



THE LAST CHANCE INVITATIONAL
Closed Invitational
June 28-30, 2013
SANCTION NO. VS-13-74



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-74 USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming, and Collegiate School Aquatics 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:	<p>Competition Pool:</p> <ul style="list-style-type: none"> Indoor 8 lane 50 meter x 25 yard pool, has 9 ft. wide lanes with non-turbulent lane lines. Pool depth of 7'7" at the sides and 8'2" in the center. Competition course is swum bulkhead to bulkhead. Omega starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used. The competition course has been certified in accordance with USA Swimming Rules and Regulations, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming and the Poseidon Offices. <p>Instructional Pool:</p> <ul style="list-style-type: none"> Indoor 6 lane 25 yard pool for continuous warm-up/warm-down
MEET DIRECTOR:	Name: Stephanie Allen Email: admin@poseidonswimming.com Phone: (804) 447-2487
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming registered athletes from the following teams: BAC, BASS, MACH, MAKOS, PSDN, SNOW, TIDE and WAC registered before the first day of the meet. Invited teams will be limited to 150 swimmers. If your team is NOT an invited team and wish to be considered for entry into this meet, please contact Marla Shreve, admin@poseidonswimming.com No on-deck USA Swimming athlete registration will be permitted. 13 & older swimmers must have a BB time or faster in each event entered, except for the host team which will have no time qualification. The 15-16 time standard will be used for 15 and older swimmers. 12 and younger swimmers will have no time qualifications. 2013-2016 NAG time standards are in effect. Age on June 28, 2013 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 13 & older swimmers will swim in the morning preliminary session with finals in the evening. <ul style="list-style-type: none"> The top 16 13-14 swimmers and top 24 15 & older swimmers will swim the finals session 800 Freestyle and the 1500 Freestyle will be timed final events and will be limited to 4 heats, with 3 heats swum in prelims and fastest heat of 13 & Older swimmers swum in finals. All 12 & younger swimmers will swim in the afternoon session. Events in this session are timed finals. Event #8 and 59 have been intentionally omitted.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:00 AM competition starts at 8:00 AM

	<ul style="list-style-type: none"> • Afternoon sessions: Warm-ups not before 12:30 PM; competition starts not before 1:30 PM. • Finals sessions: Warm-ups 5:30 PM, competition starts at 6:30 PM. • Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Tuesday, June 25, 2013, 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 THURSDAY, JUNE 20, 2013.</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, or on a VSI master entry sheet. • Teams will 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. • For 12 and younger swimmers, a Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. • CT must be slower than an “A” 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 3 individual events a day. • Entries will be processed with invited teams processed first, then other teams from within the LSC 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: Marla Shreve, entries@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 (entered in the meet in any capacity)</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 June 27, 2013 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: Ribbons will be awarded for first through eighth place <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and Open age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups.
SEEDING:	<ul style="list-style-type: none"> • All events except those 400 m in length or longer will be pre-seeded. Swimmers will report directly to the blocks for these events. • Deck seeded events include, event # 1-2 (Open 400 Free), 7 (Women Open 800 Free), 27-28 (Open 400 IM), 60 (Men 1500 Free), 75-78 (12&U 400 Free). These events are highlighted on the order of events page and will require a positive check-in to swim. • Positive check-in for each session will close 30 minutes before the session start. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • 12 & Under events will be swum as timed finals.

