



LEXINGTON SPRING SPRINTS
Southwest District A/BB/B/C Meet
April 4, 2009
SANCTION NO. VS-09-53



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-53
LOCATION:	The Community Pool, 198 Waddell Street, Lexington, VA, Phone: (540) 463-5441
FACILITY:	<ul style="list-style-type: none">• 25 yard, 6 lane domed municipal pool; Paragon blocks; Colorado Timing system including 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:	Leslie Ayers Phone: (540) 464-4536 Email: lesliesgarden@rockbridge.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the Southwest District. Teams in the Southwest District are: ACST, CAST, CCA, CVA, CYAC, FUAC, GATR, GRTD, HA, HOKI, LASO, LY, SCAT, SMAC, STRM, & SVFY• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• All swimmers may participate regardless of time classification• Age on April 4, 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">• All 10 & under events will swim on Saturday morning.• All 11 & over events will swim on Saturday afternoon.• All events will be timed finals.
WARM-UPS	<ul style="list-style-type: none">• Morning session: Warm-ups at 8:00 am – 8:50 am (two sessions); competition starts at 9:00 am.• Afternoon session: Warm-ups at 11:30 am - 12:20 pm (two sessions); competition starts at 12:30 pm.• Lane assignment and warm-up times for individual clubs will be posted on the Rockbridge Storm website no later than Wednesday, April 1st, and will also be emailed 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, MARCH 25, 2009 <ul style="list-style-type: none">• Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. Times may be converted from other course types.• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.• 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.• Coaches 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 <i>individual events</i> and 1 <i>relay event</i> per day.

	<ul style="list-style-type: none"> 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. 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: davidbihl@yahoo.com Mail entries to: David Bihl 600 Locust Avenue Waynesboro, VA 22980 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 April 1st 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 6th place 13 & Older individual events will be given separate awards for 13-14 and 15 & Over 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 3rd place in each event.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. All swimmers in the morning session 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. 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 and accompanied by payment in cash or by check made payable to "Rockbridge Storm".
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be disqualified from 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 for both sessions at the discretion of the Referee. In accordance with VSI Policy, only those coaches who display 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: David Bihl Phone: (717) 350-3896 (cell) Email: davidbihl@yahoo.com</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 the meet referee no later than Monday, March 30, 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:	<ul style="list-style-type: none"> • VSI Safety and Warm-up procedures will be in effect. • Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules. • Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.
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 April 1, 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> <p>Take 81 south to exit 191(64west) Take 1st exit At end of ramp, turn left on Route 11 south Cross bridge Stay left on Route 11 bypass Take to 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</p>

Order of Events

Lexington Spring Sprints Saturday, April 4, 2009

Morning Session Warm-up 8:00 – 8:50; Start 9:00		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 100 Individual Medley	2
3	8 & Under 25 Freestyle	4
5	9-10 100 Freestyle	6
7	10 & Under 50 Butterfly	8
9	8 & Under 25 Breaststroke	10
11	10 & Under 50 Freestyle	12
13	8 & Under 25 Backstroke	14
15	10 & Under 50 Breaststroke	16
17	8 & Under 25 Butterfly	18
19	10 & Under 50 Backstroke	20
21	8 & Under 100 Freestyle Relay	22
23	10 & Under 200 Freestyle Relay	24

Afternoon Session Warm-Up 11:30 – 12:20; Start 12:30		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	11 & Over 200 Freestyle Relay	26
27	11-12 100 Individual Medley	28
29	13 & Over 200 Individual Medley	30
31	11 & Over 50 Freestyle	32
33	11 & Over 100 Butterfly	34
35	11 & Over 50 Breaststroke	36
37	11 & Over 100 Freestyle	38
39	11 & Over 50 Backstroke	40
41	11 & Over 100 Breaststroke	42
43	11 & Over 50 Butterfly	44
45	11 & Over 100 Backstroke	46
47	11 & Over 200 Freestyle	48