



VIRGINIA SWIMMING SHORT COURSE SENIOR CHAMPIONSHIPS

March 1-4, 2012

SANCTION NO. VS-12-53 and VS-12-02T

Coordinated by:



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Sanction No. VS-12-53 and Time Trial Sanction No. VS-12-02T• USA 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 N. Franklin Street Christiansburg, VA 24073, Phone: (540) 381-7665
FACILITY:	<ul style="list-style-type: none">• 50 M pool with bulkheads set to provide the following:<ul style="list-style-type: none">○ Pool 1 (Competition Pool 1): 8 lanes, 25 yards. Swum wall to bulkhead. The start end is 7 feet deep sloping toward the bulkhead where the depth is 7.4 feet deep.○ Pool 2 (Continuous Warm-up/Warm-down Area): 8 lanes, 25 yards. Swum wall to wall. The depth of this portion of the pool runs 12.5 feet deep from the bulkhead (lane 1) sloping to 17 feet deep to the wall (lane 8).○ Competition Pool and Warm-up/Warm-down Pool buffer area: 4 lanes, 25 yards, swum wall to wall. The depth of this portion of the pool is 7.5 feet deep• Lanes have non-turbulent lane lines. Colorado Timing System with Relay Judging Pads, Dolphin Wireless Watches, color scoreboard, and separate video board.• 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:	Patricia Donohue, Championship Meets Coordinator Scott Baldwin, Host Team Coordinator Email: champsmeetscoord@virginiawswimming.org Email: edbaldwi@vt.edu Phone: (804) 740-5553 Phone: (540) 998-2327
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes registered by the first day of the meet that meet the qualifying time in each event entered.• No on deck Virginia Swimming athlete registration will be permitted.• The qualifying period for this meet is January 1, 2011 through February 29, 2012.• Age on March 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">• Individual events EXCEPT the 1000 Y Freestyle and the 1650 Y Freestyle will be swum as trials and finals. The top 24 qualifiers in the trials of each event will compete in each day's final session (final, consolation and bonus heats).• The 1650 Y Freestyle will be swum fastest to slowest as a timed final event, alternating women and men.• The 400 Y Individual Medley and the 500 Y Freestyle will be swum as trials and finals.<ul style="list-style-type: none">○ In trials, the four fastest women's heats will be swum first followed by the four fastest men's heats. These heats will be swum slowest to fastest.○ The remaining heats in trials will be swum fastest to slowest, alternating women and men.• The 1000 Y Freestyle will be swum slowest to fastest as a timed final event, alternating women and men.<ul style="list-style-type: none">○ The starting time for the first heat will be scheduled so that the second fastest heat of the men's event is concluded at the start of the finals warm-up session.○ The fastest women's and men's heat will swim in the finals session.○ The event seeding will be distributed following the close of the positive check-ins.• Ready Room. A Ready Room will be used at these Championships prior to each "A" finals heat.

- Override times must include the meet name and date.
- Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).
- **Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior to the scratch deadline for that event in order to be seeded.**
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- **OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
 - If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (**).
 - The ** signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
 - **All entries for 200 Yard Medley relays must use 400 Yard Medley relay times. NT entries will not be accepted.**
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
 - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
 - These individuals may send a text file of their entries to the Meet Entry Officer to be entered manually.
 - Payment must be made by check prior to the first session of the meet (Thursday, March 3, 2012).
- **ENTRY RULES:**
 - **Individual Events:** Athletes may enter all events which they qualify, however they may only compete in Six (6) individual events for the meet, and no more than three (3) individual events per day.
 - **Bonus Events:** Swimmers making 1 qualifying time will be permitted to enter a bonus event in which they have achieved the bonus qualifying standard. Bonus swims for the 400 Individual Medley, 500 Freestyle, 1000 Freestyle, and 1650 Freestyle are not available.
 - **Relay Events:** Two (2) per team per event.
- The Meet Director reserves the right to combine heats and events, which actions may require reseeding. Also, the Meet Director reserves the right to eliminate heats of any event if necessary.
- **Proof of entry times is required for individual and relay events. Entries not proven by the scratch deadline will be scratched. “No Time” relay entries will not be accepted.**
- Entries which improve the time of an earlier entry will be accepted **only** while OME is open.
- **LATE ENTRIES:**
 - Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.
 - Late entries at the meet must be made to the Admin Referee and will only be accepted for events for which the scratch box has not closed.
 - All late entries must submit proof of time.
 - Late entries may not be used to improve the seed time of an earlier entry.

FEES:

Individual events: \$7.50

Relay events: \$18.00

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 the entry deadline.

- OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Payment by check must be received by March 1, 2012.
- Checks should be payable to **Virginia Swimming, Inc (VSI)**

	<ul style="list-style-type: none"> • Mail payment to: Bill Geiszler 1407 Dulles Court Richmond, VA 23235 • Late fees for OME entries will be due prior to the first session of the meet (Thursday, March 1, 2012) • 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 complete.
AWARDS:	<ul style="list-style-type: none"> • Scoring <ul style="list-style-type: none"> ○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1. ○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2 • Overall Team: Women’s High Point, Men’s High Point, Combined High Point. • Large Team, Medium Team, and Small Team: Women’s high point and men’s high point in each category. • Individual: First through Eighth Place. Women’s High Point, Men’s High Point • Relay: First through Third Place.
SEEDING:	<ul style="list-style-type: none"> • All Short Course Yards times will be seeded first followed by Long Course Meters then Short Course Meters, then Bonus times. • All timed finals and trials events will be seeded following the close of the scratch and positive check-in periods as listed in the “RULES” section below. • All relays require positive check-to swim. • RELAY TEAMS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
TIME TRIALS:	<ul style="list-style-type: none"> • Time Trials will start 30 minutes after the conclusion of the preliminary session on Friday and Saturday and after finals on Sunday evening, time permitting. Time trials will be offered to any swimmer entered in an individual event in the meet. • Each day’s events will be offered in order, on the following schedule (1000 Y and 1650 Y Freestyle will only be offered as the last events on Saturday): <ul style="list-style-type: none"> ○ Thursday: No time trials ○ Friday: Friday’s events, Saturday’s events, Sunday’s events (excluding the 1000 Y Freestyle). ○ Saturday: Saturday’s events, Sunday’s events, Friday’s events, 1000 Y and 1650 Y Freestyle. ○ Sunday: Sunday’s events (excluding the 1000 Y and 1650 Y Freestyle), Friday’s events, Saturday’s events. ○ Cost: \$15.00 per individual event, \$20.00 per relay. • The Meet Referee, at his discretion, to save time, may reorder the day’s scheduled events or combine events into a single heat. • A swimmer desiring a time trial must sign up at the Clerk of Course, not later than 10:30 am on Friday and Saturday and by the end of the morning session on Sunday. Each swimmer participating in these events should provide a timer and/or a counter. • Time Trials are included as events in the three events per day limit.
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 <i>USA Swimming Rules and Regulations</i> will apply. • A listing of any entries lacking proof of time will also be provided and must be dealt with as described

in the ENTRIES section above.

- Unattached athletes must have a supervising coach as per USA Swimming rule 202.3.2. Athletes listed as UNAT-CLUB will be supervised by a coach from the named club and all entry/scratch related material will be placed in the respective club coach's packet.
- Athletes listed as UNAT must check in at the Clerk-of-Course and be assigned a supervising coach in order to warm-up and to compete.
- All swimmers participating in the meet must be dive certified.
 - 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 preliminary sessions and for timed finals (distance) sessions
- Automatic relay take-off judging equipment will be used to confirm the Relay Take-Off Judges' decisions upon completion of each relay race. Swimmers must touch the touchpad in their lane at the end of the course to have finished their leg of the race.
- 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 not permitted.
- The scratch procedures listed in the current USA Swimming Rules and Regulations, **Article 207.12.6** will apply with the following modifications:
 - Scratches from Individual Events:
 - Will be co-located with the Time Trials table
 - Scratches for Thursday's events are due by 3:00 pm, Thursday
 - Scratches for Friday's events are due by 5:30 pm, Thursday
 - Scratches for Saturday's events are due by 6:30 pm, Friday
 - Scratches for Sunday's events (including the 1000 Freestyle) are due by 6:30 pm, Saturday. (See below in positive check-in regarding AM/PM designation)
 - Positive check-in:
 - Will be co-located with the Time Trials table
 - Positive check-in for the 1650 Y Freestyle is due by 3:00 pm, Thursday
 - Positive check-in for the 800 Y Freestyle Relay is due by 9:30 am, Friday
 - Positive check-in for the 200 Y Freestyle Relay is due by 6:30 pm, Friday
 - Positive check-in for the 400 Y Medley Relay is due by 9:30 am, Saturday
 - Positive check-in for the 200 Y Medley Relay is due by 6:30 pm, Saturday
 - Positive check-in for the 1000 Y Freestyle is due by 6:30 pm, Saturday
 - Positive check-in for the 400 Y Freestyle Relay is due by 9:30 am, Sunday
 - AM and PM designations
 - Relay teams wanting to swim Sunday morning and not Sunday evening must designate that desire on the positive check-in sheet by 9:30 am, Sunday.
 - Athletes wanting to swim the 1000 Y Freestyle in the afternoon and not in the fastest heat swimming in finals must designate that desire on the 1000 Y Freestyle sheet located at the Time Trials table by 6:30 pm, Saturday.
 - Swimmers failing to scratch events which if swum would put them in violation of either the 3 event per day or the 6 events in the meet, will not be permitted to swim the event or events.
 - The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation.
 - No other penalty will be applied.
- The scratch rule regarding finals will apply to all three 3 heats (Final, Consolation, Bonus) excluding the relays, the 1650 Y Freestyle, and the 1000 Y Freestyle.
- The Meet Referee in accordance with 102.11.2 in the *USA Swimming Rules and Regulations* will appoint a Meet Jury.
- In accordance with VSI Policy, only those coaches who have current, valid USA Swimming

