



**Poseidon's A/BB/B/C  
Autumn Splash  
November 4-6, 2016  
SANCTION NO. VS-17-24**



|                             |   |
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| <b>SANCTION:</b>            | <ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-17-24</b>.</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming and Collegiate Schools 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.</li></ul>   |
| <b>LOCATION:</b>            | <ul style="list-style-type: none"><li>• Collegiate Schools Aquatic Center, 5050 Ridgedale Parkway, Richmond, VA 23234</li><li>• Phone: 804-447-2487</li></ul>   |
| <b>FACILITY:</b>            | <ul style="list-style-type: none"><li>• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.</li><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. 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>• Spectator seating for 700 plus.</li><li>• The competition course has not yet been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The course with movable bulkheads will be certified prior to competition.</li></ul> |
| <b>MEET DIRECTOR:</b>       | Name: Amy Bollinger<br>Email: <a href="mailto:admin@poseidonswimming.com">admin@poseidonswimming.com</a><br>Phone: 804-447-2487   |
| <b>ELIGIBILITY:</b>         | <ul style="list-style-type: none"><li>• Open to USA Swimming registered athletes registered before the first day of the meet.</li><li>• No on-deck athlete registration will be permitted.</li><li>• Age on November 4, 2016 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>• The 500 free will be offered Friday PM for all age groups. Events #1-8 will be swum fastest to slowest.</li><li>• All 13 and older swimmers will swim in the morning session Saturday and Sunday.</li><li>• All 12 and younger swimmers will swim in the afternoon session Saturday and Sunday.</li><li>• A session will be held Saturday evening for the 1650 free. All 1650 events will swim fastest to slowest.</li><li>• All events will be timed finals.</li><li>• Dual courses may be run for part or the entire meet to accommodate the number of swimmers and still not create too lengthy a session.</li></ul>   |
| <b>WARM-UP:</b>             | <ul style="list-style-type: none"><li>• Friday evening session: general warm-ups 4:00 PM, competition start 5:00 PM.</li><li>• Morning sessions: Warm-ups at 7:00 AM competition starts at 8:00 AM.</li><li>• Afternoon sessions: Warm-ups not before 12:30 PM; competition starts not before 1:30 PM.</li><li>• Saturday evening session: General warm-ups not before 4:30 PM, competition not before 5:30 PM.</li></ul>   |

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|                   | <ul style="list-style-type: none"> <li>• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Tuesday, November 1, 2016 5:00 PM, 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 THURSDAY, OCTOBER 27, 2016.</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 must 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>• 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.</li> <li>• Swimmers may enter 1 event Friday, <b>4 individual events per day Saturday and Sunday.</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: Becky McEntire, <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: \$6.50<br/>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 November 4, 2016 for entries.</li> <li>• 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 receipt 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>• Awards will be given for the following age groups: 8 &amp; Y, 9-10, 11-12, 13-14, 15 &amp; O.</li> </ul>   |
| <b>SEEDING:</b>   | <ul style="list-style-type: none"> <li>• All individual events except for the following will be pre-seeded; events #1-8 500 free; events #29-32, 400 IM; events #63 &amp; 64, 400 IM; events #65 - 68, 1650 free.</li> <li>• These events, #1-8, 29-32, 63-68, will require a positive check-in to swim.</li> <li>• Positive check-in will close 45 minutes prior to the start of each session.</li> <li>• Events #1 – 8, 500 free and #65 – 68, 1650 free will be swum fastest to slowest.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>A swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete will not be able to swim his/her next event.</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> </ul>   |

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|                        | <ul style="list-style-type: none"> <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 may be used for the all sessions at the discretion of the Referee.</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>• Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</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: Bob Rustin</b><br/> <b>Phone: 804-387-8736, Email: brustin55@gmail.com</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 Scott Farrar, sfarrar@bsnsports.com, no later than Sunday October 30, 2016.</li> <li>• Officials briefing will take place 1 hour before the beginning of each session.</li> </ul>  |
| <b>SAFETY:</b>         | <ul style="list-style-type: none"> <li>• Virginia Swimming Meet Safety Procedures will be in effect.</li> </ul>   |
| <b>TIMERS:</b>         | <ul style="list-style-type: none"> <li>• Swimmers in events #1-8 must provide one timer. Swimmers in events #65-68 must provide their own timers.</li> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the Poseidon website no later than Tuesday, November 1, 2016 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>   |
| <b>GENERAL:</b>        | <ul style="list-style-type: none"> <li>• Meet programs will be sold for \$10.</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 include a light dinner on Friday and breakfast and lunch Saturday and Sunday. Hospitality will be hosted in the weight room just off the pool deck.</li> <li>• Swim &amp; Tri 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> </ul>  |
| <b>DIRECTIONS:</b>     | Go to <a href="http://www.poseidonswimming">www.poseidonswimming</a> for directions.  |

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| <b>HOTELS:</b> | Go to <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> Meets/Events, then Visitor Hotel Info. |
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**Poseidon Autumn Splash, November 4-6, 2016**

