



**RIVER CITY OPEN**  
**SPONSORED BY SWIM & TRI**  
**A/BB/B/C Meet**  
**May 19-21, 2017**  
**SANCTION NO. VS-17-84**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-17-84</b>.</li><li>USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming, Inc. 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.</li></ul>
<b>LOCATION:</b>	Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234
<b>FACILITY:</b>	<p><b>Competition Pool:</b></p> <ul style="list-style-type: none"><li>Indoor 8 lane 50 meters 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.</li><li>Omega starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used.</li><li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). Copy of such certification is on file with USA Swimming.</li></ul> <p><b>Instructional Pool:</b></p> <ul style="list-style-type: none"><li>Indoor 6 lane 25 yard pool for continuous warm-up/warm-down.</li></ul>
<b>MEET DIRECTOR:</b>	Name: Jessica Bauer 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 invited teams and registered USA Swimming athletes up to the entry limit. Athletes must be registered before the first day of the meet. Teams will be limited to 150 swimmers, except the host team.</li><li>No on-deck Virginia Swimming athlete registration will be permitted.</li><li>2017-2020 NAG time standards are in effect. 17-18 time standards will be used for 15 &amp; Older swimmers.</li><li>Age on May 19, 2017 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>13 &amp; Over distance events (800m &amp; 1500m) will be swum on Friday afternoon session.</li><li>All 9-12 year old swimmers will compete during Saturday and Sunday morning sessions.</li><li>All 8 &amp; Under events will be on Saturday during a midday session.</li><li>13 &amp; Older swimmers will compete during Saturday and Sunday afternoon sessions.</li><li>All events will be timed finals.</li><li>Depending on the number of entries, chase starts may be used.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday distance session: Warm-ups at 4:00 PM; competition will start at 5:00 PM.</li><li>Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AM.</li><li>8 &amp; Under Saturday Midday session: Warm-ups no earlier than 12:30 PM; competition starts no earlier than 1:00 PM.</li><li>Saturday Afternoon session: Warm-ups no earlier than 2:00 PM; competition starts no earlier than 3:00 PM.</li><li>Sunday Afternoon session: Warm-ups no earlier than 1:00 PM; competition starts no earlier than</li></ul>

	<p>2:00 PM</p> <ul style="list-style-type: none"> <li>Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs no later than Tuesday, May 16, 2017. Information will also be posted on the Poseidon website (<a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a>).</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, MAY 11, 2017.</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Teams may 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 Times (CT) will be accepted for events in which a swimmer does not have a time of record, except for the 400, 800 and 1500 freestyle. CT <b>must be slower than an "A" time</b>. 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 one individual event on Friday, 3 individual events per day Saturday and Sunday. If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</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>Entries in events #1 &amp; #2 are limited to those swimmers who have a time of record equal to BB or faster in the 500y free, 400 m free, 800m free, 1000y free, 1650y free or 1500m free for their current age. No coaches' times are allowed for these events.</li> <li>Entries in events #51 &amp; #52 (9-12 400m free) are limited to those swimmers who have a BB time or faster in the 500y or 400m free for their current age group. No coaches' times are allowed for these events.</li> <li>Events #37, #38, #51, #52, # 63 and #64 are limited to 4 heats each.</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 may require reseeding.</li> <li>Email entries to: Becky Hofmann <a href="mailto:entries@poseidonswimming.com">entries@poseidonswimming.com</a></li> <li>IMPORTANT: If entries are 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> <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 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: 5050 Ridgedale Parkway Richmond, VA 23234</li> <li>Payment must be received by May 19, 2017 for entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Ribbons will be awarded for first through eighth place.</li> <li>Age groups receiving ribbons will be 8 &amp; Younger, 9-10, 11-12, 13-14, 15 &amp; Over.</li> <li>Awards will be awarded for each age group in each time classification entered.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All 50M, 100M, and 200M events will be pre-seeded.</li> <li>Positive check-in is required for Events #1, # 2, #37, #38, #51, #52 and #63, # 64.</li> </ul>

	<ul style="list-style-type: none"> <li>• Positive Check-in for events #1 &amp; #2 will close at 4:15 PM.</li> <li>• Positive Check-in for events #37 &amp; #38 will close 30 minutes prior to the start of session 4.</li> <li>• Positive Check-in for events #51 &amp; #52 will close 30 minutes prior to the start of session 5.</li> <li>• Positive Check-in for events #63 &amp; #64 will close 30 minutes prior to the start of session 6.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>Swimmers competing in the 800m Free and 1500m Free are responsible for providing their own lap counters.</b></li> <li>• Events #1 &amp; #2 will be swum fastest to slowest, alternating girls and boys. All other events will swim slowest to fastest.</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 by 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 USA-S 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. Chase starts may be used at the discretion of 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>• Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</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. 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 not permitted.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bob Rustin, 804-387-8736, brustin55@gmail.com</b></p> <p>Officials will be needed for all positions and all sessions for this meet.</p> <ul style="list-style-type: none"> <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, Email: <a href="mailto:sfarrar@bsnsports.com">sfarrar@bsnsports.com</a>, no later than May 16, 2017.</li> <li>• Officials will meet one hour prior to the start 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>• Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> </ul>