	<p>credentials will be permitted to act in a coaching capacity at this meet</p> <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 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. • Officials must have been certified for a year in the positions in which they are planning to work. • An Application to Officiate is available on the VSI website (www.virginiawimming.org) and should be sent to the Meet Referee no later than Friday, February 17, 2012. • Application is being made to have this meet designated as an Officials Qualifying Meet for N2/N3 certification/re-certification. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate. • Evaluation will be available for V2/N2 at all positions; evaluation at N3 will be contingent upon meet staffing levels and the availability of national evaluators. • Briefings will be held one (1) hour prior to the start of each session in the “wet” classroom by the leisure pool.
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 VSI website at www.virginiawimming.org no later than Friday, February 25, 2012, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • In accordance with J.3 of the VSI Policy and Procedures, photography will not be permitted behind the starting blocks. Individuals who violate the above photography restrictions may be asked by the Meet Director to leave the pool venue. • The General Meeting will be held at 2:40 pm, Thursday, March 1, 2012 in the conference room on the 2nd floor next to concessions. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance. • Hospitality: Breakfast, light lunch, and light dinner will be provided for coaches and officials. Hospitality will not open until warm-ups begin each day. Hospitality will close one hour prior to the night session estimated time line completion. • Coaches and officials who have special dietary concerns or needs should bring their own food and beverages. • Meet Program: A Psych Sheet will be available to download off the VSI website. Preliminary heat sheets will be available for \$3.00 each day and will contain a coupon for that evening’s finals. Finals heat sheets will be available for \$2.00 if you do not have a coupon. • Senior Recognition: ALL VSI athletes graduating from high school and in attendance will be recognized Saturday, March 3, 2012 at 5:50 pm. Athletes do not have to be entered in the meet to be recognized. • Meet Event Apparel: Meet event apparel may be pre-ordered before the meet. <ul style="list-style-type: none"> ○ Pre-order forms will be emailed to all teams and posted on the VSI website when information is available. ○ A limited number of shirts will be available for purchase at the meet. • Lost and Found: Lost and found is located in the circular guard office. All articles left after March 9, 2011 will be donated.
WAIVER:	<p>AUTHORIZATION AND EVENT PROMOTION IN THE EVENT THAT VIRGINIA SWIMMING LIVE STREAM FINALS.</p> <ul style="list-style-type: none"> • All participants agree to be filmed and photographed by web-casting network under the conditions authorized by Virginia Swimming. • All participants give the organizers the right to use names, pictures, likenesses, and other information

	<p>before, during, or after the period of participation in this competition to promote the competition or to promote the success of Swimming.</p> <ul style="list-style-type: none"> • All participants understand and agree not to use or authorize use of pictures of themselves provided by Virginia Swimming for the purpose of trade. • All participants agree not to use the medals or photos, portraits, or films of themselves with their medals, which participants receive for their performances in this competition, for the purpose of trade.
FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> • 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. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • 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. . • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. • Smoking 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 with Kroger or Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear. • 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.
DIRECTIONS:	<p>Directions to the pool can be found by going to: www.virginiawimming.org. Click on "Meets". Click on "Senior Championships". Click on "Directions".</p>

SCHEDULE OF EVENTS

2012 VIRGINIA SHORT COURSE SENIOR CHAMPIONSHIPS

Please use the time standards listed below

(Qualifying period: January 1, 2011 to February 29, 2012)

