



STORM ' S NEW YEAR INVITE
A/BB/B/C Mini Meet
January 19-20, 2013
SANCTION NO. VS-13-34



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-34 USA swimming /Virginia Swimming, Inc. and The Community Pool shall be held free and harmless from any and all liabilities or claims for damage arising by reason of injuries to anyone during the conduct of the event.
LOCATION:	The Community Pool, 194 Wallace Street, Lexington, VA, Phone: (540) 463-5441
FACILITY:	<ul style="list-style-type: none"> 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 Bleacher seating is available; however, competitors and spectators can bring folding chairs which may be set up on the deck. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4)
MEET DIRECTOR:	Craig Charley Phone: (540) 463-5441 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 January 19, 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"> All 10 and younger swimmers will compete in the morning sessions. All 11-18 will compete in the afternoon sessions. There will be an open distance session Saturday following the afternoon session which will start after the 20 minute break. All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> Morning session: Warm-ups are 8:00 AM. Competition starts at 9:00 AM. Afternoon session: Warm-ups is not before 12:30 PM. Competition starts not before 1:30 PM. Distance session (Event # 51-54 on Saturday afternoon): 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, January 16, 2013 and will be emailed to the contact person of the participating clubs. The distance session will start no earlier than the estimated times. Lane assignments and warm-up times for individual clubs will be posted on the Storm Team website: www.rockbridgeswims.org website no later than Wednesday, January 16, 2013 and will also be e-mailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 9, 2013 <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 via e-mail A Team Manager printout of entries must be included on the meet checklist/summary sheet with the

	<p>name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> • Coach 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. • 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 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 • 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: \$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. • Mail payment to: Leslie Ayers 323 Old Farm Road Lexington, VA 24450 • Payment must be received by Wednesday January 16, 2013 for all 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"> • Individual events: Ribbons will be awarded for first through sixth place <ul style="list-style-type: none"> ○ 13 -18 individual events will be given separate awards for 13-14 and 15-18 age groups. ○ 11 -18 individual events will be given separate awards for 11-12, 13-14, and 15-18 age groups. ○ 10 & Under individual events will be given separate awards for 9-10 and 7-8 & 6 & Under age groups. ○ 8 & Under individual events will be given separate awards 7-8 and 6 & Under age groups. • 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 (11-18 400 IM), 51-52 (11-18 1,650 Free), 53-54 (11-18 1,000), 79-80 (10&U 500 Free) and 105-106 (11-18 500 Free), will be pre-seeded. • 8 & Under 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 session should report directly to the blocks for their events. • Events 29-30 (11-18 400 IM), 51-52 (11-18 1,650), 53-54 (11-18 1,000 Free), 79-80 (10&U 500 Free) and 105-106 (11-18 500 Free), will require a positive check-in. • Positive check-ins for the 1,000 Free and 1,650 Free will close at the start of the distance session warm-up. • Positive check-ins for the 10&U 500 Free, 11&O 500 Free and 13&O 400 IM will close at the start of warm-ups for their respective session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.

PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times: <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 at the discretion of the Referee. • 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 with valid USA Swimming credentials but 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.
OFFICIALS:	<p>Meet Referee: David Bihl Email: davidbihl@yahoo.com Phone: (434) 987-0883</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions 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 Dave Bihl, Email: davidbihl@yahoo.com no later than Monday, January 14, 2013. • Officials will meet in the hospitality room 1 hour before the start of each session. • Coaches' meeting will be held immediately following warm-ups for Saturday's 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, January 16, 2013, and will also be emailed to the contact person of each of the individual clubs. • Timers meeting will be held 30 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. • Please obey posted facility rules. • Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	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"> • Holiday Inn Express: N. Lee Highway: (540) 463-7351 • Comfort Inn: US Route 11: (540) 463-7311 • Econo-Lodge: US Route 11: (540) 463-7371 • Wingate: N .Lee Highway (540) 464-8100

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ORDER OF EVENTS

Saturday, January 19, 2013		
Morning Session		
Warm-up: 8:00 am; Start: 9:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & Under 50 Free	2
3	10 & Under 100 Free	4
5	8 & Under 25 Fly	6
7	9-10 50 Fly	8
9	8 & Under 50 Back	10
11	10 & Under 100 Back	12
13	8 & Under 25 Breast	14
15	9-10 50 Breast	16
17	10 & Under 100 IM	18
19	8 & Under 100 Free Relay	20
21	9-10 200 Free Relay	22

Sunday, January 20, 2013		
Morning Session		
Warm-up: 8:00 am; Start: 9:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	8 & Under 50 Fly	56
57	10 & Under 100 Fly	58
59	8 & Under 25 Back	60
61	9-10 50 Back	62
63	10 & Under 200 IM	64
65	8 & Under 50 Breast	66
67	10 & Under 100 Breast	68
69	8 & Under 25 Free	70
71	9-10 50 Free	72
73	10 & Under 200 Free	74
75	8 & Under 100 Medley Relay	76
77	9-10 200 Medley Relay	78
79	10 & Under 500 Free	80

Afternoon Session		
Warm-up: 12:30 pm; Start: 1:30 pm		
<small>(Times are approximate)</small>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
23	11-12 100 Free	24
25	13 -18 100 Free	26
27	11-12 200 IM	28
29	13 -18 400 IM	30
31	11-12 100 Back	32
33	13 -18 100 Back	34
35	11-12 50 Breast	36
37	11 -18 200 Breast	38
39	11-12 100 Fly	40
41	13 -18 100 Fly	42
43	11-12 200 Free	44
45	13 -18 200 Free	46
47	11-12 200 Free Relay	48
49	13 -18 200 Free Relay	50

Afternoon Session		
Warm-up: 12:30 pm; Start: 1:30 pm		
<small>(Times are approximate)</small>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	11-12 100 Breast	82
83	13 -18 100 Breast	84
85	11-12 50 Fly	86
87	11 -18 200 Fly	88
89	11-12 100 IM	90
91	13 -18 200 IM	92
93	11-12 50 Free	94
95	13 -18 50 Free	96
97	11-12 50 Back	98
99	11 -18 200 Back	100
101	11-12 200 Medley Relay	102
103	13 -18 200 Medley Relay	104
105	13-18 500 Free	106

Distance Session		
(20 Minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	11-18 1,650 Free	52
53	11-18 1,000 Free	54