



FALL BACK
Central District Senior (13&O) Meet
October 12-14, 2012
SANCTION NO. VS-13-09



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No VS-13-09• USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming and Collegiate School 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:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, VA 23234, Phone: (804) 447-2487
FACILITY:	<ul style="list-style-type: none">• The 50-meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.• Non-Turbulent Lane Markers in both pools• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.• Spectator seating for 700 plus.• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).
MEET DIRECTOR:	Joe and Maria Maltby Email: mariamaltby@comcast.net Phone: (804) 4472487
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes at least 13 years old registered by the first day of the meet in Central District Teams in Central District are: BAC, DC, NOVA, PSDN, QSTS, RACE, VACS, and YGR.• Teams outside the Central District interested in participating in the meet may do so by contacting the meet director.• No on deck Virginia Swimming athlete registration will be permitted.• Swimmers with two "A" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the A session.• Swimmers not qualified for the A session can swim any event offered in the BB/B/C session.• 2009-2012 NAG time standards are in effect.• Age on October 12, 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">• A distance session will be swum Friday evening.• A+ session will be swum Saturday and Sunday mornings.• BB/B/C session will be swum Saturday and Sunday afternoons.• All events will be times finals.
WARM-UP:	<ul style="list-style-type: none">• Friday Afternoon Distance session: General warm-ups start at 5:00 PM; Competition starts at 6:00 PM.

	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:30 AM. • Afternoon sessions: Warm-ups not before 12:30 PM; competition starts not before 1:30 PM. • Lane assignment and warm-up times for individual clubs will be posted on the Poseidon Swimming website (www.poseidonswimming.com) no later than Tuesday October 8, 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 12:00 AM, FRIDAY, OCTOBER 5, 2012.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams must submit entries via email. • 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. • All swimmers in the A session must have times of record which have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers in the BB/B/C session in events without a time of record may be entered with a Coach time (CT) or "No Time" (NT). CT may not exceed a "BB" time. • Swimmers may enter a maximum of 3 individual event(s). • 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: admin@poseidonswimming.com • 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: \$6.50 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: Poseidon Swimming. • Mail payment to: Poseidon Swimming 5050 Ridgedale Parkway Richmond, VA 23234 • Payment must be received by October 9, 2012 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • 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: Awards will be given for first through third place • 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded except Event #1-2 (13&O 1000 Free), 23-24 (13&O 500 Free), 67-68 (13&O 400 IM), and 89-90 (13&O 400 IM), which will be deck seeded. Swimmers will report directly to the blocks for pre-seeded events. These events will require a positive check-in to swim. • Positive check-in will close 30 minutes prior to the start of the session of the event. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Event #1-2 (13&O 1000 Free) will be swum fastest to slowest and alternating heats of girls and boys.
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

	<p>be re-scored and awarded.</p> <ul style="list-style-type: none"> • 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 procedures will be used unless otherwise directed by the meet 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 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: Bob Rustin Email: Bob.A.Rustin@usa.dupont.com Phone: (804) 387-8736</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 Bill Ross, Officials Chair at email: williamross122@comcast.net, no later than Sunday, October 6, 2012. • Officials meetings will be held one hour prior to the start of the each 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 Poseidon website www.poseidonswimming.com no later than Monday, October 8, 2012, and will also be emailed to the contact person of each of the individual clubs. • Swimmers will be required to provide their own timers for the 1000 Freestyle Session Friday evening.
GENERAL:	<ul style="list-style-type: none"> • Meet programs will be sold for \$10.00. • Concessions will be available during the meet featuring products by Martin's, Coca-Cola, and Ukrop's Homestyle Foods. Concessions will open for warm-ups and during competition each day. It will close 1 hour prior to the estimated end time of the meet each day. • Coaches' and officials' hospitality will be provided. Light refreshments will be served Friday. Breakfast and lunch will be served on Saturday and Sunday. • Disco Sports will be the meet vendor for swim gear. • If necessary, overflow parking will be available at the Martin's behind the aquatic center.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus. • Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the Facility.

	<ul style="list-style-type: none">• All rules are posted pool side
DIRECTIONS:	Go to www.poseidonswimming.com for directions.
HOTELS:	Go to www.outerzonesports.com for hotel information.

**October Meet
ORDER OF EVENTS**

**Friday October 12, 2012
Distance Session**

Warm-up 5:00 pm, Start 6 pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13 & O 1000 Freestyle	2

Saturday October 13, 2012

Morning Session Warm-up:7:30 am; Start:8:30 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
3	13-14 200 Individual Medley	4
5	15 & O 200 Individual Medley	6
7	13-14 200 Backstroke	8
9	15 & O 200 Backstroke	10
11	13-14 100 Butterfly	12
13	15 & O 100 Butterfly	14
15	13-14 200 Breaststroke	16
17	15 & O 200 Breaststroke	18
19	13-14 100 Freestyle	20
21	15 & O 100 Freestyle	22
23	13 & O 500 Freestyle	24

Afternoon Session Warm-up: 12:30 pm; Start: 1:30 pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	13-14- Individual Medley	26
27	15 & O 200 Individual Medley	28
29	13-14 200 Backstroke	30
31	15 & O 200 Backstroke	32
33	13-14 100 Butterfly	34
35	15 & O 100 Butterfly	36
37	13-14-200 Breaststroke	38
39	15 & O 200 Breaststroke	40
41	13-14 100 Freestyle	42
43	15 & O 100 Freestyle	44
45	13 & O 500 Freestyle	46

Sunday October 14, 2012

Morning Session Warm-up: 7:30 am; Start: 8:30 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	13-14 100 Backstroke	48
49	15 & O 100 Backstroke	50
51	13-14- 200 Butterfly	52
53	15 & O 200 Butterfly	54
55	13-14 100 Breaststroke	56
57	15 & O 100 Breaststroke	58
59	13-14 200 Freestyle	60
61	15 & O 200 Freestyle	62
63	13-14- 50 Freestyle	64
65	15 & O 50 Freestyle	66
67	13 & O 400 Individual Medley	68

Afternoon Session Warm-up: 12:30 pm; Start: 1:30 pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	13-14 100 Backstroke	70
71	15 & O 100 Backstroke	72
73	13-14 200 Butterfly	74
75	15 & O 200 Butterfly	76
77	13-14 100 Breaststroke	78
79	15 & O 100 Breaststroke	80
81	13-14 200 Freestyle	82
83	15 & O 200 Freestyle	84
85	13-14 50 Freestyle	86
87	15 & O 50 Freestyle	88
89	13 & O 400 Individual Medley	90