Women	Qualifying Times			THURSDAY MARCH 1, 2012	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
1	19:02.29	19:37.19	19:08.99	1650 Y/1500 M FREE*	17:35.09	17:58.49	17:29.09	2
*Requires positive check-in for seeding All events swum as timed finals. Order: fastest to slowest alternating women's and men's.								
Women	Qualifying Times			FRIDAY MARCH 2, 2012	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
3	2:12.39	2:15.39	1:59.79	200 Y FREE	1:49.29	2:04.79	2:00.69	4
5	1:20.09	1:23.09	1:12.39	100 Y BREAST	1:05.29	1:15.59	1:11.19	6
7	1:08.19	1:09.09	1:01.69	100 Y FLY	55.29	1:02.39	1:01.19	8
9	5:18.49	5:26.09	4:47.99	400 Y IND MEDLEY	4:25.99	5:01.59	4:53.29	10
11				800 Y FREE RELAY [†]				12
†Requires positive check-in to swim; fastest two heats swim in finals. Order of Finals: Events 3, 4, 5, 6, 7, 8, 9, 10, Break (10min), Events 11, 12								
Women	Qualifying Times			SATURDAY MARCH 3, 2012	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
13				200 Y FREE RELAY [†]				14
15	2:32.89	2:35.79	2:18.39	200 Y FLY	2:07.79	2:24.29	2:21.29	16
17	28.69	29.49	25.89	50 Y FREE	23.09	26.29	25.59	18
19	2:52.39	2:57.99	2:35.99	200 Y BREAST	2:21.79	2:44.59	2:36.69	20
21	1:09.19	1:11.79	1:02.59	100 Y BACK	56.89	1:05.79	1:02.89	22
23	4:39.39	4:43.89	5:19.19	500 Y/400 M FREE	4:58.89	4:27.49	4:21.49	24
25				400 Y MED RELAY [‡]				26
†Requires positive check-in to swim. All heats swim in prelims. ‡Requires positive check-in to swim; fastest two heats swim in finals. Order of Finals: Events 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, Break (10 min), Events 25, 26								
Women	Qualifying Times			SUNDAY MARCH 4, 2012	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
27				200 Y MED RELAY [†]				28
29	2:29.89	2:34.99	2:15.59	200 Y BACK	2:04.79	2:22.69	2:17.99	30
31	1:01.79	1:03.19	55.89	100 Y FREE	50.19	57.49	55.59	32
33	2:30.69	2:35.19	2:16.39	200 Y IND MEDLEY	2:03.49	2:22.49	2:16.49	34
35				400 Y FREE RELAY [‡]				36
37	9:51.29	10:01.39	11:15.69	1000 Y/800 M FREE [#]	10:27.99	9:24.19	9:08.59	38
†Requires positive check-in to swim; enter using your 400 Medley Relay time. All heats swim in prelims. ‡Requires positive check-in to swim; may choose AM or PM preference; up to two heats swim in finals. #Requires positive check-in for seeding; May designate AM or PM preference; top 8 PM designees will swim at finals. Order of Finals: Events 37, 38, Break (10 min), 29, 30, 31, 32, 33, 34, Break (10 min), Events 35, 36, Awards (Individual High Point and Team), Time Trials								

2012 VIRGINIA SWIMMING SENIOR CHAMPIONSHIPS BONUS STANDARDS

(Qualifying period: January 1, 2011 to February 29, 2012)

Allowed a maximum of one (1) bonus event. Bonus events count toward the maximum number of swims (6) for the meet and maximum number of swims (3) per day.

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
29.19	29.99	26.39	50 FREE	23.59	26.79	26.09
1:02.79	1:04.19	56.89	100 FREE	51.19	58.49	56.59
2:14.39	2:17.39	2:01.79	200 FREE	1:51.29	2:06.79	2:02.69
Bonus swims for the 500, 1000, or 1650 Free are not available			500 Y/400 M FREE	Bonus swims for the 500, 1000, or 1650 Free are not available		
			1000 Y/800 M FREE			
			1650 Y/1500 M FREE			
1:10.19	1:12.79	1:03.59	100 BACK	57.89	1:06.79	1:03.89
2:31.89	2:36.99	2:17.59	200 BACK	2:06.79	2:24.69	2:19.99
1:21.09	1:24.09	1:13.39	100 BREAST	1:06.29	1:16.59	1:12.19
2:54.39	2:59.99	2:37.99	200 BREAST	2:23.79	2:46.59	2:38.69
1:09.19	1:10.09	1:02.69	100 FLY	56.29	1:03.39	1:02.19
2:34.89	2:37.79	2:20.39	200 FLY	2:09.79	2:26.29	2:23.29
2:32.69	2:37.19	2:18.39	200 IND MEDLEY	2:05.49	2:24.49	2:18.49
Bonus swims for the 400 Medley are not available			400 IND MEDLEY	Bonus swims for the 400 Medley are not available		