



**2016 VIRGINIA SWIMMING LC
SENIOR CHAMPIONSHIPS
JULY 21-24, 2016
SANCTION NO. VS-16-88 - and VS-TT-16-89**



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No. VS-16- 88 and Time Trial Sanction No. VS-16-TT-16-89USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming and Collegiate School Aquatic 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 Aquatic Center, 5050 Ridgedale Parkway, Richmond, VA 23234
FACILITY:	<ul style="list-style-type: none">The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.The 50-meter competition pool with bulkhead offers a total of eight 50-meter competition lanes with a depth of Seven feet and Seven inches at the sides and Eight feet and Two inches in the center. Competition lanes are a minimum of 9 feet wide.Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.Non-Turbulent Lane Markers in both poolsOmega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.Spectator seating for 700 plus.The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	Ted Sallade Phone: (804) 334-2804 Email: tedpsdn@poseidonswimming.com Marla Shreve, Host Team Coordinator Email: admin@poseidonswimming.com Phone: (804) 447-2487
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes registered before the first day of the competition and meet the qualifying time in each event entered.No on deck Virginia Swimming athlete registration will be permitted.Swimmers who have a minimum qualifying time in the 800m/1000y Free or the 1500m/1650y Free may swim both events.The qualifying period for this meet is January 1, 2015 through July 18, 2016.Age on July 21, 2016 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">Individual events EXCEPT the 800 M Freestyle and the 1500 M Freestyle will be swum as trials and finals.The 1500 M Freestyle will be swum fastest to slowest as a timed final event, alternating women and men.The 400 M Individual Medley and the 400 M Freestyle will be swum as trials and finals.<ul style="list-style-type: none">In trials, the four fastest women's heats will be swum first followed by the four fastest men's heats. These heats will be swum slowest to fastest.The remaining heats in trials will be swum fastest to slowest, alternating women and men.The 800 M Freestyle will be swum slowest to fastest as a timed final event, alternating women and men. The event seeding will be distributed following the close of the positive check-ins.<ul style="list-style-type: none">The starting time for the first heat will be scheduled so that the second fastest heat of the men's event is concluded at the start of the finals warm-up session.The fastest women's and men's heat will swim in the finals session.

