
	<b>SOUTHWEST DISTRICT 12 &amp; UNDER CHAMPIONSHIP</b> <b>February 15-17, 2013</b> <b>SANCTION NO. VS-13-51</b>	
--	--	---

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-13-51</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Carter Center Aquatics and North Cross School 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>	Carter Athletic Center at North Cross School, 4254 Colonial Avenue, SW, Roanoke, VA 24018 Telephone: (540) 989-7284
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>25 yard course, six (6) lane pool, with depths of six (6) feet on start end to four (4) feet on turn end, non-turbulent lane lines, decking with bleachers for viewing meet, and gym area for swimmers. Colorado Timing System. This is an indoor facility.</li> <li><b>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)</b></li> </ul>
<b>MEET DIRECTOR:</b>	Name: Ed Bartlett Phone: (540) 588-2138 Email: <a href="mailto:ed.bartlett@wellsfargoadvisors.com">ed.bartlett@wellsfargoadvisors.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming registered athletes 12 years old and younger registered by the first day of the meet in the Southwest District.</li> <li>Teams in the Southwest District are: ACST, CAST, CCA, CYAC, FUAC, GATR, GRTD, HA, HOKI, LASO, LY, RSA, SCAT, SMAC, STRM, YMST, &amp; YRVS</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>The qualifying period for this meet is January 1, 2012 through February 12, 2013.</li> <li><b>8 &amp; Younger swimmers may participate regardless of classification in 8 &amp; under events only.</b></li> <li><b>8 &amp; Younger swimmers competing in the 100Fly, 100 Back, 100 Breast, 200 Free, 200 IM, 500 Free, or 10&amp;U relays may not have a VSI Age Group Championship qualifying time in those events.</b></li> <li><b>Swimmers 9 to 12 years of age may compete in any individual event or relay leg in which they do not have a VSI Age Group Championship qualifying time.</b></li> <li>10 and 12 year-old swimmers aging up from February 15 to March 7, 2013 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> <li>10 or 12 year old swimmers who do not qualify for an event in their new age group at AG Championships may enter the event in this meet.</li> <li>10 and 12 year old swimmers aging up between championships will be seeded correctly by time, however, will swim Exhibition only and will not be eligible to receive an award.</li> </ul> </li> <li>Age on February 15, 2013 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 events will be timed finals.</li> <li>11-12 year old swimmers will swim in the <b>MORNING</b> session each day.</li> <li>10 &amp; Under swimmers will swim in the <b>AFTERNOON</b> session each day.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday session: Warm-ups start 2:30 PM; Competition starts at 3:45 PM</li> <li>Morning sessions: Warm-ups start 6:45 AM; Competition starts at 8:30 AM</li> </ul>

	<ul style="list-style-type: none"> <li>• Afternoon sessions: Warm-ups start not before 12:30 PM; Competition begins not before 2:00 PM</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, FEBRUARY 5, 2013</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>.</li> <li>• Teams submit entries via e-mail.</li> <li>• A <b>Team Manager</b> printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• <b>“No Time” (NT) entries will be accepted.</b> Coaches’ times will NOT be allowed.</li> <li>• Swimmers may enter a maximum of <i>9 individual events for the meet, no more than 5 per day</i> and 1 relay event per day.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 4.</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 could require reseeding.</li> <li>• Email entries to: <a href="mailto:glake@ccamarlins.com">glake@ccamarlins.com</a>.</li> <li>• Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>RESULTS:</b>	<ul style="list-style-type: none"> <li>• TM meet results file and MM meet backup file will be provided to each participating team and unattached swimmer(s) within 24 hours of the close of the meet.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$4.50</b>  <b>Relay Events: \$13.00</b>  <b>Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</b></p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: CCA Marlins</li> <li>• Mail payment to: CCA Marlins  Street Address  Roanoke, VA 24018</li> <li>• Payment must be received by Tuesday, February 12, 2013 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.</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 will be awarded medals and scored for first through eighth place on the BB and up side of the meet based on ENTRY times. Individual events will be awarded medals and scored first through eighth place on the B and below side of the meet based on ENTRY times.</li> <li>• Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place.</li> <li>• Team Awards will be given. Teams placing 1<sup>st</sup> through 6<sup>th</sup> will receive a plaque.</li> <li>• Scoring will be as follows: <ul style="list-style-type: none"> <li>○ Individual: 9-7-6-5-4-3-2-1</li> <li>○ Relays: 18-14-12-10-8-6-4-2</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ All events will be scored to 8 places.</li> <li>○ Only the top two relay entries per team may score.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 10 &amp; under 500 free, 11-12 500 freestyle and 11-12 400 IM, will be pre-seeded.</li> <li>• <b>8 &amp; Younger swimmers</b> must report to Clerk of Course. They will be escorted to the blocks by meet staff.</li> <li>• <b>All 9 &amp; Older swimmers</b> will report directly behind the blocks for their events.</li> <li>• Positive check-in for the 10 &amp; Under 500 free, 11-12 500 free and 11-12 400 IM will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Clerk of Course desk.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• Penalties for entries using fraudulent and/or non-verifiable entry times: <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> </li> <li>• <b>A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.</b></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> <li>○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water.</li> <li>○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> </ul> </li> <li>• The overhead start procedure will be used for the afternoon sessions, and may be used for the morning 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>• 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: John Stanley</b>  <b>Email: <a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a></b>  <b>Phone: (540) 354-9856</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to John Stanley no later than Tuesday, February 12, 2013.</li> <li>• Officials will meet in the Hospitality Area 1 hour prior to the start of each session. Friday meeting time will be 2:45 PM; Saturday and Sunday morning at 7:30 AM; Saturday and Sunday afternoon at 1:00 PM (approximately).</li> </ul>

