



VALLEY AREA SWIM TEAM
Odd Age Group Meet
March 27-28 2010
SANCTION NO. VS-10-59



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-59
LOCATION:	Savage Natatorium, James Madison University, Harrisonburg, Virginia
FACILITY:	<ul style="list-style-type: none">• 25 yard, 8 lanes, 4-12 feet in depth and non-turbulent lane lines. Colorado timing system with a 8-line display board will be used with stopwatch timing as a back-up• Bleacher seating is available on deck and the gym will be available for seating as well.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Name: Susan Kyger E-Mail: stopgobber@aol.com Phone: 540-434-5201
	<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 March 27, 2010 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 11 & Younger swimmers will swim timed finals in the morning session. This session will offer events for 7 & Under, 8-9, and 10-11 age groups.• All 12 & Older swimmers will swim timed finals in the afternoon session. This Session will offer events for 12-13, 14-15, and 16 & Over groups.• These sessions may be combined into one daily session depending upon number of swimmers.
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 am.• Afternoon sessions: Warm-ups at 11:30 pm; competition starts at 12:40 pm.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.• Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than Tuesday March 23, 2010, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, MARCH 17, 2010</p> <ul style="list-style-type: none">• Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, March 18, 2010, if space is available after VSI entries have been accepted.• 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, phone number, and email address 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 have been achieved in USA Swimming sanctioned, approved, or observed competition.• Swimmers may enter a maximum of 4 individual events and 2 relay events 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 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

	<p>lengthy a session. This may include combining heats and events, which actions may require reseeding.</p> <ul style="list-style-type: none"> Email entries to: swimvast@gmail.com Mail entries to: Steve Philips 237 Harding Drive Broadway, VA 22815 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. 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.
FEES:	<p>Individual events: \$5.00 Relay events: \$14.00 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: VAST Payment must be received by March 23, 2010 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 for all odd-age groups. <ul style="list-style-type: none"> 11 & Under individual events will be given separate awards for the 7 & Under, 8-9, and 10-11 age groups. 12 & Over individual events will be given separate awards will be given for the 12-13, 14-15, 16 & Over age groups. Heat winner ribbons will be awarded for all 11 & Under individual events. Relay events: Awards will be given for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. 9 & 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.
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 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. 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: Janet Sheffer Email: janetshef@comcast.net Phone: (540) 433-9519</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 Janet Sheffer no later than March 19, 2010. Officials will meet on the pool deck 45 minutes before the start of any session.
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

	<p>entered in each session.</p> <ul style="list-style-type: none"> The number of timers required per club and their lane assignments will be posted on the VAST website no later than March 23, 2010 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 sold for \$5. Swimmers are not permitted in any room of the building not directly associated with this swim meet Concessions will be provided by Aramark Pro-shop will be available. Hospitality: VAST will provide Hospitality for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day. All results will be posted in the hallway near the spectator stand.
FACILITY RULES:	<ul style="list-style-type: none"> The gym and a viewing area above the pool will be available both days. Some areas may be marked off limits. Please obey signage. Access to the pool will be limited to swimmers, coaches, officials, staff and timers. No smoking is permitted in the building. No food or drink on the pool deck. Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	<ul style="list-style-type: none"> The Godwin pool facility is located on the campus of James Madison University. From interstate 81, take exit 245. Off the ramp, head west on Port Republic Road. At the next light, turn right on to the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall. The pool is on the first floor and the gym and seating areas are on the second floor.
HOTELS:	<ul style="list-style-type: none"> Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031 about 5 minutes from the pool. Days Inn at James Madison University: 1131 Forest Hill Road, Harrisonburg, VA, (540) 433-9353, continental breakfast, about 2 minutes from the pool. Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast, about 5 minutes from the pool.

VAST Odd Age Group Meet Order of Events

Saturday, March 27, 2010

AM Session

Warm-up 7:00-8:00 AM Start 8:10 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & Under 100 Medley Relay	2
3	9-11 200 Medley Relay	4
5	9 & Under 100 IM	6
7	10-11 100 IM	8
9	9 & Under 50 Freestyle	10
11	10-11 50 Freestyle	12
13	9 & Under 100 Backstroke	14
15	10-11 100 Backstroke	16
17	11 & Under 100 Butterfly	18
19	9 & Under 50 Breaststroke	20
21	10-11 50 Breaststroke	22
23	8 & Under 200 Free Relay	24
25	9-11 400 Free Relay	26

PM Session

Warm-up 12:00-1:00 PM Start 1:10 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
27	12 & Over 200 Medley Relay	28
29	12-13 200 IM	30
31	14 & Over 200 IM	32
33	12-13 100 Freestyle	34
35	14 & Over 100 Freestyle	36
37	12-13 200 Backstroke	38
39	14 & Over 200 Backstroke	40
41	12 & Over 200 Butterfly	42
43	12-13 100 Breaststroke	44
45	14 & Over 100 Breaststroke	46
47	12 & Over 400 Free Relay	48

Sunday, March 28, 2010

AM Session

Warm-up 7:00-8:00 AM Start 8:10 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	8 & Under 100 Free Relay	50
51	9-11 200 Free Relay	52
53	9 & Under 100 Freestyle	54
55	10-11 100 Freestyle	56
57	9 & Under 50 Backstroke	58
59	10-11 50 Backstroke	60
61	11 & Under 100 Breaststroke	62
63	9 & Under 50 Butterfly	64
65	10-11 50 Butterfly	66
67	11 & Under 200 IM	68
69	8 & Under 200 Medley Relay	70
71	9-11 400 Medley Relay	72

PM Session

Warm-up 12:00-1:00 PM Start 1:10 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
73	12 & Over 200 Free Relay	74
75	12-13 50 Freestyle	76
77	14 & Over 50 Freestyle	78
79	12-13 100 Backstroke	80
81	14 & Over 100 Backstroke	82
83	12-13 100 Butterfly	84
85	14 & Over 100 Butterfly	86
87	12 & Over 200 Breaststroke	88
89	12-13 200 Freestyle	90
91	14 & Over 200 Freestyle	92
93	12 & Over 400 Medley Relay	94