	<ul style="list-style-type: none"> • Finals Sessions: <ul style="list-style-type: none"> ○ The top 32 qualifiers in the trials of each event will compete in each day's final session in the following order: D-Final (18 and under only Bonus heat) C-Final (Bonus heat), B-Final (Consolation heat), and A-Final (Final heat). ○ D-Final, C-Final, B-Final and A Final heat will report directly to their assigned starting block. • Relay events: <ul style="list-style-type: none"> ○ All relay events will be timed finals. ○ The fastest 2 heats of the 400 M Freestyle relay, the 800 M Freestyle relay, and the 400 M Medley relay will be swum during the finals session with any other heats swum during the trials session. • The Top 3 individual finishers will be presented awards immediately following the conclusion of the A Final on the award stand located behind the starting blocks. 								
WARM-UPS:	<ul style="list-style-type: none"> • Thursday afternoon session: Warm-ups at 12:30 – 1:50pm; competition starts at 2:00pm. <ul style="list-style-type: none"> ○ 12:30 – 1:20pm: All lanes designated for general warm-up ○ 1:20 – 1:50pm: Lanes 1, 2 and 8 designated for pace. Lanes 3 through 7 will remain general. Competition pool limited to those swimmers participating in the Thursday distance session. • Friday, Saturday, Sunday Trials sessions: Warm-ups 6:30-8:20 am; Friday competition starts 8:40am following the General Meeting at 8:25am. Saturday and Sunday competition starts at 8:30am. <ul style="list-style-type: none"> ○ 6:30 – 7:50 am: All lanes designated for general warm-up ○ 7:50 – 8:20 am: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general. • Finals sessions on Friday & Saturday: Warm-ups at 4:30 – 5:35 pm; competition starts at 5:45 pm. <ul style="list-style-type: none"> ○ 4:30 – 5:15 pm: All lanes designated for general warm-up ○ 5:15 – 5:35 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general. • Finals session Sunday: Warm-ups at 3:30 – 4:20 pm; competition starts at 4:30 pm. <ul style="list-style-type: none"> ○ 3:30 – 3:55 pm: All lanes designated for general warm-up ○ 3:55 – 4:20 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general. ○ 800 M Freestyle session: Warm-ups are planned to begin 45 min prior to the start of the first scheduled heat and will close 5 min prior to the start of the first scheduled heat. • There will be specific lanes designated for PACE ONLY in the warm-up/cool down lanes. • Meet Referee has the right to change lane assignments based on the needs of the swimmers. 								
ENTRIES:	<ul style="list-style-type: none"> • On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> ○ The OME system is accessed from the USA Swimming web site at the address: http://www.usaswimming.org/ome ○ Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team". • OME OPENS: 9:00 AM EST – Tuesday, June 21, 2016 • OME CLOSES: 11:59 PM EST – Monday, July 18, 2016 (Entry Deadline) • Meet entries in the form of an entry list or psych sheet will be posted to the VSI website on Tuesday, July 19, 2016. • Meet Entry Officer: Terry Randolph (757) 887-0868 – torandolph@gmail.com • OME HELP: <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Jamie Lewis</td> <td style="width: 50%;">Terry Randolph USA Swimming</td> </tr> <tr> <td>USA Swimming</td> <td>Meet Entry Officer</td> </tr> <tr> <td>Phone: (719) 866-3581</td> <td>Phone: (757) 887-0868</td> </tr> <tr> <td>Email: jlewis@usaswimming.org</td> <td>Email: torandolph@gmail.com</td> </tr> </table> • Conforming and Non-Conforming times will be used for entry – Long Course Meters, Short Course Meters then Short Course Yards. • Individual Entries: <ul style="list-style-type: none"> ○ Swimmers may enter any event in which they have a qualifying time in the national data base that was attained during the qualifying period. 	Jamie Lewis	Terry Randolph USA Swimming	USA Swimming	Meet Entry Officer	Phone: (719) 866-3581	Phone: (757) 887-0868	Email: jlewis@usaswimming.org	Email: torandolph@gmail.com
Jamie Lewis	Terry Randolph USA Swimming								
USA Swimming	Meet Entry Officer								
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Email: jlewis@usaswimming.org	Email: torandolph@gmail.com								

- Swimmers may enter using an “Override Time” for times that are not in the national database.
- Override times must include the meet name and date.
- Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).

Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior the scratch deadline or positive check-in for that event in order to swim.

- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- **OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
 - If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (**).
 - The ** signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
 - **All entries for 200 Medley relays must use the exact same time entered for the 400 M Medley relay. If no 400 Medley is entered you must use provable aggregate times.** NT entries will not be accepted.
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
 - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
 - These individuals may send a text file of their entries to the Meet Entry Officer to be entered manually.
 - Unless other arrangements are made payment must be made by check prior to the first session of the meet (Thursday, July 21, 2016).
- **ENTRY LIMITS:**
 - **Individual Events:** Athletes may enter all events which they qualify, however they may only compete in Six (6) individual events for the meet, and no more than Three (3) individual events per day.
 - Swimmers who have the qualifying time in either the 800 Freestyle or the 1500 Freestyle may swim both events.
 - **Bonus Events:** Maximum of one (1) bonus event. Swimmers qualified for the meet will be permitted to enter a bonus event in which they have achieved the bonus qualifying standard.
 - Bonus swims for the 400 Individual Medley, 400 Freestyle, 800 Freestyle, and the 1500 Freestyle are not available.
 - **Relays:** Two (2) per team per event.
- The Meet Director reserves the right to combine heats and events, which actions may require reseeding. The Meet Director reserves the right to eliminate heats of any event if necessary.
- **Proof of entry times is required for individual and relay events. Entries not proven by the scratch deadline will be scratched. “No Time” relay entries will not be accepted.**
- Entries which improve the time of an earlier entry will be accepted only while OME is open.
- **LATE ENTRIES:**
 - Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.
 - Late entries at the meet must be made to the Admin Referee and will only be accepted for events for which the scratch box has not closed.
 - All late entries must be submitted with proof of time.
 - Late entries may not be used to improve the seed time of an earlier entry.

