



VAST ODD AGE GROUP MEET
A/BB/B/C Mini Meet
January 7-8, 2012
SANCTION NO. VS-12-30



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-30 USA Swimming, Inc., Virginia Swimming, Inc., and James Madison University Savage Natatorium 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:	Savage Natatorium, James Madison University, Harrisonburg, Virginia
FACILITY:	<ul style="list-style-type: none">• 25 yard, 8 lane pool, 4 feet deep at the start end and 12 feet deep at the turn end with non-turbulent lane lines. Colorado timing system with a 8-line display board will be used with stopwatch timing as a back-up• Bleacher seating is available on deck and the gym will be available for seating as well.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)
MEET DIRECTOR:	Name: Karen Folsom E-Mail: thefolsoms@aol.com Phone: (540) 434-7779
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 permitted.• Age on January 7, 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">• All 11 & Younger swimmers will swim in the morning session. This session will offer events for 7 & Under, 9 & Under, and 10-11 age groups. Distance session will be following Saturday morning session for 11 & Under (Event #33-34 & 37-38).• All 12 & Older swimmers will swim in the afternoon session. This Session will offer events for 12-13, 14 & Over groups.• Distance sessions will follow Saturday morning session for swimming of all ages (Events #33-36 & 39-40) and follow Sunday afternoon session for 12 & Over's (Event #123-124)• All events will be timed finals.• Depending on the number of entries, the meet director reserves the right to change the meet to a single session each day. Teams would be notified not later than Wednesday, January 4, 2012
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 am.• Afternoon sessions:<ul style="list-style-type: none">○ Saturday: Warm-ups no earlier than 12:00 pm; competition starts no earlier than 1:10 pm○ Sunday: Warm-ups no earlier than 11:00 am; competition starts no earlier than 12:10 pm• Distance Session: The pool will be opened for 10 minutes of open warm-up immediately following the finish of the last event of the previous session. The distance session competition will start 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than Wednesday, January 4, 2012 and will also be emailed to the contact person of the participating clubs.• 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, January 4, 2012.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 4, 2012 <ul style="list-style-type: none">• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-

	<p>2 software, or on a VSI master entry sheet.</p> <ul style="list-style-type: none"> • Teams submit entries via e-mail. • 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 accompany the entries, regardless of how they are submitted. • Coach Times (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. • Swimmers may enter a maximum of 4 individual events and 1 relay event per day. • 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. • 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: Steve Phillips, Email: swimvast@gmail.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. • 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: \$4.00 Relay events: \$16.00 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: VAST • Mail payment to: Steve Philips 237 Harding Drive Broadway, VA 22815 • Payment must be received by Wednesday, January 4, 2012 for all 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 for all odd-age groups. <ul style="list-style-type: none"> ○ 9 & Under individual events will be awarded for each age group 7 & Under and 8-9 ○ 11 & Under individual events will be awarded for each age group 7 & Under, 8-9, and 10-11. ○ 12 & Over individual events will be awarded for each age group 12-13, 14-15, 16 & Over. ○ 14 & Over individual events will be awarded for each age group 14-15 and 16 & Over ○ Heat winner ribbons will be awarded for all 11& Younger individual events. • Relay events: Awards will be given for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. • 9 and younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there. • Swimmers in the morning and afternoon sessions should report directly to the blocks for their events.
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 may be used at the discretion of the Referee. ● 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: Janet Sheffer Email: janetshef@comcast.net Phone: (540) 433-9519</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions 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 Jeff Sheffer no later than Wednesday, January 4, 2012. ● Officials will meet on the pool deck one hour before the start of any session.
SAFETY:	Virginia Swimming Meet Safety 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. ● The number of timers required per club and their lane assignments will be posted on the VAST website no later than Wednesday, January 4, 2012 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> ● Heat Sheets will be sold for \$5. ● Swimmers are not permitted in any room of the building not directly associated with this swim meet ● Concessions will be provided by Aramark ● Pro-shop will be available. ● Hospitality: VAST will provide Hospitality for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day. ● All results will be posted in the hallway near the spectator stand.
FACILITY RULES:	<ul style="list-style-type: none"> ● The gym and a viewing area above the pool will be available both days. Some areas may be marked off limits. Please obey signage. ● Access to the pool will be limited to swimmers, coaches, officials, staff and timers. ● No smoking is permitted in the building. ● No food or drink on the pool deck. ● Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	<ul style="list-style-type: none"> ● The Godwin pool facility is located on the campus of James Madison University. ● From interstate 81, take exit 245. Off the ramp, head west on Port Republic Road. At the next light, turn right on to the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall. The pool is on the first floor and the gym and seating areas are on the second floor.
HOTELS:	<ul style="list-style-type: none"> ● Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031 about 5 minutes from the pool. ● Days Inn at James Madison University: 1131 Forest Hill Road, Harrisonburg, VA, (540) 433-9353, continental breakfast, about 2 minutes from the pool. ● Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast, about 5 minutes from the pool.