**ORDER OF EVENTS**

|  |                               |                          |  |  |                      |             |
|--|-------------------------------|--------------------------|--|--|----------------------|-------------|
| <b>Friday, November 4, 2016</b>                  |                               |                          |  |  |                      |             |
| <b>PM Distance Session</b>                       |                               |                          |  |  |                      |             |
| <b>Warm-up: 4:00 PM; Start 5:00 PM</b>           |                               |                          |  |  |                      |             |
|  | <u>Girls</u>                  | <u>Events</u>            |  | <u>Boys</u>                                    |                      |             |
|  | 1                             | 10 & Y 500 free **+      |  | 2  |                      |             |
|  | 3                             | 11-12 500 free **+       |  | 4  |                      |             |
|  | 5                             | 13-14 500 free **+       |  | 6  |                      |             |
|  | 7                             | 15 & older 500 free ** + |  | 8  |                      |             |
| <b>Saturday, November 5, 2016</b>                |                               |                          |  |  |                      |             |
| <b>Saturday Morning Session</b>                  |                               |                          |  | <b>Saturday Afternoon Session</b>              |                      |             |
| <b>Warm-up: 7:00 AM; Start: 8:00 AM</b>          |                               |                          |  | <b>Warm-up: 12:30 PM; Start: 1:30 PM</b>       |                      |             |
|  |                               |                          |  | <small>(Times are approximate)</small>         |                      |             |
| <u>Girls</u>                                     | <u>Events</u>                 | <u>Boys</u>              |  | <u>Girls</u>                                   | <u>Events</u>        | <u>Boys</u> |
| 9  | 13-14 200 fly                 | 10                       |  | 33   | 8 & Y 25 free        | 34          |
| 11   | 15 & O 200 fly                | 12                       |  | 35   | 10 & Y 50 free       | 36          |
| 13   | 13-14 50 free                 | 14                       |  | 37   | 11-12 50 free        | 38          |
| 15   | 15 & O 50 free                | 16                       |  | 39   | 10 & Y 200 free      | 40          |
| 17   | 13-14 100 breast              | 18                       |  | 41   | 11-12 200 free       | 42          |
| 19   | 15 & O 100 breast             | 20                       |  | 43   | 8 & Y 25 breast      | 44          |
| 21   | 13-14 200 back                | 22                       |  | 45   | 10 & Y 50 breast     | 46          |
| 23   | 15 & O 200 back               | 24                       |  | 47   | 11-12 50 breast      | 48          |
| 25   | 13-14 100 free                | 26                       |  | 49   | 11-12 200 breast     | 50          |
| 27   | 15 & O 100 free               | 28                       |  | 51   | 10 & Y 100 IM        | 52          |
| 29   | 13 -14 400 IM **              | 30                       |  | 53   | 11-12 100 IM         | 54          |
| 31   | 15 & O 400 IM **              | 32                       |  | 55   | 10 & Y 100 back      | 56          |
|  |                               |                          |  | 57   | 11-12 100 back       | 58          |
|  | **requires positive check -in |                          |  | 59   | 10 & Y 100 fly       | 60          |
|  |                               |                          |  | 61   | 11-12 100 fly        | 62          |
|  |                               |                          |  | 63   | 11-12 400 IM **      | 64          |
|  |                               |                          |  | <b>Saturday Evening Session</b>                |                      |             |
|  |                               |                          |  | <b>General Warm-up: 4:30 PM; Start 5:30 PM</b> |                      |             |
|  |                               |                          |  | <small>Times are approximate</small>           |                      |             |
| ** Positive check-in<br>+swim fastest to slowest |                               |                          |  | 65   | 11-14 1650 free** +  | 66          |
|  |                               |                          |  |  | 15 & O 1650 free** + |             |

**Sunday, November 6, 2016**

| <b>Sunday Morning Session</b><br><b>Warm-up: 7:00 AM; Start: 8:00 AM</b> |                      |             | <b>Sunday Afternoon Session</b><br><b>Warm-up: 12:30, 1:30 PM start</b><br><b>(times are approximate)</b> |              |                      |             |
|--|----------------------|-------------|---|--------------|----------------------|-------------|
| <b>Girls</b>   | <b><u>Events</u></b> | <b>Boys</b> |   | <b>Girls</b> | <b><u>Events</u></b> | <b>Boys</b> |
| 69   | 13-14 200 free       | 70          |   | 89           | 8 & Y 25 back        | 90          |
| 71   | 15 & O 200 free      | 72          |   | 91           | 10 & Y 50 back       | 92          |
| 73   | 13-14 200 breast     | 74          |   | 93           | 11-12 200 back       | 94          |
| 75   | 15 & O 200 breast    | 76          |   | 95           | 11-12 50 back        | 96          |
| 77   | 13-14 100 back       | 78          |   | 97           | 8 & Y 25 fly         | 98          |
| 79   | 15 & O 100 back      | 80          |   | 99           | 10 & Y 50 fly        | 100         |
| 81   | 13-14 100 fly        | 82          |   | 101          | 11-12 50 fly         | 102         |
| 83   | 15 & O 100 fly       | 84          |   | 103          | 11-12 200 fly        | 104         |
| 85   | 13-14 200 IM         | 86          |   | 105          | 10 & Y 200 IM        | 106         |
| 87   | 15 & O 200 IM        | 88          |   | 107          | 11-12 200 IM         | 108         |
|  |                      |             |   | 109          | 10 & Y 100 free      | 110         |
|  |                      |             |   | 111          | 11-12 100 free       | 112         |
|  |                      |             |   | 113          | 10 & Y 100 breast    | 114         |
|  |                      |             |   | 115          | 11-12 100 breast     | 116         |
|  |                      |             |   |              |                      |             |
|  |                      |             |   |              |                      |             |

