

	RIVER CITY OPEN A/BB/B/C Meet May 31- June 2. 2013 SANCTION NO. VS-13-72	Hosted by: 
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-72 USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming, and Collegiate School Aquatics Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 	
LOCATION:	Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234	
FACILITY:	<p>Competition Pool:</p> <ul style="list-style-type: none"> Indoor 8 lane 50 meters x 25 yard pool, has 9 ft. wide lanes with non-turbulent lane lines. Pool depth of 7'7" at the sides and 8'2" in the center. Competition course is swum bulkhead to bulkhead. Omega starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). Copy of such certification is on file with USA Swimming. <p>Instructional Pool:</p> <ul style="list-style-type: none"> Indoor 6 lane 25 yard pool for continuous warm-up/warm-down. 	
MEET DIRECTOR:	Name: Amy Bollinger Email: admin@poseidonswimming.com Phone: (804) 447-2487	
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes with the following teams having priority: BAC, BASS, RAYS, and WAC. Athletes must be registered before the first day of the meet. Teams will be limited to 150 swimmers. No on-deck Virginia Swimming athlete registration will be permitted. 2013-2016 NAG time standards are in effect. Age on May 31, 2013 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"> 13 & Over distance events (800m & 1500m) will be on Friday afternoon session. All 9-12 year old non-distance events will be on Saturday and Sunday morning sessions. 9-12 Year old distance events (400m free) will be on Sunday during a late morning session. All 8 & Under events will be on Saturday during a midday session. 13 & Over non-distance events will be on Saturday and Sunday afternoon sessions. 13 & Over distance (400 IM & 400 free) events will be on Saturday and Sunday late afternoon sessions. All events will be timed finals. 	
WARM-UP:	<ul style="list-style-type: none"> Friday distance session: Warm-ups at 4:00 pm; competition will start at 5:00 pm. Morning sessions: Warm-ups at 7:00 am; competition starts at 8:00 am. 8 & Under Saturday Midday session: Warm-ups no earlier than 12:00 pm; competition starts no earlier than 12:45 pm. Afternoon sessions: Warm-ups no earlier than 1:30 pm; competition starts no earlier than 2:30 	

	<p>pm.</p> <ul style="list-style-type: none"> • Sunday distance session (9-12): The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the morning session(s), with the distance session competition starting 5 minutes thereafter. • Saturday and Sunday distance session (13 & Over): The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the morning session(s), with the distance session competition starting 5 minutes thereafter. • Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs no later than May 28, 2013. Information will also be posted on the Poseidon website (www.poseidonswimming.com). • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, MAY 23, 2013</p> <ul style="list-style-type: none"> • Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams may submit entries via email. • 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 Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • "No Time" (NT) entries will be accepted. • Swimmers may enter a maximum of one individual event on Friday, 3 individual events per session and 4 per day Saturday and Sunday. If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Entries in events 1, 2 are limited to those swimmers who have a time of record equal to BB or faster in the 500y free, 400 m free, 800m free, 1000y free, 1650y free or 1500m free for their current age. No coaches' times are allowed for these events. • Entries in events 51 & 52 (9-12 400m free) are limited to those swimmers who have a BB time or faster in the 500y or 400m free for their current age group. No coaches' times are allowed for these events. • 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 may require reseeding. • Email entries to: Marla Shreve, entries@poseidonswimming.com • 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: \$6.75 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: Poseidon Swimming • Mail payment to: 5050 Ridgedale Parkway Richmond, VA 23234 • Payment must be received by May 30, 2013 for entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is 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.
AWARDS:	<ul style="list-style-type: none"> • Ribbons will be awarded for first through eighth place. • Age groups receiving ribbons will be 8 & Under, 9-10, 11-12, 13-14, 15 & Over.

