



**JUMPIN' JANUARY  
A+ Meet  
January 18-20, 2014  
SANCTION NO. VS-14-39**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-14-39</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming, Greater Richmond Aquatic Partnership and the Collegiate School Aquatic Center (CSAC) 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.</li> </ul>
<b>LOCATION:</b>	CSAC Home of Poseidon Swimming, 5050 Ridgedale Parkway, Richmond, VA 23234, Phone: (804) 447-2487 (Poseidon Office); (804) 271-8271 (Pool front desk)
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.</li> <li>Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.</li> <li>Non-Turbulent Lane Markers in both pools</li> <li>Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li> <li>The CSAC provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.</li> <li>Spectator seating for 700 plus. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li> </ul>
<b>MEET DIRECTOR:</b>	Stacy Pendleton Email: <a href="mailto:admin@poseidonswimming.com">admin@poseidonswimming.com</a> Phone: (804) 447-2487
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Swimmers must have an A time or faster in each event entered. 15-16 time standards will be used for Senior events.</li> <li>2013-2016 NAG time standards are in effect.</li> <li>Age on January 18, 2014 will determine age for the entire meet.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All 10 &amp; younger swimmers will swim timed finals in the afternoons Saturday and Sunday.</li> <li>11-12 swimmers will swim prelims in the afternoon and top 8 will compete in finals Saturday and Sunday.</li> <li>All 13 &amp; older swimmers will swim a preliminary session in the morning Saturday and Sunday. <ul style="list-style-type: none"> <li>The top 16 of the 13-14 preliminary events will swim the finals session Saturday and Sunday evening.</li> <li>The top 24 of the Senior preliminary events will compete in the finals session Saturday and Sunday evening.</li> </ul> </li> <li>Monday morning session 13-14 and Senior 1650 freestyle timed final.</li> </ul>

	<ul style="list-style-type: none"> <li>Monday mid-day session, 10 &amp; younger, 11-12, 13-14 and Senior timed finals.</li> <li>Two courses may be used during the 13 &amp; older preliminary sessions Saturday and Sunday and for the 1650 Free Monday AM. Athletes should consider this when selecting events.</li> <li>Dual courses may be used for afternoon sessions if numbers dictate.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Saturday and Sunday AM prelim session: Warm-ups: General starts at 6:30 AM; specific starts at 7:30 AM, lanes 1 &amp; 8 pace; 2 &amp; 7 sprint; Competition starts: 8:10 AM</li> <li>Saturday and Sunday afternoon session: Warm-ups, assigned lanes, start at 12:30 PM: competition starts: 1:30 PM</li> <li>Saturday and Sunday evening final session: Warm-ups: General starts at 5:00 PM; specific starts at 5:35 PM, lanes 1 &amp; 8 pace; 2 &amp; 7 sprint; competition starts at 6:00 PM</li> <li>Monday AM 13-14/Senior 1650 Freestyle session: Warm-up starts at 7:30 AM; Competition starts not before 8:30 AM. General and pace lanes will be assigned as needed.</li> <li>Monday general session: Warm-ups, assigned lanes, starts at 10:30 AM; Competition starts at 11:30 PM.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than January 15, 2012 and will also be emailed to the contact person of the participating clubs.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JANUARY 7, 2014.</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Teams submit entries via email.</li> <li>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.</li> <li>All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>"No Time" (NT) entries will not be accepted.</li> <li>Swimmers may enter a maximum of <b>3 individual event(s) per day.</b></li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>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.</li> <li>Email entries to: <a href="mailto:entries@poseidonswimming.com">entries@poseidonswimming.com</a>.</li> <li>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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$7.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity).</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: Poseidon Swimming.</li> <li>Mail payment to: Poseidon Swimming 5050 Ridgedale Parkway Richmond, VA 23234</li> <li>Payment must be received by January 18, 2014 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li><b>IMPORTANT:</b> 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 acceptance of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place.</li> <li>13 &amp; Over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> </ul>

	<ul style="list-style-type: none"> <li>• 11 &amp; Over events will be given separate awards for 11-12, 13-14, and 15 &amp; Over age groups.</li> <li>• 10 &amp; Under events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All 13 &amp; Older events will be deck seeded.</li> <li>• The 13-14/Senior 1650y freestyle events will be seeded according to time and gender and will be swum fastest to slowest, alternating women and men.</li> <li>• The 500y freestyle events for 13-14/Senior and 12 &amp; Younger will be seeded according to time and swum as timed finals fastest to slowest with the fastest heat swimming during finals at night.</li> <li>• <b>All events will require positive check-in 30 minutes prior to the start of the session.</b></li> <li>• Deck seeding will be done using meet manager. Heat sheets will be provided to coaches and officials and posted poolside for spectators.</li> <li>• All 12 and Younger events will be pre-seeded, <b>with the exception of Sunday's events which will be deck seeded. Positive check-in 30 minutes prior to the start of the meet will be required for 12 &amp; younger events Monday.</b></li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>• 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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• The overhead start procedure will be used for all sessions</li> <li>• The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.12.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all 13-14 and Senior events, excluding the 1650 y free.</li> <li>• 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>.</li> <li>• 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 prohibited.</li> <li>• 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"> <li>○ 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</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bryan Wallin</b>  <b>Email: <a href="mailto:thewallin5@comcast.net">thewallin5@comcast.net</a></b>  <b>Phone: (804) 389-2438</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• 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, Officials Chair at Email: <a href="mailto:rmkwebb@verizon.net">rmkwebb@verizon.net</a>, no later than Sunday, January 5, 2014.</li> <li>• Officials meetings will be held one hour prior to the start of the each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have</li> </ul>