FEES:	<p>Individual events: \$8.50 Relay events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Late Entry Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the Entry Deadline.</p> <ul style="list-style-type: none"> • OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. A check is the preferred method of payment and should be made payable to Poseidon Swimming. • Checks should be sent to: Poseidon Swimming 5050 Ridgedale Parkway Richmond, Virginia 23234 • The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, July 21, 2016). Payment for events entered at the meet must be made to Meet Director at the time of the request. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • All fees must be paid in full in order for the entries to be considered compete.
AWARDS:	<ul style="list-style-type: none"> • Scoring <ul style="list-style-type: none"> ○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1. ○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2 • Team (Overall): Women’s High Point, Men’s High Point, Combined High Point. • Team (Specific): Large Team, Medium Team, and Small Team. Both women’s high point and men’s high point in each category. Team sizes defined by the following: <ul style="list-style-type: none"> ○ 1-99 small team ○ 100-199 medium team ○ 200 + large team • Individual: First through Eighth Place. Women’s High Point, Men’s High Point • Relay: First through Third Place.
SEEDING:	<ul style="list-style-type: none"> • All Long Course Meters times will be seeded first followed by Short Course Meters then Short Course Yards, then Bonus times. • All timed finals and trials events will be seeded following the close of the scratch and positive check-in periods as listed in the “RULES” section below. • All relays require positive check to be seeded. Relay teams failing to positively check in will not be seeded.
TIME TRIALS:	<ul style="list-style-type: none"> • At the conclusion of Friday, Saturday preliminary sessions, and at the conclusion of Sunday evening finals, time permitting, time trials will be offered to any swimmer entered in an individual event in the meet. • If necessary, an additional time trail will be held after Sunday preliminary session for those attempting to achieve Eastern Zone Qualifying times. • Times achieved at the Time trials swum after the conclusion of the meet will not qualify for Eastern Zone qualifying times. • Times Trials will begin no earlier than 10 minutes after the conclusion of the session it is following. • Each day’s events will be offered in order, on the following schedule (800 M and 1500 M Freestyle will also be offered as the last events on Saturday): <ul style="list-style-type: none"> ○ Thursday: 800 and 1500 Freestyle only. ○ Friday: Friday’s events, Saturday’s events, Sunday’s events (excluding the 800 M Freestyle). ○ Saturday: Saturday’s events, Sunday’s events, Friday’s events, 800M and 1500M Freestyle. ○ Sunday: Sunday’s events (excluding the 800 M Freestyle), Friday’s events, Saturday’s events. ○ Cost: \$15.00 per individual event, \$20.00 per relay. • The Meet Referee, at his discretion, to save time, may reorder the day’s scheduled events or combine events into a single heat. • A swimmer desiring a time trial must inform the Meet Referee, or his designee, not later than 10:30 am of the day the time trial is desired. Each swimmer participating in these events should provide a

