swimmers will swim in Finals and Top 16 15 & Over swimmers will swim in Finals session12 & Under sessions will be Timed Final (TF).
WARM-UP:	<ul style="list-style-type: none">Friday Evening session: Warm-ups at 2:30 pm; competition starts at 4:00 pm. General warm-up for 60 minutes, specific warm-ups for 20 minutes.Saturday and Sunday morning sessions: Warm-ups at 6:30 am; competition starts at 8:00 am. General warm-up for 60 minutes, specific warm-ups for 20 minutes.Finals Session Saturday/Sunday: Warm-ups not before 5:00 pm; Competition starts at 6:00 pm.Saturday and Sunday afternoon sessions: Warm-ups not before 11:30 am; Competition not before 12:30 pm. 12 & Under warm-ups will have lane assignments.If the timeline for events #1 & 2 combined are longer than 60 minutes, a 15 minute warm-up period will be added before event #3.Lane assignments and warm-up times for individual clubs will be posted on our team website: http://www.h2okieaquatics.org no later than Tuesday, May 29th, 2012, 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.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, MAY 22, 2012</p> <ul style="list-style-type: none"> • Entries must be submitted in Long Course Meter times using Hy-Tek Team Manager and Commlink-2 software. • Teams submit entries via email. • 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. • 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. • "No Time" (NT) entries will not be accepted. • Senior Session swimmers may enter a maximum of 3 events per day • 12 & Under swimmers may enter a maximum of 4 events per day. • 12 & Under swimmers entered in a Senior Session event will be bound to the 3 events per day entry limit. • If a swimmer exceeds the maximum entries, the last event entered, by numerical order, will be dropped. • Senior Women's 800m freestyle and Men's 1500m Freestyle: Only the top 24 swimmers of each gender are guaranteed entry. Proof of time must be provided. • 12 & Under 400 Freestyle: Only the top 32 swimmers of each gender are guaranteed entry. Proof of time must be provided. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session and may require reseeding. • Email Meet Entries to: edbaldwi@vt.edu
FEES:	<p>Individual events: \$5.00 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: H₂Okie Aquatics. • Mail payment to: H₂Okie Aquatics c/o Scott Baldwin 145 Wenn Drive Christiansburg, VA 24073 • Payment must be received by Wednesday, May 30, 2012 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. All fees must be paid in full in order for the entries to be considered compete. • IMPORTANT: If payment is 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded ribbons for first through eighth place. • Senior events will be given separate awards for 14 & Under age group, and 15 & Over. • 12 & Under events will be given separate awards for 8 & Under, 9-10 and 11-12 age groups.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded with the exception of event #1-2 (Senior 800 Free), 5-6 (12&U 400 Free), 17-18 (Senior 400 IM), and 43-44 (Senior 400 Free) which will be deck seeded. • Event #1-2 (Senior 800 Free) and 5-6 (12&U 400 Free) will be swum fastest to slowest alternating girls and boys. • The fastest 4 heats of event numbers 17-18 (Senior 400 IM), and 43-44 (Senior 400 Free) will swim slowest to fast. The remaining heats will be swum fastest to slowest alternating girls and boys. • 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"> ○ Friday evening session: Event #1-2 (Senior 800 Free) and 5-6 (12&U 400 Free) by 3:30 pm ○ Saturday morning session: Event #17-18 (Senior 400 IM) by 8:00 am ○ Sunday morning session: Event #43-44 (Senior 400 Free) by 8:00 am • 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 USA 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. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers 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 will be used for the all sessions. • The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to all heats (final and consolation) excluding women's 800 Free and the men's 1500 Free which are timed final events. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • 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 <ul style="list-style-type: none"> ○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Steve Woolfolk Email: woolfolks@aol.com Phone: (540) 890-6160</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Kim Walsh, Email: walshes4@verizon.net or Phone: (540) 230-7092 no later than Sunday, May 26, 2012. • Briefings will be held one hour prior to the start of each session.
SAFETY:	VSI Safety and Warm-up procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • Timer lane assignments will be posted on www.h2okieaquatics.org no later than May 30, 2012, and will also be emailed to the contact person of each of the individual clubs. • Swimmers are expected to provide their own timers for the 12&U 400 Free (events #5-6)
GENERAL:	<ul style="list-style-type: none"> • Hospitality will be available for Coaches and officials. • Concessions will be available • Swim and Tri will be on site for all of your swimwear needs.
FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> • Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • 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. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless

	<p>approved by Aquatic Staff Management.</p> <ul style="list-style-type: none"> • Smoking or use of tobacco products is NOT permitted within the Town of Christiansburg Aquatic Center. • 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. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • Overflow parking may be pre-arranged at Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear.
DIRECTIONS:	MapQuest using this address: 595 North Franklin Street, Christiansburg, VA 24073
HOTELS:	Hotel information can be found on Hosted Meet Page at www.h2okieaquatics.org

H₂OKIE AQUATICS
Trials Tune-up
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ORDER OF EVENTS

Friday, June 1, 2012		
Evening Session		
Warm-up: 2:30 pm; Start: 4:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	Senior W 800 and M 1500 Freestyle	2
3	12&Under 200 IM	4
5	12&Under 400 Freestyle	6

Saturday, June 2, 2012		
Senior Preliminary Session		
Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	Senior 200 Free	8
9	Senior 100 Butterfly	10
11	Senior 200 Backstroke	12
13	Senior 100 Breaststroke	14
15	Senior 50 Free	16
17	Senior 400 Ind. Medley	18

Sunday, June 3, 2012		
Senior Preliminary Session		
Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	Senior 200 Individual Medley	32
33	Senior 100 Freestyle	34
35	Senior 200 Butterfly	36
37	Senior 100 Backstroke	38
39	Senior 200 Breaststroke	40
41	Senior 400 Freestyle	42

12& Under Session		
Warm-up: 11:30 pm; Start: 12:30 pm		
(Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	12&U 200 Freestyle	20
21	12&U 50 Butterfly	22
23	11-12 200 Butterfly	24
25	12 &U 50 Freestyle	26
27	12&U 100 Breaststroke	28
29	12&U 100 Backstroke	30

12& Under Session		
Warm-up: 11:30 pm; Start: 12:30 pm		
(Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	12&Under 100 Freestyle	44
45	12 & U 50 Breaststroke	46
47	11-12 200 Breaststroke	48
49	12&U 50 Backstroke	50
51	11-12 200 Backstroke	52
53	12&U 100 Butterfly	54