



2012 SOUTHWEST DISTRICT CHAMPIONSHIP
February 17-19, 2012
SANCTION NO. VS-12-55
& Time Trial Sanction No. VS-12-05T



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| SANCTION: | <ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-55 and Time Trial SANCTION NO: VS-12-05T USA Swimming Inc., Virginia Swimming Inc., and North Cross School 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: | Carter Athletic Center at North Cross School, 4254 Colonial Avenue, SW, Roanoke, VA 24018 Telephone: (540) 989-7284 |
| FACILITY: | <ul style="list-style-type: none"> 25 yard course, six (6) lane pool, with depths of six (6) feet on start end to four (4) feet on turn end, non-turbulent lane lines, decking with bleachers for viewing meet, and gym area for swimmers. Colorado Timing System. This is an indoor facility. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4) |
| MEET DIRECTOR: | Name: Ed Bartlett Phone: (540) 588-2138 Email: ed.bartlett@wellsfargoadvisors.com |
| ELIGIBILITY: | <ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes 14 years old and younger (15 & Older for the 1650 Free only) registered by the first day of the meet in the Southwest District. Teams in the Southwest District are: ACST, CAST, CCA, CYAC, FUAC, GATR, GRTD, HA, HOKI, LASO, LIB, LY, RSA, SCAT, SMAC, STRM, SVFY, YMST, & YRVS No on deck Virginia Swimming athlete registration will be permitted The qualifying period for this meet is January 1, 2011 through February 16, 2012. 8 & Younger swimmers may participate regardless of classification in 8 & under events. 8 & Younger swimmers entered in 10 and under events may not have a 10&U "BB" time or faster in the event entered. 9-14 year old swimmers may compete in any event and relay strokes in which they have a "B" or "C" Time. 15 & Older swimmers may compete in the 1650 Free providing their time is no faster than a 15-16 "C" time. 10 and 12 year old swimmers aging up from February 17 to February 24, 2012 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> 10 or 12 year old swimmers who do not qualify for an event in their new age group at Region Championships may enter it in this meet. 10 and 12 year old swimmers aging up between championships will be seeded correctly by time, however, will swim Exhibition only and will not be eligible to receive an award. 2009-2012 NAG time standards are in effect. Age on February 17, 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"> Distance events for all age groups Friday evening. 10 and younger swimmers will swim on Saturday and Sunday morning. Swimmers 11-14 years old will swim on Saturday and Sunday afternoons. Eligible 15 and older swimmers will swim in the Sunday distance session. All events will be timed finals. |

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| WARM-UP: | <ul style="list-style-type: none"> • Friday distance session: General warm-up at 4:30 pm; Competition begins at 5:30 pm. • Morning sessions: Warm-up at 7:00 am; Competition starts at 8:40 am. • Afternoon sessions: Warm-up not before 12:00 pm; Competition starts not before 1:40 pm. • Sunday distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session with the 1650y freestyle competition starting five minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the CCA Marlins website (www.ccamarlins.com) no later than Tuesday, February 14, 2012 and will also be e-mailed to the contact person of the participating clubs. ○ The distance session will begin no earlier than these estimated times. • Warm-up lane assignments and times for individual clubs will be posted on the CCA Marlins website (www.ccamarlins.com) no later than Tuesday, February 14, 2012 and will also be e-mailed to the club contact person. • 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 Tuesday, February 14, 2012. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 7, 2012.</p> <ul style="list-style-type: none"> • Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website (www.virginiawimming.org). • Teams submit entries via e-mail. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawimming.org) 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. • “No Time” (NT) entries will not be accepted. If a swimmer does not have a time of record the swimmer must be entered with a Coach’s Time (CT). • CT may not exceed a “B” time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>3 individual events</i> and <i>1 relay event</i> per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “B” times for the corresponding relay. See the “not faster than” relay times chart on page 4. • 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 could require reseeding. • Email entries to: glake@ccamarlins.com • 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. • Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added. |
| RESULTS: | <ul style="list-style-type: none"> • In accordance with USA Swimming/Virginia Swimming Privacy Policy, Meet Manager backup/meet results files will no longer be posted to the Virginia Swimming website. • TM meet results file and MM meet backup file will be provided to each participating team and unattached swimmer(s) within 24 hours of the close of the meet. |
| FEES: | <p>Individual events: \$4.50 Relay events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after</p> |

