



AMENDED
DECEMBER DIP
Central District B/C Meet
December 15-17, 2006
SANCTION NO. VS-07-22



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-07-22
LOCATION:	Atlantic Coast Athletic Club, 11621 Robious Road, Midlothian, VA 23113, Facility Phone: (804) 378-1600, Poseidon Office: (804) 379-5480,
FACILITY:	25 yard pool with 8 lanes; each is 8 feet wide with Kieffer-McNeil non-turbulent lane markers. A Colorado automatic timing system will be used.
MEET DIRECTOR:	Julie and Billy Chenault Phone: (804) 320-1256 Email: jjchenault@hotmail.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the Central District and invited out-of-LSC teams.• Teams in the Central District are: BAC, DC, NOVA, PSDN, RACE, SGY, SQST, and VACS.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 8 & Younger swimmers may compete regardless of time classification.• Swimmers 9 & Older may compete in any event and relay strokes in which they have a "B" or "C" Time.• 2005-2008 NAG top 16 based times are in effect.• Age on December 15, 2006 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 age groups swim Friday night.• All 9-10 and 11-12 swimmers will swim on Saturday and Sunday morning.• All 8 & Younger and 13 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Friday evening session: Warm-ups at 4:00 PM, competition starts 5:00 PM.• Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:40 AM.• Afternoon sessions: Warm-ups at 12:30 PM, competition starts at 1:30 PM.• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than December 11, and will also be e-mailed to the contact person of the participating clubs.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, DECEMBER 7, 2006. <ul style="list-style-type: none">• Entries must be submitted in SCY times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, Email address, and phone of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Swimmers may enter a maximum of 4 <i>individual events</i> and 1 <i>relay event</i> per day.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.• Entries will be processed in the order received. This meet will be limited to a total of 625 swimmers not including the host team.

	<ul style="list-style-type: none"> • 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. The Meet Director may delete relay events to prevent too lengthy a session. • Email entries to: psdnswim@comcast.net • Mail entries to: Marla Shreve, Poseidon 11621 Robious Road Midlothian, VA 23113 • 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.
FEES:	<p>Individual events: \$ 3.00 Relay events: \$ 12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to Poseidon Swimming. • Payment must be received by December 13, 2006 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<p>Individual events: Ribbons will be awarded for first through eighth place:</p> <ul style="list-style-type: none"> • 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups. • 11 & Older events will be given separate awards for 11-12, 13-14, and 15 & Older age groups. • 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. • Relay events: Ribbons will be awarded for first through fourth place .
SEEDING:	<ul style="list-style-type: none"> • All events except for Friday's session will be pre-seeded. • Swimmer should report directly to the blocks for their events. • All events in the Friday evening session (Events #1-10) will be deck seeded and will require a positive check-in. • Swimmers must check-in by 4:30 PM to swim the event. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. Additional heats will be added only at the referee's discretion. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from 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 published as part of the official meet results. • Clubs entering swimmers not legally registered with United States Swimming by 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. • 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. • In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Pat Donohue Email: usdonohues@aol.com Phone: (804) 740-5553</p> <ul style="list-style-type: none"> • Officials at all positions will be required 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 Doug Drummond, Email: dougdrummond@mindspring.com no later than December 3, 2006.

SAFETY:	VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
TIMERS:	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 the Poseidon web site no later than December 5, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for \$6.00. • Hospitality will be available for coaches and certified officials.
FACILITY RULES:	<ul style="list-style-type: none"> • Absolutely no food or drink is permitted in the indoor pool area at any time. Plastic water bottles and sports drink bottles (no red) only are permitted during meets. • No glass containers of any kind are allowed in the indoor or outdoor pool areas. • No coolers or lawn chairs are permitted in the indoor or outdoor pool area. • Please abide by the parking regulations posted in the Property's parking lots and any parking instructions provided by any employee of ACAC. Vehicles in violation may be ticketed or towed at the owner's expense. Tenant's staff, team members, visitors and participants may only park in parking areas designated by ACAC and Parking Attendants. • Smoking is not permitted at any time on the Property. • Shoes must be worn at all times when leaving the pool. • An adult must supervise all young children. Spectators are to stay only in areas designated by ACAC. The lap pool area, recreational pool and children's playground are off limits. • Any individual not complying with these rules may not be permitted to participate in the meet and may be asked to leave. • Thank you for your attention to these items.
DIRECTIONS:	Directions can be found by going www.poseidonswimming.org , go to "About the Team; then click "Location

December Dip Central District B/C Meet December 15-17, 2006

Friday Evening

Warm-ups 4:00 PM, Meet Start 5:00 PM

1	10 & Y 200 Y IM	2
3	11 & O 400 Y IM	4
5	12 & Y 500 Y Free	6
7	13 & O 500 Y Free	8
9	11 & O 1650 Y Free	10

Saturday AM

Warm-ups 7:30-8:30 AM, Meet Start 8:40 AM

11	11-12 200 Y IM	12
13	9-10 100 Y Breast	12
15	11-12 100 Y Breast	14
17	9-10 50 Y Back	16
19	11-12 50 Y Back	18
21	9-10 200 Y Free	20
23	11-12 200 Y Free	22
25	9-10 100 Y Fly	24
27	11-12 100 Y Fly	26
29	9-10 50 Y 50 Free	30
31	11-12 50 Y Free	32
33	9-10 200 Y Medley Relay	34
35	11-12 200 Y Medley Relay	36

Sunday AM

Warm-ups 7:30-8:30 AM, Meet Start 8:40 AM

67	9-10 100 Y Back	68
69	11-12 100 Y Back	70
71	9-10 50 Y Breast	72
73	11-12 50 Y Breast	74
75	9-10 100 Y IM	76
77	11-12 100 Y IM	78
79	9-10 100 Y Free	80
81	11-12 100 Y Free	82
83	9-10 50 Y Fly	84
85	11-12 50 Y Fly	86
87	9-10 200 Y Free Relay	88
89	11-12 200 Y Free Relay	90

Saturday PM

Warm-ups 12:30 PM, Meet Start 1:30 PM

37	8 & Y 50 Breast	38
39	13-14 100 Y Back	40
41	15 & Older 100 Y Back	42
43	8 & Younger 25 Y Back	44
45	13-14 50 Y Free	46
47	15 & Older 50 Y Free	48
49	8 & Younger 50 Y Free	50
51	11 & Older 200 Y Breast	52
53	13-14 100 Y Fly	54
55	15 & Older 100 Y Fly	56
57	8 & Younger 25 Y Fly	58
59	13-14 200 Y Free	60
61	15 & Older 200 Y Free	62
63	8 & Y 100 Y Free Relay	64
65	13 & O 200 Y Free Relay	66

Sunday PM

Warm-ups 12:30 PM, Meet Start 1:30 PM

91	8 & Y 100 Y Free	92
93	13-14 100 Y Breast	94
95	15 & Older 100 Y Breast	96
97	8 & Y 25 Y Breast	98
99	11 & O 200 Y Fly	100
101	8 & Y 50 Fly	102
103	13-14 100 Y Free	104
105	15 & Older 100 Y Free	106
107	8 & Y 25 Y Free	108
109	13-14 200 Y IM	110
111	15 & Older 200 Y IM	112
113	8 & Y 100 Y IM	114
115	11-18 200 Y Back	116
117	8 & Y 50 Back	118
119	8 & Y 100 Medley Relay	120
121	13 & O 200 Medley Relay	122