January 7, 2012		
Session 1, Saturday Morning Warm-up: 7:00 am; Start: 8:10 am		
Women	Event	Men
1	9 & Under 100 Medley Relay	2
3	10-11 200 Medley Relay	4
5	7 & Under 25 Freestyle	6
7	9 & Under 100 Freestyle	8
9	10-11 100 Freestyle	10
11	9 & Under 50 Breaststroke	12
13	10-11 50 Breaststroke	14
15	7 & Under 25 Backstroke	16
17	9 & Under 100 Backstroke	18
19	10-11 100 Backstroke	20
21	9 & Under 50 Butterfly	22
23	10-11 50 Butterfly	24
25	9 & Under 100 Individual Medley	26
27	10-11 100 Individual Medley	28
29	9 & Under 200 Free Relay	30
31	10-11 400 Free Relay	32

January 8, 2012		
Session 4, Sunday Morning Warm-up: 7:00 am; Start: 8:10 am		
Women	Event	Men
67	10-11 200 Freestyle Relay	68
69	9 & Under 100 Freestyle Relay	70
71	10-11 200 Freestyle	72
73	9 & Under 200 Freestyle	74
75	10-11 50 Backstroke	76
77	9 & Under 50 Backstroke	78
79	11 & Under 100 Butterfly	80
81	7 & Under 25 Butterfly	82
83	10-11 50 Freestyle	84
85	9 & Under 50 Freestyle	86
87	10-11 100 Breaststroke	88
89	9 & Under 100 Breaststroke	90
91	7 & Under 25 Breaststroke	92
93	11 & Under 200 Individual Medley	94
95	9 & Under 200 Medley Relay	96
97	10-11 400 Medley Relay	98

Session 2, Saturday Morning Distance (15 minute break)		
Women	Event	Men
33	11 & Under 400 Individual Medley	34
35	12 & Over 400 Individual Medley	36
37	11 & Under 500 Freestyle	38
39	12 & Over 500 Freestyle	40

Session 5, Sunday Afternoon Warm-up: 11:00 am; Start: 12:10 pm (times are "no earlier than")		
Women	Event	Men
99	12 & Over 200 Freestyle Relay	100
101	14 & Over 50 Freestyle	102
103	12-13 50 Freestyle	104
105	14 & Over 100 Backstroke	106
107	12-13 100 Backstroke	108
109	14 & Over 100 Butterfly	110
111	12-13 100 Butterfly	112
113	12 & Over 200 Breaststroke	114
115	12-13 50 Breaststroke	116
117	14 & Over 200 Freestyle	118
119	12-13 200 Freestyle	120
121	12 & Over 400 Freestyle Relay	122

Session 3, Saturday Afternoon Warm-up: 12:00 noon; Start: 1:10 pm (times are "no earlier than")		
Women	Event	Men
41	12 & Over 200 Medley Relay	42
43	14 & Over 200 Individual Medley	44
45	12-13 200 Individual Medley	46
47	14 & Over 100 Breaststroke	48
49	12-13 100 Breaststroke	50
51	14 & Over 200 Backstroke	52
53	12-13 200 Backstroke	54
55	12-13 50 Backstroke	56
57	14 & Over 100 Freestyle	58
59	12-13 100 Freestyle	60
61	12 & Over 200 Butterfly	62
63	12-13 50 Butterfly	64
65	12 & Over 400 Medley Relay	66

Session 6, Sunday Afternoon Distance (15 minute break)		
Women	Event	Men
123	12 & Over 1000 Freestyle	124