	<ul style="list-style-type: none"> • 13-14 and Open events will be swum together in prelims. <ul style="list-style-type: none"> ○ 13-14 will swim an A & B final and Open will swim an A, B, and C final, except for the women's 800 Freestyle and the men's 1500 Freestyle. ○ Event 7, Women's 800 Freestyle and Event 60 Men's 1500 Freestyle will be limited to 4 heats, with 3 heats in prelims, swum fastest to slowest. The fastest heat of each event will be swum in finals.
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 for the all sessions at the discretion of the Meet Referee. Chase starts may also be used at the discretion of the Meet Referee. • 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, consolation, and bonus), of all 13 & over events, excluding Event #1-2 (Open 400 Free), 7 (Women Open 800 Free), 27-28 (Open 400 IM), 60 (Men Open 1500 Free), and 75-78 (12&U 400 Free). • 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>. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. • 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. • No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.
OFFICIALS:	<p>Meet Referee: Bryan Wallin Email: thewallin5@comcast.net Phone: 804-389-2438</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 Ron Webb, Email: rmkwebb@verizon.net 804-897-0113, no later than June 25, 2013. • Officials briefing will be one hour prior to the start of the meet in the Hospitality room.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session. Swimmers must provide their own timers for the event #7 (Women Open 800 Free) and 60 (Men Open 1500 Free). • The number of timers required per club and their lane assignments will be posted on the

	Poseidon website, www.poseidonswimming.com , June 11, 2012, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Meet programs will be sold for \$10 and include heat sheets for prelims and finals. Heat sheets for prelims and finals will also be sold separately for \$2.00. • 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 may close 1 hour prior to the estimated end time of the meet each day. • Coaches' and officials' hospitality will be provided. A light breakfast on Friday, Saturday and Sunday, lunch and dinner each day will also be provided. Hospitality will be hosted in the weight room just off the pool deck. • 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,
DIRECTIONS:	Go to www.poseidonswimming.com for directions.
HOTELS:	Go to www.poseidonswimming.com and click on "Meets/Events" then "Hotel Information."

ORDER OF EVENTS
Poseidon Last Chance Invitational
Friday, June 28, 2013

Morning Open Session		
<u>Women</u>	<u>Events</u>	<u>Men</u>
1	Open 400 Freestyle	2
3	Open 200 Individual Medley	4
5	Open 50 Freestyle	6
7	Open 800 Freestyle	-
Order in Finals will be same with 13-14 Event (B,A) then Open Event (C, B, A)		

Afternoon 12 & Younger Session		
<u>Women</u>	<u>Events</u>	<u>Men</u>
9	11-12 200 Back	10
11	10&U 50 Back	12
13	11-12 50 Back	14
15	10&U 50 Breaststroke	16
17	11-12 50 Breaststroke	18
19	10&U 200 Freestyle	20
21	11-12 200 Freestyle	22
23	10&U 100 Butterfly	24
25	11-12 100 Butterfly	26

Saturday, June 29, 2013

Morning Open Session		
<u>Women</u>	<u>Events</u>	<u>Men</u>
27	Open 400 Individual Medley	28
29	Open 100 Butterfly	30
31	Open 200 Freestyle	32
33	Open 100 Breaststroke	34
35	Open 100 Backstroke	36
Order in Finals will be same with 13-14 Event (B,A) then Open Event (C, B, A)		

Afternoon 12 & Younger Session		
<u>Women</u>	<u>Events</u>	<u>Men</u>
37	11-12 200 Butterfly	38
39	10&U 100 Freestyle	40
41	11-12 50 Freestyle	42
43	10&U 200 Individual Medley	44
45	11-12 200 Individual Medley	46
47	10&U 100 Breaststroke	48
49	11-12 100 Breaststroke	50

Sunday, June 30, 2013

Morning Open Session		
<u>Women</u>	<u>Events</u>	<u>Men</u>
51	Open 200 Backstroke	52
53	Open 100 Freestyle	54
55	Open 200 Breaststroke	56
57	Open 200 Butterfly	58
-	Open 1500 Freestyle	60
Order in Finals will be same with 13-14 Event (B,A) then Open Event (C, B, A)		

Afternoon 12 & Younger Session		
<u>Women</u>	<u>Events</u>	<u>Men</u>
61	11-12 100 Freestyle	62
63	10&U 100 Backstroke	64
65	11-12 200 Breaststroke	66
67	10&U 50 Freestyle	68
69	11-12 100 Backstroke	70
71	10&U 50 Butterfly	72
73	11-12 50 Butterfly	74
75	10&U 400 Freestyle	76
77	11-12 400 Freestyle	78

Highlighted events will require positive check-in to swim. Positive check-in will close 30 minutes before the start of the session.