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| | <p>the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: Marlin Aquatics • Mail payment to: Marlin Aquatics P.O. Box 21843 Roanoke, VA 24018 • Payment must be received by Tuesday, February 14, 2012 for email entries. Payment must be included with all entries. • Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. |
| AWARDS: | <ul style="list-style-type: none"> • Individual events will be awarded medals for first through fourth place and ribbons will be awarded for fifth through eighth place. <ul style="list-style-type: none"> ○ 8 & Under events will be given separate awards for 8 year olds and 7 & Under age groups. ○ The 12 & Under 500 freestyle will be given separate awards for 11-12 and 10 & Under age groups. ○ 11-14 events will be given separate awards for 11-12, and 13-14 age groups ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups ○ Heat winner ribbons will be awarded for all individual events for 10 & Younger swimmers. • Relay events will be awarded ribbons for first through fourth place. |
| SEEDING: | <ul style="list-style-type: none"> • All events, except events 1, 2, 3, 4, 5, 6, 27, 28, 107, 108 will be pre-seeded. • 8 & Younger swimmers in the morning sessions must report to the Clerk of Course. They will be escorted to the blocks from that point by staff. • Swimmers 9 and older will report to the blocks in time for their events. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • Events 1, 2, 3, 4 (500 Free), 5, 6 (400 IM), 27, 28 (10&U 200 Free), 107, & 108 (1650 Free) will require a positive check-in to swim. • Positive check-in will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Clerk of Course desk. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events 107 and 108 will be swum fastest to slowest and alternate heats of girls and boys. |
| TIME TRIALS: | <ul style="list-style-type: none"> • For those swimmers who have not had an opportunity to swim one of their new events because it was not an event in their current age group, Time Trials will be offered for those events only. • The Time Trial will be swum with the new event provided there is an empty lane in the first heat. <ul style="list-style-type: none"> ○ No new heats will be created. ○ If an empty lane in the first heat is not available, the Time Trial will be conducted immediately after the completion of a session in which the Swimmer normally competes. • Daily and Total individual swim limits for this meet still apply. |
| 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 |

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| | <ul style="list-style-type: none"> ○ 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 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 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. ● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, or lockers 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 who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director. ○ Coaches with expired or non-current credentials are required to leave the restricted deck area |
| OFFICIALS: | <p>Meet Referee: John Stanley Email: jfstanley@cox.net Phone: (540) 354-9856</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook ● Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to John Stanley no later than Tuesday, February 14, 2012. ● Officials will meet in the Hospitality Area 1 hour prior to the start of each session. Friday meeting time will be 4:30 pm; Saturday and Sunday morning at 7:40 am; Saturday and Sunday afternoon at 12:40 pm (approximately). ● General meeting for coaches and key officials will be held in the Hospitality area at 8:20 am on Saturday, February 18, 2012. ● Anyone interested in officiating this meet should contact John Stanley at jfstanley@cox.net. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> ● Swimmers are required to supply their own timers and lap counters for the 1650 Freestyle (Sunday). ● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. ● The number of timers required per club and their lane assignments will be posted on the CCA Marlins website (www.ccamarlins.com) no later than Tuesday, February 14, 2012, and will also be emailed to the contact person of each of the individual clubs. ● These assignments will also be posted throughout the venue. |
| GENERAL: | <ul style="list-style-type: none"> ● Heat Sheets will be sold for \$10.00. ● Refreshments and lunch will be provided for the USA-S officials and coaches. ● Swim gear will be available through The Swim Shop. ● Food and drinks will be available through the concessions stand. |
| FACILITY RULES: | <ul style="list-style-type: none"> ● Each club is responsible for supervising the conduct of its swimmers. ● Swimmers are not permitted in any room of the building not directly associated with the meet. ● Any swimmer violating the rules may be disqualified from the meet and escorted from the building. ● There is no parking allowed in the circular drive area at the entrance to the pool other than in designated parking spots. ● Vehicles illegally parked will be ticketed and/or towed at the owner's expense. |
| DIRECTIONS: | Directions to the pool are posted on the CCA Marlins website (www.ccamarlins.com). |
| HOTELS: | Hotel information for traveling clubs is posted on the CCA Marlins website (www.ccamarlins.com). |

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| INCLEMENT WEATHER: | If inclement weather becomes a factor prior to the meet sessions, please contact the CCA Marlins Hotline @ (540) 966-7642 or the Carter Athletic Center @ (540) 989-7284 or check the CCA Marlins website (www.ccamarlins.com) for up to date information. |
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RELAY "NOT FASTER THAN TIMES" CHART

| Age Group | Gender | Free | Medley |
|------------------|---------------|-------------|---------------|
| 8&U | Girls | No Standard | No Standard |
| | Boys | No Standard | No Standard |
| 9-10 | Girls | 2:23.96 | 2:50.26 |
| | Boys | 2:20.76 | 2:48.76 |
| 11-12 | Girls | 2:07.56 | 2:24.66 |
| | Boys | 2:03.96 | 2:23.46 |
| 13-14 | Girls | 2:03.96 | No Standard |
| | Boys | 1:53.96 | No Standard |

