



**Pumpkin Plunge  
A/BB/B/C Meet  
October 14-16, 2016  
SANCTION NO. VS-17-08**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No VS-17-08 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.</li></ul>
<b>LOCATION:</b>	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, VA 23234, Phone: (804) 447-2487
<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 been certified in accordance with current USA Swimming Rules and Regulations, Article 104.22.2C (4).</li></ul>
<b>MEET DIRECTOR:</b>	Name: Ann Marie Blakeney Email: admin@poseidonswimming.com Phone: 804-447-2487
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to the 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>Age on October 14, 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>Friday Distance session is all age groups.</li><li>All 9-12 swimmers will swim in the AM session.</li><li>8 &amp; younger swimmers will swim the mid-day session.</li><li>All 13 &amp; older swimmers will swim the afternoon session.</li><li>Dual courses may be used to prevent too lengthy a session.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday Afternoon Distance session: General warm-ups 5:00-5:50 PM. Competition starts at 6:00 PM.</li><li>Morning sessions: Warm-ups not before 7:00 AM; competition starts not before 8:00 AM.</li><li>Mid-day session: Warm ups not before 11:00 AM; competition start not before 11:30 PM.</li><li>Afternoon sessions: Warm-ups not before 12:00 PM; competition starts not before 1:00 PM.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the Poseidon Swimming website (<a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a>) no later than Tuesday October 11, 2016, and will also be emailed to the contact person of the participating clubs.</li><li>If the morning session runs late, mid-day warm-ups will begin immediately after the morning</li></ul>

	session ends.
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 PM, OCTOBER 6, 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.</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 a maximum of <b>4 individual event(s) per day.</b></li> <li>• <b>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.</b></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; or running dual courses.</li> <li>• <b>Email entries to Marla Shreve, <a href="mailto:entries@poseidonswimming.com">entries@poseidonswimming.com</a></b></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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.50 Swimmer surcharge: \$2.50 per person</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 October 14, 2016. 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: Awards will be given for first through eighth place for the following age groups: 8 &amp; Younger, 9-10, 11-12, 13-14, and 15 &amp; older.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded except for 500 free, 1000 free, and 400 IM (Events #1-4, #59, - 60, #115-116) which will be deck seeded and require positive check in. Swimmers will report directly to the blocks for pre-seeded events.</li> <li>• Positive check-in will close 45 minutes prior to the start of each day’s session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT.</b></li> <li>• Events #1 &amp; 2 and #3 &amp; 4 will be swum fastest to slowest and alternating heats of girls and boys.</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</li> </ul>

	swimmer is unattached, the fine will be levied on the swimmer.
<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 procedures will be used unless otherwise directed by the meet 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>• 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.</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>  <b>Email: <a href="mailto:brustin55@gmail.com">brustin55@gmail.com</a></b>  <b>Phone: 804-387-8736</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, 804-365-8212, no later than Sunday, October 9, 2016.</li> <li>• Officials meetings will be held one hour prior to the start of competition.</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 entered in each session.</li> <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, October 6, 2015, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers will be required to provide one timer for the 500 and 1000 Freestyle Session Friday evening.</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. Light refreshments will be served Friday. Breakfast and lunch will be served on Saturday and Sunday.</li> <li>• Swim and 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> <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> under Meets/Events for hotel information.

**PUMPKIN PLUNGE  
ORDER OF EVENTS**

<b>Friday, October 14, 2016</b>			
<b>Friday Evening Session</b>			
<b>Warm-up: 5:00 PM; Start: 6:00 PM</b>			
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	
1	12 & Y 500 free	2	
3	13 & O 1000 free	4	

<b>Saturday, October 15, 2016</b>			<b>Sunday, October 16, 2016</b>		
<b>9-12 Morning Session</b>			<b>9-12 Morning Session</b>		
<b>Warm-up: not before 7:00 AM; Start: 8:00 AM</b>			<b>Warm-up: not before 7:00 AM; Start: 8:00 AM</b>		
			<small>(Times are approximate)</small>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
5	11-12 50 back	6	61	11-12 100 back	62
7	11-12 200 back	8	63	9-10 100 back	64
9	9-10 50 back	10	65	11-12 50 breast	66
11	11-12 100 breast	12	67	11-12 200 breast	68
13	9-10 100 breast	14	69	9-10 50 breast	70
15	11-12 50 fly	16	71	11-12 100 fly	72
17	11-12 200 fly	18	73	9-10 100 fly	74
19	9-10 50 fly	20	75	11-12 200 IM	76
21	11-12 100 IM	22	77	9-10 200 IM	78
23	9-10 100 IM	24	79	11-12 50 free	80
25	11-12 100 free	26	81	9-10 50 free	82
27	9-10 100 free	28	83	9-12 200 free	84
<b>8 &amp; Younger Mid-Day Session</b>			<b>8 &amp; Younger Mid-Day Session</b>		
<b>Warm-up: not before 11:00 AM;</b>			<b>Warm-up: not before 11:00 AM;</b>		
<b>Start: not before 11:30 AM</b>			<b>Start: not before 11:30 AM</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
29	8 & Y 25 free	30	85	8 & Y 50 free	86
31	8 & Y 50 back	32	87	8 & Y 25 back	88
33	8 & Y 100 IM	34	89	8 & Y 50 breast	90
	5 minute Break			5 minute Break	
35	8 & Y 25 breast	36	91	8 & Y 100 free	92
37	8 & Y 50 fly	38	93	8 & Y 25 fly	94

**SATURDAY, OCTOBER 15, 2016**

**SUNDAY, OCTOBER 16, 2016**

<b>13 &amp; Older Afternoon Session</b> <b>Warm-up: not before 12:00 PM;</b> <b>Start: not before 1:00 PM</b>			<b>13 &amp; Older Afternoon Session</b> <b>Warm-up: not before 12:00 PM;</b> <b>Start: not before 1:00 PM</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
39	13-14 200 IM	40	95	13-14 100 back	96
41	15-O 200 IM	42	97	15 – O 100 back	98
43	13-14 200 back	44	99	13-14 200 fly	100
45	15-O 200 back	46	101	15-O 200 fly	102
47	13-14 100 fly	48	103	13-14 100 breast	104
49	15-O 100 fly	50	105	15-O 100 breast	106
51	13-14 200 breast	52	107	13-14 200 free	108
53	15-O 200 breast	54	109	15-O 200 free	110
55	13-14 100 free	56	111	13-14 50 free	112
57	15-18 100 free	58	113	15-O 50 free	114
59	13 & O 500 free	60	115	13 & O 400 IM	116