



**STORM ' S NEW YEAR INVITE**  
**A/BB/B/C Mini Meet**  
**January 22-23, 2011**  
**SANCTION NO. VS-11-31**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-11-31</b>
<b>LOCATION:</b>	The Community Pool, 194 Wallace Street, Lexington, VA, Phone: (540) 463-5441
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 25 yard, 6 lane domed municipal pool; Paragon blocks; 6.5 feet deep at the start end and 3.5 feet deep at the turn end of the pool; Colorado Timing semi-automatic system including 6 lane scoreboard</li><li>• Bleacher seating is available; however, competitors and spectators can bring folding chairs which may be set up on the deck.</li><li>• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C)</li></ul>
<b>MEET DIRECTOR:</b>	<b>Craig Charley</b> Phone: (540) 447-0326 Email: <a href="mailto:craig@rockbridgeswims.org">craig@rockbridgeswims.org</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes registered by the first day of the meet.</li><li>• No on deck USA Swimming athlete registration will be permitted.</li><li>• Age on January 22, 2011 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 10 years old and younger swimmers will compete in the AM sessions.</li><li>• All 11 years old and older swimmers will compete in the PM session.</li><li>• There will be an open distance session Saturday following the afternoon session which will start after the 20 minute break.</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning (AM) session: Warm-ups are 8:00 AM; competition starts at 9:00 AM.</li><li>• Afternoon (PM) session: Warm-ups are 12:30 PM; competition starts at 1:30 PM.</li><li>• Distance session (Event # 51-54 on Saturday afternoon):<ul style="list-style-type: none"><li>○ 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.</li><li>○ The approximate start of the distance session will be posted on the Storm Team website <a href="http://www.rockbridgeswims.org">www.rockbridgeswims.org</a> no later than Wednesday, January 19, 2011 and will be emailed to the contact person of the participating clubs.</li><li>○ The distance session will start no earlier than the estimated times.</li></ul></li><li>• Lane assignments and warm-up times for individual clubs will be posted on <a href="http://www.rockbridgeswims.org">www.rockbridgeswims.org</a> website no later than Wednesday, January 19, 2011, and will also be e-mailed to the contact person of the participating clubs.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li><li>• <b>Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams will be notified not later than Wednesday, January 19, 2011.</b></li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 12, 2011</b> <ul style="list-style-type: none"><li>• 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.</li></ul>

	<ul style="list-style-type: none"> <li>• Teams submit entries as an e-mail attachment</li> <li>• 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.</li> <li>• 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 "BB" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Swimmers may enter a maximum of 4 <i>individual events</i> and 1 <i>relay event</i> per day.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</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 may require reseeding.</li> <li>• Email entries to: Craig Charley, <a href="mailto:craig@rockbridgeswims.org">craig@rockbridgeswims.org</a></li> <li>• Mail entries to: Leslie Ayers 323 Old Farm Road Lexington, VA 24450</li> <li>• <b>IMPORTANT:</b> 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.</li> <li>• 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.</li> </ul>
<b>FEES:</b>	<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"> <li>• Checks should be made payable to: Rockbridge Storm.</li> <li>• Payment must be received by Wednesday January 19, 2011 for email entries. Payment must be included with all mailed entries.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through sixth place <ul style="list-style-type: none"> <li>○ 13 &amp; Over individual events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>○ 11 &amp; Over individual events will be given separate awards for 11-12, 13-14, and 15 &amp; Over age groups.</li> <li>○ 10 &amp; Under individual events will be given separate awards for 8 &amp; Under and 9-10 age groups</li> <li>○ 8 &amp; Under individual events will be given separate awards 7-8 and 6 &amp; Under age groups.</li> </ul> </li> <li>• Heat winner ribbons will be awarded for all 10 &amp; younger individual events.</li> <li>• Relay events: Ribbons will be awarded for first through third place in each event.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except events 29-30 (13&amp;O 400 IM), 51-52 (Open 1,650 Free), 53-54 (Open 1,000), 79-80 (10&amp;U 500 Free) and 105-106 (11&amp;O 500 Free), will be pre-seeded.</li> <li>• 10 &amp; Younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there.</li> <li>• Swimmers in the afternoon session should report directly to the blocks for their events.</li> <li>• Events 29-30 (13&amp;O 400 IM), 51-52 (Open 1,650 Free), 53-54 (Open 1,000 Free), 79-80 (10&amp;U 500 Free) and 105-106 (11&amp;O 500 Free), will require a positive check-in.</li> <li>• Positive check-ins for the Open 1,000 Free and Open 1650 Free will close at the start of the distance session warm-up.</li> <li>• Positive check-ins for the 10&amp;U 500 Free, 11&amp;O 500 Free and 13&amp;O 400 IM will close at the start of warm-ups for their respective session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> </ul>