**Southwest District Championships
ORDER OF EVENTS**

Friday, February 17, 2012

| Evening Session | | |
|---|-----------------------------|--------------------|
| Warm-up: 4:30 pm; Start: 5:30 pm | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 1 | 13-14 500 Freestyle | 2 |
| 3 | 12 & Under 500 Freestyle | 4 |
| 5 | 13-14 400 Individual Medley | 6 |

Saturday, February 18, 2012

| Morning Session | | |
|---|---------------------------------|--------------------|
| Warm-up: 7:00 am; Start: 8:40 am | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 7 | 9-10 50 Freestyle | 8 |
| 9 | 8 & Under 25 Freestyle | 10 |
| 11 | 9-10 100 Butterfly | 12 |
| 13 | 8 & Under 50 Butterfly | 14 |
| 15 | 9-10 100 Individual Medley | 16 |
| 17 | 8 & Under 100 Individual Medley | 18 |
| 19 | 9-10 50 Breaststroke | 20 |
| 21 | 8 & Under 25 Breaststroke | 22 |
| 23 | 9-10 100 Backstroke | 24 |
| 25 | 8 & Under 50 Backstroke | 26 |
| 27 | 10 & Under 200 Freestyle | 28 |
| 29 | 8 & Under 100 Freestyle Relay | 30 |
| 31 | 9-10 200 Freestyle Relay | 32 |

| Afternoon Session | | |
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| Warm-up: 12:00 pm; Start: 1:40 pm | | |
| <i>(Times are approximate)</i> | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 33 | 11-12 100 Freestyle | 34 |
| 35 | 13-14 100 Freestyle | 36 |
| 37 | 11-12 50 Butterfly | 38 |
| 39 | 11-14 200 Butterfly | 40 |
| 41 | 11-12 200 Individual Medley | 42 |
| 43 | 13-14 200 Individual Medley | 44 |
| 45 | 11-12 50 Breaststroke | 46 |
| 47 | 11-14 200 Breaststroke | 48 |
| 49 | 11-12 100 Backstroke | 50 |
| 51 | 13-14 100 Backstroke | 52 |
| 53 | 11-12 200 Freestyle Relay | 54 |
| 55 | 13-14 200 Freestyle Relay | 56 |

Sunday, February 19, 2012

| Morning Session | | |
|---|----------------------------|--------------------|
| Warm-up: 7:00 am; Start: 8:40 am | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 57 | 9-10 100 Freestyle | 58 |
| 59 | 8 & Under 50 Freestyle | 60 |
| 61 | 9-10 50 Butterfly | 62 |
| 63 | 8 & Under 25 Butterfly | 64 |
| 65 | 9-10 200 Individual Medley | 66 |
| 67 | 8 & Under 50 Breaststroke | 68 |
| 69 | 9-10 100 Breaststroke | 70 |
| 71 | 8 Under 25 Backstroke | 72 |
| 73 | 9-10 50 Backstroke | 74 |
| 75 | 8 & Under 100 Freestyle | 76 |
| 77 | 9-10 200 Medley Relay | 78 |
| 79 | 8 & Under 100 Medley Relay | 80 |

| Afternoon Session | | |
|--|-----------------------------|--------------------|
| Warm Up: 12:00 pm; Start: 1:40 pm | | |
| <i>(Times are approximate)</i> | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 81 | 11-12 200 Freestyle | 82 |
| 83 | 13-14 200 Freestyle | 84 |
| 85 | 11-12 100 Butterfly | 86 |
| 87 | 13-14 100 Butterfly | 88 |
| 89 | 11-12 100 Individual Medley | 90 |
| 91 | 13-14 100 Breaststroke | 92 |
| 93 | 11-12 100 Breaststroke | 94 |
| 95 | 11-14 200 Backstroke | 96 |
| 97 | 11-12 50 Backstroke | 98 |
| 99 | 13-14 50 Freestyle | 100 |
| 101 | 11-12 50 Freestyle | 102 |
| 103 | 13-14 200 Medley Relay | 104 |
| 105 | 11-12 200 Medley Relay | 106 |

Distance Session
(20 minute break)

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
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| 107 | 13 & Over 1650 Freestyle | 108 |