



H2OKIE MAY DAY INVITATIONAL
Senior and (12&U) A/BB/B/C Meet
May 6-8, 2016
SANCTION NO. VS-16-77

Hosted by:



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-16-77 USA Swimming, Inc., Virginia Swimming, Inc., H2Okie, and the 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 (540) 381-7665
FACILITY:	<ul style="list-style-type: none"> 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet at the starting end. Colorado Timing System with color scoreboard and separate video board will be used. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4)
MEET DIRECTOR:	Name: Scott Baldwin Email: edbaldwi@vt.edu Phone: (540) 998-2327
ELIGIBILITY:	<ul style="list-style-type: none"> Open to Invited teams with USA Swimming athletes registered prior to the first day of the meet. No on deck USA Swimming athlete registration will be permitted Age on May 6, 2016 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 12 & Under Session swimmers swim timed finals on Friday evening, and Saturday and Sunday AM sessions. All Senior Session swimmers swim timed finals on Friday evening, Saturday morning, Saturday evening, and Sunday morning sessions. Chase starts may be used at the discretion of the meet referee. If Chase starts are used, Odd heats at Shallow End, Even heats at Deep End.
WARM-UPS:	<ul style="list-style-type: none"> Friday evening session: Warm-ups start at 4:00 pm; competition start at 5:05 pm. General warm-up will be for 40 minutes with 20 minutes of specific warm-ups immediately following. SAT and SUN AM Warm-ups: General warm-up beginning at 7am. Specific warm-ups: 8:00-8:20am competition starts at 8:30 am. Senior Sat PM session warm-ups: Warm-ups start at 4:00 pm; competition starts at 5:00 pm. General warm-up will be for 30 minutes with 20 minutes of specific warm-ups immediately following. Warm-up times will be posted on www.h2okieaquatics.org no later than May 3, 2016, and emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, April 26, 2016 <ul style="list-style-type: none"> Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software. Teams must 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. "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of

	<p>record. Coaches Times (CT) may be used except where noted below concerning 12&Unders in Senior events and may not exceed a "BB" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> • Proof of time must be submitted with entry for all distance events. • 12 & Under swimmers may enter a maximum of 5 events per day. • Senior session swimmers on Saturday may enter a maximum of 3 events per session and no more than, 5 events total for the day. • Senior session swimmers on Sunday may enter a maximum of 4 events. • 12 & Under swimmers entered in a Senior Events are bound to the senior session entry limits for that day. • 12 & Under Swimmers wishing to swim in Senior Events must possess a 13/14 'B' Time in each event entered. NO 'CT' for 12 & under swimmers entered in Senior Session Events. Proof of time required. • Entries will be processed in the order received and <u>accepted to</u> 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: edbaldwi@vt.edu • 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: \$6.00 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: H20kie Aquatics • Mail payment to: Scott Baldwin 165 Huff Heritage LN Christiansburg, VA 24073 Phone: (540) 998-2327 • Payment must be received by Wednesday, May 3, 2016 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"> ◦ 12 & Under events will be awarded by 8&U, 9, 10, 11, and 12 year old single age groups. ◦ No awards for Senior Events
SEEDING:	<ul style="list-style-type: none"> • All events 200 yds or less will be pre-seeded. All events 400 yds or longer will be deck seeded with a positive check-in as described below. • Swimmers should report directly to the blocks for their events. • Positive check-in: <ul style="list-style-type: none"> ◦ Events # 3- #6 by 4:30pm ◦ Events #13- #14 by 8:30am ◦ Events #33- #34 by 4:30pm • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT • SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT. • Senior 800 free will be swum fastest to slowest in 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 be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and

	<p>published as part of the official meet results.</p> <ul style="list-style-type: none"> • Clubs entering swimmers not legally registered with USA Swimming prior to 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. • 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. • The overhead start procedure will 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> • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • In accordance with VSI Best Practices, swimmers should shower before entering the pool. • 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: George Zolovick Email: gmzolovick@aol.com Phone: (540) 449-5413</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 Scott Greiner, Email: sgreiner@vt.edu, no later than May 3, 2016. • A meeting of all strokes and turns officials 30 minutes prior to the start of the Friday evening session and one hour prior to all Saturday and Sunday sessions will be held.
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 www.h20kieaquatics.org no later than May 3, 2016 and emailed to the contact person of each of the individual clubs. • Distance events, (events #3- #6) participants will be expected to provide their own timers and lap counters.
GENERAL:	<ul style="list-style-type: none"> • Spectator seating of approx. 1200 is available above the swimming venue. • Only swimmers, officials, and timers are allowed on deck. • <i>Swim and Tri</i> swimwear will be in attendance for swimming related items. • Hospitality will be provided to certified USA swimming coaches and registered USA swimming officials only.
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"> • 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

	<p>unless approved by Aquatic Staff Management.</p> <ul style="list-style-type: none"> • 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:	MapQuest using this address: 595 North Franklin Street, Christiansburg, VA 24073

Friday, May 6, 2016**Evening Session**

<u>Female</u>	<u>Event</u>	<u>Male</u>
1	12&U 200 IM	2
3	Senior 800 Free	4
5	12& Under 400 Free	6

Saturday, May 7, 2016**Senior Morning Session**

Warmup: 6:45am Meet Start:
8:30am

<u>Female</u>	<u>Event</u>	<u>Male</u>
7	200 m Butterfly	8
9	100 m Free	10
11	200 m Breast	12
13	400 m Free	14

Saturday, May 7, 2016**Senior Evening Session**

Warmup: 4:00pm Meet Start:
5:05pm

<u>Female</u>	<u>Event</u>	<u>Male</u>
27	200 m Freestyle	28
29	100 m Butterfly	30
31	100 m Back	32
33	400 m IM	34

Sunday, May 8, 2016**Senior Morning Session**

Warmup: 6:45am Meet Start:
8:30am

<u>Female</u>	<u>Event</u>	<u>Male</u>
35	200 m Back	36
37	100 m Breast	38
39	50 m Freestyle	40
41	200 m IM	42

Saturday, May 7, 2016**12 & Under AM Session**

Warmups: 6:45am

<u>Female</u>	<u>Event</u>	<u>Male</u>
15	12 & U 200 m Free	16
17	12 & U 50 m Butterfly*	18
19	12 & U 200 m Butterfly*	20
21	12 & U 100 m Back	22
23	12& U 100 m Breast	24
25	12 & U 50 m Free	26

Sunday, May 8, 2016**12 & Under AM Session**

Warmups: 6:45am

<u>Female</u>	<u>Event</u>	<u>Male</u>
43	12& U 100 m Freestyle	44
45	12&U 50 m Back*	46
47	12&U 200 m Back*	48
49	12&U 100 m Butterfly	50
51	12&U 50 m Breast*	52
53	12&U 200 m Breast*	54