	<ul style="list-style-type: none"> <li>• The number of timers required per club and their lane assignments will be posted on the Poseidon no later than Tuesday, May 16, 2017, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Timers must be provided by the swimmer for events #1 &amp; #2, 800 and 1500 free.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Meet programs:</b> Programs will be sold for \$10.</li> <li>• <b>Concession:</b> Food and drink 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.</li> <li>• <b>Hospitality:</b> <ul style="list-style-type: none"> <li>○ A light breakfast will be provided Saturday and Sunday.</li> <li>○ A light dinner will be provided to coaches and officials Friday. Lunch and late afternoon snack will be provided Saturday and Sunday.</li> <li>○ Hospitality will be available when warm-ups start and may close one hour prior to the end of the meet each day.</li> </ul> </li> <li>• <b>Parking:</b> overflow parking is available at 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>• 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.com">www.poseidonswimming.com</a> for directions
<b>HOTELS:</b>	Hotel information is available at <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> under Meets/Events.

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**ORDER OF EVENTS**

<b>Session #1</b> <b>Friday Evening, May 19, 2017</b> <b>Warm ups 4:00pm; Start 5:00pm</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
<b>1</b>	13 & Over 800m Free	-
-	13 & Over 1500m Free	<b>2</b>

<b>Session #2</b> <b>Saturday Morning, May 20, 2017</b> <b>Warm-up 7:00am; Start 8:00am</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
<b>3</b>	9-12 50m Back	<b>4</b>
<b>5</b>	9-12 100m Fly	<b>6</b>
<b>7</b>	11/12 200m Breast	<b>8</b>
<b>9</b>	9-12 100m Free	<b>10</b>
<b>11</b>	11/12 200m Back	<b>12</b>
<b>13</b>	9-12 200m Free	<b>14</b>
<b>15</b>	9-12 50m Breast	<b>16</b>

<b>Session #3</b> <b>Saturday Midday, May 20, 2017</b> <b>Warm ups no earlier than 12:30pm; Start no earlier than 1:00pm</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
<b>17</b>	8 & Under 100m Free	<b>18</b>
Break		
<b>19</b>	8 & Under 50m Fly	<b>20</b>
Break		
<b>21</b>	8 & Under 50m Back	<b>22</b>
Break		
<b>23</b>	8 & Under 50m Breast	<b>24</b>
Break		
<b>25</b>	8 & Under 50m Free	<b>26</b>

<b>Session #4</b> <b>Saturday Afternoon, May 20, 2017</b> <b>Warm-ups no earlier than 2:00pm; Start no earlier than 3:00pm</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
<b>27</b>	13 & Over 100m Free	<b>28</b>
<b>29</b>	13 & Over 200m Breast	<b>30</b>
<b>31</b>	13 & Over 100m Fly	<b>32</b>
<b>33</b>	13 & Over 200m Free	<b>34</b>
<b>35</b>	13 & Over 100m Back	<b>36</b>
<b>37</b>	13 & Over 400m IM**	<b>38</b>

<b>Session #5</b> <b>Sunday Morning, May 21, 2017</b> <b>Warm up 7:00am; Start 8:00am</b>		
<b>Girls</b>	<b>Event Name</b>	<b>Boys</b>
<b>39</b>	9-12 50m Free	<b>40</b>
<b>41</b>	9-12 100m Back	<b>42</b>
<b>43</b>	11/12 200m Fly	<b>44</b>
<b>45</b>	9-12 100m Breast	<b>46</b>
<b>47</b>	9-12 200 IM	<b>48</b>
<b>49</b>	9-12 50m Fly	<b>50</b>
<b>51</b>	9-12 400m Free**	<b>52</b>

<b>Session #6</b> <b>Sunday Afternoon, May 21, 2017</b> <b>Warm-ups no earlier than 1:00pm; Start no earlier than 2:00pm</b>		
<b>53</b>	13 & Over 50m Free	<b>54</b>
<b>55</b>	13 & Over 200m Back	<b>56</b>
<b>57</b>	13 & Over 200m Fly	<b>58</b>
<b>59</b>	13 & Over 100m Breast	<b>60</b>
<b>61</b>	13 & Over 200m IM	<b>62</b>
<b>63</b>	13 & Over 400m Free**	<b>64</b>

\*\* These events are limited to 4 heats of each event girls and boys.