<b>PENALTIES:</b>	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 United States 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>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Swimmers in the meet, 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. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> <li>• The overhead start procedure will be used for both sessions at the discretion of the Referee.</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. Coaches who do not possess these credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<b>Meet Referee: David Bihl</b> <b>Email: <a href="mailto:davidbihl@yahoo.com">davidbihl@yahoo.com</a></b> <b>Phone: (717)-350-3896</b> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet. We encourage trainees and dry-deck officials as well as certified wet-deck officials.</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 the meet referee no later than Wednesday, January 19, 2011.</li> <li>• Officials will meet in the hospitality room 45 minutes before the start of each session.</li> <li>• Coaches' meeting will be held immediately following the 2<sup>nd</sup> warm-up for the morning session only.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• 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, January 19, 2011, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Timers meeting will be held 20 minutes before the start of each session.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators.</li> <li>• There will be a variety of refreshments and swim apparel available at the meet.</li> <li>• Heat Sheets will be available for purchase.</li> <li>• Overflow parking is provided at Maury River Middle School adjacent to the facility.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Please obey lifeguard and staff at all times.</li> <li>• Caps are required.</li> <li>• Please obey posted facility rules.</li> <li>• Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.</li> </ul>
<b>DIRECTIONS:</b>	<b>DIRECTIONS TO THE COMMUNITY POOL:</b> Take 81 south to exit 191 (IH64 West). Take 1 <sup>st</sup> 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 1 <sup>st</sup> stop light. Turn Right on Main (route 11). Take 1 <sup>st</sup> right turn on Waddell Street at the Farmers' Coop. Go straight through Maury River Middle School Parking lot. Turn left into Pool parking lot
<b>HOTELS</b>	<ul style="list-style-type: none"> <li>• Holiday Inn Express: North Lee Highway: (540) 463-7351</li> <li>• Comfort Inn: US Route 11: (540) 463-7311</li> <li>• Econo-Lodge: US Route 11: (540) 463 7371</li> </ul>

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## A/BB/B/C Mini Meet

January 22-23, 2011

Saturday Morning Session Warm-up: 8:00 AM; Start: 9:00 AM			Sunday Morning Session Warm-up: 8:00 AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & Under 50 Free	2	55	8 & Under 50 Fly	56
3	10 & Under 100 Free	4	57	10 & Under 100 Fly	58
5	8 & Under 25 Fly	6	59	8 & Under 25 Back	60
7	9-10 50 Fly	8	61	9-10 50 Back	62
9	8 & Under 50 Back	10	63	10 & Under 200 IM	64
11	10 & Under 100 Back	12	65	8 & Under 50 Breast	66
13	8 & Under 25 Breast	14	67	10 & Under 100 Breast	68
15	9-10 50 Breast	16	69	8 & Under 25 Free	70
17	10 & Under 100 IM	18	71	9-10 50 Free	72
19	8 & Under 100 Free Relay	20	73	10 & Under 200 Free	74
21	9-10 200 Free Relay	22	75	8 & Under 100 Medley Relay	76
			77	9-10 200 Medley Relay	78
			79	10 & Under 500 Free	80
Saturday Afternoon Session Warm-up: 12:30 PM; Start: 1:30 PM			Sunday Afternoon Session Warm-up: 12:30 PM; Start: 1:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
23	11-12 100 Free	24	81	11-12 100 Breast	82
25	13 & Over 100 Free	26	83	13 & Over 100 Breast	84
27	11-12 200 IM	28	85	11-12 50 Fly	86
29	13 & Over 400 IM	30	87	11 & Over 200 Fly	88
31	11-12 100 Back	32	89	11-12 100 IM	90
33	13 & Over 100 Back	34	91	13 & Over 200 IM	92
35	11-12 50 Breast	36	93	11-12 50 Free	94
37	11 & Over 200 Breast	38	95	13 & Over 50 Free	96
39	11-12 100 Fly	40	97	11-12 50 Back	98
41	13 & Over 100 Fly	42	99	11 & Over 200 Back	100
43	11-12 200 Free	44	101	11-12 200 Medley Relay	102
45	13 & Over 200 Free	46	103	13 & Over 200 Medley Relay	104
47	11-12 200 Free Relay	48	105	11 & Over 500 Free	106
49	13 & Over 200 Free Relay	50			
Saturday Distance Session (20 Minute Break)					
<u>Girls</u>	<u>Events</u>	<u>Boys</u>			
51	Open 1,650	52			
53	Open 1,000	54			