



WINTER "STORM" CHALLENGE
STORM A/BB/B/C Meet
December 5-6, 2009
SANCTION NO. VS-10-30

Hosted by:



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-30
LOCATION:	The Community Pool, 194 Waddell Street, Lexington, VA, Phone: (540) 463-5441
FACILITY:	<ul style="list-style-type: none">• 25 yard, 6 lane domed municipal pool; 3 ½ to 6 ½ feet deep, Paragon blocks; Colorado Timing system including 6 lane scoreboard• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C)• Limited seating but plenty of deck space; competitors and spectators should bring folding chairs which may be set up on the deck.
MEET DIRECTOR:	Craig Charley Phone: (540) 447-0326 Email: ccharley9@hotmail.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet.• No on deck USA Swimming athlete registration will be permitted.• Age on December 5, 2009 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">• On Saturday and Sunday: All 10 & Younger will compete in the AM session. All 11 & O will compete in the PM session.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning (AM) session: Warm-ups are 8:00-8:50 AM. Competition will start at 9:00 AM.• Afternoon (PM) session: Warm-ups are 1:30-2:20 PM. Competition will start at 2:30 PM.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.• Distance session (Event # 51-54 on Saturday afternoon):<ul style="list-style-type: none">○ The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the Saturday afternoon session, with the distance session competition starting 5 minutes thereafter.○ The approximate start of the distance session will be posted on the Storm Team website www.rockbridgeswims.org no later than Wednesday December 2, 2009 and will be emailed to the contact person of the participating clubs.• The distance session will start no earlier than the estimated times.• Specific warm-up lane assignments will be e-mailed to the contact person of the participation clubs on Wednesday, December 2, 2009.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 25, 2009 <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 submit entries as an e-mail attachment• 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.• Coach's 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

	<p>have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> • 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 200 swimmers. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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: Craig Charley ccharley9@hotmail.com • Mail entries to: Leslie Ayers 323 Old Farm Road Lexington, VA 24450 • 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: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Rockbridge Storm. • Payment must be received by Wednesday December 2, 2009 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 sixth place <ul style="list-style-type: none"> ○ 13 & Older individual events will be given separate awards for 13-14 and 15 & Older age groups. ○ 11 & Older individual events will be given separate awards for 11-12, 13-14, and 15 & Older age groups. ○ 10 & Younger individual events will be given separate awards for 9-10 and 8 & Younger age groups. • Heat winner ribbons will be awarded for all 10 & Younger individual events. • Relay events: Ribbons will be awarded for first through third place in each event.
SEEDING:	<ul style="list-style-type: none"> • All events, except events 29-30 (13&O 400 IM), 51-52 (12&Y 500 Free), 53-54 (13&O 1650), and 79-80 (11&O 500 Free), will be pre-seeded. • Events 29-30 (13&O 400 IM), 51-52 (12&Y 500 Free), 53-54 (13&O 1,650 Free) and 79-80 (11&O 500 Free), will require a positive check-in. • Positive check-ins for the 12&Y 500 Free and 11&O 1650 Free will close at the start of the distance session warm-up. • Positive check-ins for the 13&O 500 Free and 13&O 400 IM will close at the start of warm-ups for their respective session. • 10 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for 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

	<p>day of the meet may be fined \$100 per swimmer in each event so entered.</p> <ul style="list-style-type: none"> 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 both sessions at the discretion of the Referee. 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. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Gordan Hair Email: grhair919@aol.com Phone: (434) 975-9967</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. We encourage trainees and dry-deck officials as well as certified wet-deck officials. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to the meet referee no later than Wednesday, December 2, 2009. Officials will meet in the hospitality room 45 minutes before the start of each session. Coaches' meeting will be held immediately following the 2nd warm-up for the morning session only.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> 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 Rockbridge Storm website no later than Wednesday, December 2nd 2009, and will also be emailed to the contact person of each of the individual clubs. Timers meeting will be held 20 minutes before the start of each session.
GENERAL:	<ul style="list-style-type: none"> Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. There will be a variety of refreshments and swim apparel available at the meet. Heat Sheets will be available for purchase. Overflow parking is provided at Maury River Middle School adjacent to the facility.
FACILITY RULES:	<ul style="list-style-type: none"> Please obey lifeguard and staff at all times. Caps are required during warm-ups and competition. Please obey posted facility rules. Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	<p>DIRECTIONS TO THE COMMUNITY POOL:</p> <ul style="list-style-type: none"> Take 81 south to exit 191 (64 west) Take 1st exit 55 At end of ramp, turn left on Route 11 south Stay on Route 11 for approximately 1 mile. Cross bridge Stay left on Route 11 bypass Follow Route 11 bypass for approximately 2 miles to the 1st stop light Turn Right on Main (route 11) Take 1st right turn on Waddell street at the Farmers' Coop Go straight through Maury River Middle School Parking lot. Turn left into Pool parking lot
HOTELS	<ul style="list-style-type: none"> Wingate Inn- (540) 464-8100 Hampton Inn- (540) 463-2223 Comfort Inn-(540) 463-7311

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<u>Girls</u>	Saturday Morning Warm- up 8:00 AM; Start 9:00 AM	<u>Boys</u>
1	8 & Younger 50 Back	2
3	10 & Younger 100 Back	4
5	8 & Younger 25 Breast	6
7	9-10 50 Breast	8
9	10 & Younger 100 IM	10
11	8 & Younger 50 Free	12
13	10 & Younger 100 Free	14
15	8 & Younger 25 Fly	16
17	9-10 50 Fly	18
19	8 & Younger 100 Free Relay	20
21	9- 10 200 Free Relay	22

<u>Girls</u>	Sunday Morning Warm- up 8:00 AM; Start 9:00 AM	<u>Boys</u>
55	8 & Younger 50 Breast	56
57	10 & Younger 100 Breast	58
59	8 & Younger 25 Back	60
61	9-10 50 Back	62
63	10 & Younger 200 Free	64
65	8 & Younger 50 Fly	66
67	10 & Younger 100 Fly	68
69	8 & Younger 25 Free	70
71	9-10 50 Free	72
73	10 & younger 200 IM	74
75	8 & Younger 100 Medley Relay	76
77	9-10 200 Medley Relay	78

<u>Girls</u>	Saturday Afternoon Warm- up 1:30 PM; Start 2:30 PM	<u>Boys</u>
23	11-12 100 Back	24
25	13 & Older 100 Back	26
27	11-12 200 IM	28
29	13 & Older 400 IM	30
31	11-12 50 Free	32
33	13 & Older 50 Free	34
35	11-12 50 Breast	36
37	11 & Older 200 Breast	38
39	11-12 100 Fly	40
41	13 & Older 100 Fly	42
43	11-12 200 Free	44
45	13 & Older 200 Free	46
47	11-12 200 Free Relay	48
49	13 & Older 200 Free Relay	50

<u>Girls</u>	Sunday Afternoon Warm- up 1:30 PM; Start 2:30 PM	<u>Boys</u>
79	13 & Older 500 Free	80
81	11-12 100 Breast	82
83	13 & Older 100 Breast	84
85	11-12 50 Fly	86
87	11 & older 200 Fly	88
89	11-12 100 Free	90
91	13 & Older 100 Free	92
93	11-12 100 IM	94
95	13 & Older 200 IM	96
97	11-12 50 Back	98
99	11 & Older 200 Back	100
101	11-12 200 Medley Relay	102
103	13 & Older 200 Medley Relay	104

<u>Girls</u>	Saturday Distance: (20 minute break)	<u>Boys</u>
51	12 & Younger 500 Free	52
53	13 & Older 1,650 Free	54