	<ul style="list-style-type: none"> • Awards will be awarded for each age group in each time classification entered.
SEEDING:	<ul style="list-style-type: none"> • All 50M, 100M, and 200M events will be pre-seeded. • Positive check-in is required for Events 1, 2, 37, 38, 51, 52 and 63, 64. • Positive Check-in for events 1 & 2 will close at 4:15 PM. • Positive Check-in for events 37 & 38 will close 30 minutes after the conclusion of warm-ups for session 4. • Positive Check-in for events 51 & 52 will close 30 minutes after the conclusion of warm-ups for session 6. • Positive Check-in for events 63 & 64 will close 30 minutes after the conclusion of warm-ups for session 8. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Swimmers competing in the 800m Free and 1500m Free are responsible for providing their own lap counters. • Events 1 & 2 will be swum fastest to slowest, alternating girls and boys.
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 USA 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. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers 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. ○ The overhead start procedure will be used for all sessions. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. • 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 <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director. ○ Coaches with expired or non-current credentials will be required to leave the deck area. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted. • No VSI non-athlete member in good standing may be barred from participating in the meet as an official at any level to which certified.
OFFICIALS:	<p>Meet Referee: Doug Drummond Email: dougbdrummond@gmail.com Phone: (804) 399-3859</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Ron Webb, rmkwebb@verizon.net, no later than May 26, 2013.

	<ul style="list-style-type: none"> • Officials will meet one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs may 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 no later than Monday, May 27, 2013, and will also be emailed to the contact person of each of the individual clubs. • Timers must be provided by the swimmer for events 1, 2.
GENERAL:	<ul style="list-style-type: none"> • Meet programs: Programs will be sold for \$10. • Concession: Food and drink will be available during the meet featuring products by Martin's, Coca-Cola and Ukrop's Homestyle Foods. Concessions will open for warm-ups and during competition each day. It may close 1 hour prior to the estimated end time of the meet each day. • Hospitality: <ul style="list-style-type: none"> ○ A light breakfast will be provided Saturday and Sunday. ○ A light dinner will be provided to coaches and officials Friday. Lunch and late afternoon snack will be provided Saturday and Sunday. ○ Hospitality will be available when warm-ups start and may close one hour prior to the end of the meet each day. • Disco Sports will be the meet vendor. • If necessary, overflow parking will be available at Martin's behind the aquatic center
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • Lawn/deck chairs are not permitted in the grandstand. • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus. • Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility.
DIRECTIONS:	Go to www.poseidonswimming.com for directions
HOTELS:	Hotel information is available at www.poseidonswimming.com under Meets/Events.

RIVER CITY OPEN ORDER OF EVENTS

Session #1 Friday Evening, May 31, 2013		
Girls	Event Name	Boys
1	13 & Over 800m Free	-
-	13 & Over 1500m Free	2

Session #2 Saturday Morning, June 1, 2013		
Girls	Event Name	Boys
3	9-12 50m Back	4
5	9-12 100m Fly	6
7	11/12 200m Breast	8
9	9-12 100m Free	10
11	11/12 200m Back	12
13	9-12 200m Free	14
15	9-12 50m Breast	16

Session #3 Saturday Midday, June 1, 2013		
Girls	Event Name	Boys
17	8 & Under 100m Free	18
10 Minute Break		
19	8 & Under 50m Fly	20
10 Minute Break		
21	8 & Under 50m Back	22
10 Minute Break		
23	8 & Under 50m Breast	24
10 Minute Break		
25	8 & Under 50m Free	26

Session #4 Saturday Afternoon, June 1, 2013		
Girls	Event Name	Boys
27	13 & Over 100m Free	28
29	13 & Over 200m Breast	30
31	13 & Over 100m Fly	32
33	13 & Over 200m Free	34
35	13 & Over 100m Back	36

Session #5 Saturday Late Afternoon, June 1, 2013		
Girls	Event Name	Boys
37	13 & Over 400m IM	38

Session #6 Sunday Morning, June 2, 2013		
Girls	Event Name	Boys
39	9-12 50m Free	40
41	9-12 100m Back	42
43	11/12 200m Fly	44
45	9-12 100m Breast	46
47	9-12 200 IM	48
49	9-12 50m Fly	50

Session #7 Sunday Late Morning June 2, 2013		
Girls	Event Name	Boys
51	9-12 400m Free	52

Session #8 Sunday Afternoon, June 2, 2013		
53	13 & Over 50m Free	54
55	13 & Over 200m Back	56
57	13 & Over 200m Fly	58
59	13 & Over 100m Breast	60
61	13 & Over 200m IM	62

Session #9 Sunday Late Afternoon, June 2, 2013		
Girls	Event Name	Boys
63	13 & Over 400m Free	64