



POSEIDON SWIMMING
Central District 12 & Younger Meet
January 6-7, 2007
SANCTION NO. VS-07-28



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-07-28
LOCATION:	ACAC, 11621 Robious Road, Midlothian, VA 23113, (804) 378-1600 (Facility Phone), (804) 379-5480 (Poseidon Office)
FACILITY:	The pool is 25 yards long with 8 lanes. Each lane is 8 feet wide with Kieffer-McNeil non-turbulent lane markers. A Colorado timing system will be used.
MEET DIRECTOR:	Name: Joe and Maria Maltby Email: mariamaltby@comcast.net or psdnswim@comcast.net Phone: (804) 379-5090 (h) or (804) 379-5480 (Poseidon Office)
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the Central District. Teams in the Central District are: BAC, DC, NOVA, PSDN, RACE, SGY, SQST, and VACS,.• Swimmers with two "BB" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the BB+ session.• Swimmers not qualified for the BB+ session can swim any event offered in the B/C session.• 8 & Younger swimmers may participate regardless of classification in the 8 & Younger session.• Swimmers may only swim relays in the session they are qualified to compete.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• Age on January 6, 2007 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 BB+ swimmers will swim on Saturday and Sunday afternoons.• All B & C swimmers will swim on Saturday and Sunday mornings.• All 8 and Younger swimmers will swim in a mid-day session on Saturday and Sunday.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AM.• Mid-day sessions: Warm-ups at 11:00 AM; competition starts at 11:50 AM.• Afternoon sessions: Warm-ups at 2:00 PM; competition starts at 3:00 PM.• Warm-up times may be adjusted depending on number of entries in each session. Final warm-up and start times will be emailed to all participating teams no later than Tuesday, January 2, 2007.• Lane assignment and warm-up times for individual clubs will be posted on the Poseidon website no later than Tuesday, January 2, 2007, and will also be emailed to the contact person of the participating clubs.• If the morning session runs late, the mid-day warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, DECEMBER 28, 2006 <ul style="list-style-type: none">• 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.• 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.

	<ul style="list-style-type: none"> Coaches Time (CT) and No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition Swimmers may enter a maximum of <i>3 individual events</i> and <i>1 relay event</i> per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. 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. Email entries to: Marla Shreve, psdnswim@comcast.net Mail entries to: Marla Shreve Poseidon Swimming 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 January 4, 2007 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:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place 12 & Younger events will have separate awards for 11-12, 9-10 and 8 & Younger age groups. 10 & Younger events in the will have separate awards for 9-10 and 8 & Younger age groups. Heat winner ribbons will be awarded for all 8 and Younger events in the mid-day session. Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events, except Events 101, 102 and 145, 146 the 500 free, will be pre-seeded. Swimmers should report directly to the blocks for their events Events 101, 102, 145 and 146 will require a positive check-in to swim. Positive check-in will close 30 minutes before the start of each session. 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. No additional heats will be added. 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: John Easter Email: jreaster@comcast.net Phone: (804) 320-0842</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, dougdrummond@mindspring.com , no later than Jan 2, 2007. • Officials meeting will be held 30 minutes prior to the start of each session.
SAFETY:	<p>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.</p>
TIMERS:	<p>Clubs may be required to provide timers at each session. Attending teams will be notified of the number of timers needed per session. Lane assignments will be done at the meet.</p>
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for \$5.00. • 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.
DIRECTIONS:	<p>Directions can be found by going www.poseidonswimming.org, go to "About the Team; then click "Location."</p>

January 6-7, 2007

Order of Events

Saturday AM B/C Session Warm-ups: 7:00 AM, Start 8:00 AM		
Girls	Events	Boys
1	11-12 200 Free	2
3	9-10 100 IM	4
5	11-12 100 IM	6
7	9-10 50 Free	8
9	11-12 50 Back	10
11	11-12 200 Back	12
13	9-10 100 Back	14
15	11-12 100 Breast	16
17	9-10 50 Breast	18
19	11-12 50 Fly	20
21	11-12 200 Fly	22
23	9-10 100 Fly	24
25	11-12 50 Free	26
27	9-10 200 Free Relay	28
29	11-12 200 Free Relay	30

Sunday AM B/C Session Warm-ups: 7:00 AM, Start 8:00 AM		
Girls	Events	Boys
77	9-10 200 IM	78
79	11-12 200 IM	80
81	9-10 200 Free	82
83	11-12 100 Free	84
85	9-10 100 Free	86
87	11-12 100 Back	88
89	9-10 50 Back	90
91	11-12 50 Breast	92
93	11-12 200 Breast	94
95	9-10 100 Breast	96
97	11-12 100 Fly	98
99	9-10 50 Fly	100
101	12 & Y 500 Free	102
103	9-10 200 Medley Relay	104
105	11-12 200 Medley relay	106

Saturday Mid-day Session Warm-ups: 11:00 AM, Start 11:50 AM		
Girls	Events	Boys
31	8 & Y 50 Free	32
33	8 & Y 100 Free	34
35	8 & Y 25 Fly	36
37	8 & Y 100 Fly	38
39	8 & Y 50 Breast	40
41	8 & Y 100 Breast	42
43	8 & Y 25 Back	44
45	8 & Y 100 Free Relay	46

Sunday Mid-day Session Warm-ups: 11:00 AM, Start 11:50 AM		
Girls	Events	Boys
107	8 & Y 100 IM	108
109	8 & Y 25 Free	110
111	8 & Y 50 Back	112
113	8 & Y 100 Back	114
115	8 & Y 25 Breast	116
117	8 & Y 50 Fly	118
119	8 & Y 100 Medley Relay	120

Saturday PM BB+ Session Warm-ups: 2:00 PM, Start 3:00 PM		
Girls	Events	Boys
47	11-12 200 Free	48
49	10 & Y 100 IM	50
51	11-12 100 IM	52
53	9-10 50 Free	54
55	11-12 50 Back	56
57	11-12 200 Back	58
59	10 & Y 100 Back	60
61	11-12 100 Breast	62
63	9-10 50 Breast	64
65	11-12 50 Fly	66
67	11-12 200 Fly	68
69	10 & Y 100 fly	70
71	11-12 50 Free	72
73	10 & Y 200 Free Relay	74
75	11-12 200 Free Relay	76

Sunday PM BB+ Session Warm-ups: 2:00 PM, Start 3:00 PM		
Girls	Events	Boys
121	9-10 200 IM	122
123	11-12 200 IM	124
125	9-10 200 Free	126
127	11-12 100 Free	128
129	10 & Y 100 Free	130
131	11-12 100 Back	132
133	9-10 50 Back	134
135	11-12 50 Breast	136
137	11-12 200 Breast	138
139	10 & Y 100 Breast	140
141	11-12 100 Fly	142
143	9-10 50 Fly	144
145	12 & Y 500 Free	146
147	10 & Y 200 Medley Relay	148
149	11-12 200 Medley Relay	150