	<ul style="list-style-type: none"> <li>General meeting for coaches and key officials will be held in the Hospitality area at 8:05 AM on Saturday, February 16, 2012.</li> <li>Anyone interested in officiating this meet should contact John Stanley at <a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a>.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li><b>Swimmers are required to supply their own timers and lap counters for the 500 Freestyle (Friday).</b></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 CCA Marlins website (<a href="http://www.ccamarlins.com">www.ccamarlins.com</a>) no later than Tuesday, February 12, 2013, and will also be emailed to the contact person of each of the individual clubs.</li> <li>These assignments will also be posted throughout the venue.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat Sheets will be sold for \$10.00.</li> <li>Refreshments and lunch will be provided for the USA-S officials and coaches.</li> <li>Swim gear will be available through The Swim Shop.</li> <li>Food and drinks will be available through the concessions stand.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Each club is responsible for supervising the conduct of its swimmers.</li> <li>Swimmers are not permitted in any room of the building not directly associated with the meet.</li> <li>Any swimmer violating the rules may be disqualified from the meet and escorted from the building.</li> <li>There is no parking allowed in the circular drive area at the entrance to the pool other than in designated parking spots.</li> <li>Vehicles illegally parked may be ticketed and/or towed at the owner's expense.</li> </ul>
<b>DIRECTIONS:</b>	Directions to the pool are posted on the CCA Marlins website at: <a href="http://www.ccamarlins.com">Directions</a> ( <a href="http://www.ccamarlins.com">www.ccamarlins.com</a> )
<b>HOTELS:</b>	Hotel information for traveling clubs is posted on the CCA Marlins website at <a href="http://www.ccamarlins.com">www.ccamarlins.com</a>
<b>INCLEMENT WEATHER:</b>	If inclement weather becomes a factor prior to the meet sessions, please contact the Carter Athletic Center @ (540) 989-7284 or check the CCA Marlins website at <a href="http://www.ccamarlins.com">www.ccamarlins.com</a> for up-to-date information.

#### RELAY "SLOWER THAN TIMES" CHART

Age Group	Gender	Free	Medley
<b>8&amp;U</b>	Girls	No Standard	No Standard
	Boys	No Standard	No Standard
<b>9-10</b>	Girls	2:05.16	2:25.06
	Boys	2:02.36	2:23.06
<b>11-12</b>	Girls	1:51.56 (200) 4:02.36 (400)	2:07.56
	Boys	1:51.56 (200) 4:00.36 (400)	2:08.46

**Southwest District Championships  
ORDER OF EVENTS**

**Friday, February 15, 2013**

<b>Evening Session</b>		
<b>Warm-up: 2:30 PM; Start: 3:45 PM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
1	11-12 200 Free Relay	2
3	10 & Under 200 Individual Medley	4
5	11-12 400 Individual Medley	6
7	10 & Under 500 Freestyle	8
9	11-12 500 Freestyle	10

**Saturday, February 16, 2013**

<b>Morning Session</b>		
<b>Warm-up: 6:45 AM; Start: 8:30 AM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
11	11-12 100 Freestyle	12
13	11-12 50 Butterfly	14
15	11-12 200 Breaststroke	16
17	11-12 200 Individual Medley	18
19	11-12 50 Breaststroke	20
21	11-12 200 Butterfly	22
23	11-12 100 Backstroke	24
25	11-12 400 Free Relay	26

<b>Afternoon Session</b>		
<b>Warm-up: 12:30 PM; Start: 2:00 PM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
27	9-10 50 Freestyle	28
29	8 & Under 25 Freestyle	30
31	10 & Under 100 Butterfly	32
33	8 & Under 50 Butterfly	34
35	9-10 100 Individual Medley	36
37	8 & Under 100 Individual Medley	38
39	9-10 50 Breaststroke	40
41	8 & Under 25 Breaststroke	42
43	10 & Under Backstroke	44
45	8 & Under 50 Backstroke	46
47	10 & Under 200 Freestyle	48
49	8 & Under 100 Freestyle Relay	50
51	10 & Under 200 Freestyle Relay	52

**Sunday, February 17, 2013**

<b>Morning Session</b>		
<b>Warm-up: 6:45 AM; Start: 8:30 AM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
53	11-12 200 Freestyle	54
55	11-12 100 Butterfly	56
57	11-12 50 Backstroke	58
59	11-12 100 Breaststroke	60
61	11-12 200 Backstroke	62
63	11-12 100 Individual Medley	64
65	11-12 50 Freestyle	66
67	11-12 200 Medley Relay	68

<b>Afternoon Session</b>		
<b>Warm-up: 12:30 PM; Start: 2:00 PM</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
69	8 & Under 100 Freestyle	70
71	9-10 100 Freestyle	72
73	8 & Under 50 Freestyle	74
75	9-10 50 Butterfly	76
77	8 & Under 25 Butterfly	78
79	10 & Under 100 Breaststroke	80
81	8 & Under 50 Breaststroke	82
83	9-10 50 Backstroke	84
85	8 & Under 25 Backstroke	86
87	10 & Under 200 Medley Relay	88
89	8 & Under 100 Medley Relay	90