	<p>entered in each session.</p> <ul style="list-style-type: none"> <li>• The number of timers required per club and their lane assignments will be posted on the Poseidon website <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> no later than Tuesday, January 15, 2012, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers will be required to provide their own timers for the 1650 Freestyle Session Sunday AM.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Meet programs will be sold for \$10.00.</li> <li>• 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.</li> <li>• Coaches' and officials' hospitality will be provided. Breakfast, lunch and dinner will be served on Saturday and Sunday. Breakfast and lunch will be served on Monday.</li> <li>• Disco Sports will be the meet vendor for swim gear.</li> <li>• If necessary, overflow parking will be available at the Martin's behind the aquatic center.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• Lawn/deck chairs are not permitted in the grandstand.</li> <li>• No spectators/parents will be allowed on deck unless working the meet.</li> <li>• No smoking is allowed on the campus.</li> <li>• Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the Facility.</li> <li>• All rules are posted pool side.</li> </ul>
<b>DIRECTIONS:</b>	Go to <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> for directions.
<b>HOTELS:</b>	Go to <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> , Meet/Events, Hotel Info.

## SCHEDULE OF EVENTS

Saturday Morning, January 18, 2014

13-14 and Senior Preliminary Events

Warm-ups: 6:30 AM - general; 7:30 AM - specific

Lanes 1 & 8 pace, Lane 2 & 7 sprint, more sprint lanes will be added as necessary

Meet Starts: 8:10 AM

<u>Women</u>	<u>Event</u>	<u>Men</u>
1	13-14 200 y IM	2
3	Senior 200 y IM	4
5	13-14 100 y Back	6
7	Senior 100 y Back	8
9	13-14 200 y Free	10
11	Senior 200 y Free	12
13	13-14 200 y Fly	14
15	Senior 200 y Fly	16
17	13-14 100 y Breast	18
19	Senior 100 y Breast	20

Saturday Afternoon, January 18, 2014

10 & Younger, 11-12 Timed Finals

Warm-ups: 12:30 PM; Meet Starts: 1:30 PM

<u>Women</u>	<u>Events</u>	<u>Men</u>
21	10 & Y 200 y IM	22
23	11-12 200 y IM	24
25	10 & Y 50 y Free	26
27	11-12 50 y Free	28
29	10 & Y 100 y Back	30
31	11-12 100 y Back	32
33	10 & Y 50 y Fly	34
35	11-12 50 y Fly	36
37	11-12 200 y Fly	38

Saturday Evening, January 18, 2014

11-12, 13-14 and Senior Consols and Finals Events

Warm-ups: 5:00 PM - general, 5:30 PM - specific; Meet Starts: 6:00 PM

Event Order 37,38,1,2,3,4,23,24,5,6,7,8,27,28,9,10,11,12

31,32,13,14,15,16,35,36,17,18,19,20,35,36

**Sunday Morning, January 19, 2014**  
**13-14 and Senior Preliminary Events**  
**Warm-ups: 6:30 AM - general, 7:30 AM - specific**  
**Lanes 1 & 8 pace; Lanes 2 & 7 sprint, more sprint lanes will be added as necessary**  
**Meet Starts: 8:10 AM**

<b>Women</b>	<b>Events</b>	<b>Men</b>
39	13-14 200 y Back	40
41	Senior 200 y Back	42
43	13-14 100 y Fly	44
45	Senior 100 y Fly	46
47	13-14 100 y Free	48
49	Senior 100 y Free	50
51	13-14 200 y Breast	52
53	Senior 200 y Breast	54
55	13-14 & Senior 500 y Free	56

**Sunday Afternoon, January 19, 2014**  
**10 & U, 11-12 Timed Finals Events**  
**Warm-ups: 12:30 PM; Meet Starts: 1:30 PM**

<b>Women</b>	<b>Events</b>	<b>Men</b>
57	11-12 200 y Breast	58
59	10 & Y 50 y Breast	60
61	11-12 50 y Breast	62
63	10 & Y 100 y Fly	64
65	11-12 100 y Fly	66
67	10 & Y 100 y Free	68
69	11-12 100 y Free	70
71	10 & Y 50 y Back	72
73	11-12 50 y Back	74
75	12 and Younger 500 y Free	76

**Sunday Evening, January 19, 2014**  
**11-12, 13-14 and Senior Consols and Finals Events**  
**Warm-ups: 5:00 PM - general, 5:30 PM - specific; Meet Starts 6:00 PM**  
**Event Order: 39,40,41,42,57,58,43,44,61,62,45,46,65,66,47,48,49,50,69,70**  
**51,52,53,54,73,74,75,76,55,56**  
**Consols and Finals**

**Monday Morning, January 20, 2014**  
**13-14 and Senior 1650 Events, Timed Finals**  
**Warm-ups: 7:30 AM - general, pace lanes will be assigned if needed**  
**Meet Starts: 8:30 AM**

<b>Women</b>	<b>Events</b>	<b>Men</b>
77	13-14 and Senior 1650 y Free	78

**Monday Afternoon, January 20, 2014**  
**Age Group and Senior Timed Finals Events**  
**Warm-ups: 10:30 AM; Meet Starts: 11:30 AM**

<b>Women</b>	<b>Events</b>	<b>Men</b>
79	10 & Y 100y IM	80
81	11-12 100 y IM	82
83	13-14 50 y free	84
85	Senior 50 y free	86
87	11-12 200 y Back	88
89	10 & U 200 y Free	90
91	11-12 200 y Free	92
93	10 & Y 100 y Breast	94
95	11-12 100 y Breast	96
97	13-14 400 y 400 IM	98
99	Senior 400 y 400 IM	100