PENALTIES:	<ul style="list-style-type: none"> • 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. ○ On the last day of a VSI Senior Championship Meet please make every effort to declare intent to scratch to provide competition opportunity for others. ○ A swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete will not be able to swim his/her next event.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • A listing of any entries lacking proof of time will also be provided to coaches and must be dealt with as described in the ENTRIES section above. • Unattached athletes must have a supervising coach as per USA Swimming rule 202.3.2. Athletes listed as UNAT-CLUB will be supervised by a coach from the named club and all entry/scratch related material will be placed in the respective club coach's packet. • Athletes listed as UNAT must check in at the Clerk-of-Course and be assigned a supervising coach in order to warm-up and to compete. • 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 the preliminary sessions and for timed finals (distance) 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 not permitted. • The scratch procedures listed in current USA Swimming Rules and Regulations, Article 207.11.6 A-E will apply with the following modifications: • Scratches from Individual Events: Will be co-located at the Positive Check-in Table <ul style="list-style-type: none"> ○ Scratches for Friday's events are due by 2:30 pm, Thursday. ○ Scratches for Saturday's events are due by 6:15 pm, Friday. ○ Scratches for Sunday's events are due by 6:15 pm, Saturday. • Positive check-in: <ul style="list-style-type: none"> ○ Positive check-in for the 1500 M Freestyle is due by 1:00 pm, Thursday. ○ Positive check-in for the 800 M Freestyle Relay is due by 9:30 am, Friday. ○ Positive check-in for the 200 M Freestyle Relay is due by 6:30 pm, Friday. ○ Positive check-in for the 400 M Medley Relay is due by 9:30 am, Saturday. ○ Positive check-in for the 200 M Medley Relay is due by 6:30 pm, Saturday. ○ Positive check-in for the 800 M Freestyle is due by 6:30 pm, Saturday (see below in positive check-in regarding AM/PM designation) ○ Positive check-in for the 400 M Freestyle Relay is due by 9:30 am, Sunday. • AM and PM Designations. • Relay teams wanting to swim Sunday morning and not Sunday evening must designate that desire on the positive check-in sheet. <ul style="list-style-type: none"> ○ Relays teams will swim in the session desired with up to two full heats participating at Sunday evening finals. ○ If a team does not designate a preference they may be assigned to the evening finals if their team is next in line to fill open lanes in the two heats at finals. • Athletes wanting to swim the 800 M Freestyle in the afternoon and not in the fastest heat swimming in finals must designate that desire on the check-in sheet prior to the close of the scratch box on Saturday evening.

	<ul style="list-style-type: none"> ○ All distance swims MUST positively check-in and declare their intent to swim by the scratch deadline for that day's event TO BE SEEDED. ○ Swimmers failing to scratch events which if swum would put them in violation of either the 3 event per day or the 6 events in the meet, will not be permitted to swim the event or events. ○ The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation. ○ No other penalty will be applied. ● The scratch rule regarding finals will apply to all 4 evening heats (D Bonus, C Bonus, Consolation, Finals) excluding the relays, the 1500 M Freestyle, and the 800 M Freestyle. ● SCRATCHES FROM FINALS can only be done directly with the Administrative Referee. All other Scratches/Positive Check in shall be made at the Scratch box which shall be located at the Positive check in table until the General Meeting, at the General Meeting and then at the Clerk of Course table. ● The Meet Referee in accordance with 102.23.2 in the USA Swimming Rules and Regulations will appoint a Meet Jury. ● 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. ● No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.
OFFICIALS:	<p>Meet Referee: John Stanley Email: jfstanley@cox.net Phone: (540-354-9856)</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● Officials must have been certified for a year in the positions in which they are planning to work. ● An Application to Officiate is available on the VSI website (www.virginiaswimming.org) and should be sent to the Meet Referee no later than July 1, 2016 (for shirts to be preordered, please specify blue or white); and July 8, 2016 for assignments. ● Application is being made to have this meet designated as an Officials Qualifying Meet for N2/N3 certification/re-certification. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate. ● Evaluation will be available for V2/N2 at ST; evaluation at N3 for all other positions will be contingent upon meet staffing levels and the availability of national evaluators. ● Briefings will be held 1 hour prior to the start of each session in a room off the front lobby.
SAFETY:	<ul style="list-style-type: none"> ● VSI Safety and Warm-up procedures will be in effect. Swimmer snorkels are permitted.
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. <p>The number of timers required per club and their lane assignments will be posted on the VSI website at www.virginiaswimming.org no later than July 20, 2016, and will also be emailed to the contact person of each of the individual clubs.</p>
GENERAL:	<ul style="list-style-type: none"> ● A Coaches Meeting will be held at 8:25 am, July 22, 2016. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance. The meeting will be held in the Hospitality Room. ● Hospitality: <ul style="list-style-type: none"> ○ A light breakfast, lunch, and dinner will be provided for coaches and officials. ○ Coaches and officials who have special dietary concerns or needs should bring their own food and beverages. ● Meet Program: A Psych Sheet will be available to download off the VSI website. A Meet book with time standards, team information, coupons and advertisements for local establishments will be available for \$10.00. The Meet book will also contain coupons for a copy of each Trials and Finals program. Otherwise heat sheets for trials and finals will be available for \$2.00 without a coupon.

	<ul style="list-style-type: none"> • Photography: In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted behind the starting blocks without the express permission of the Meet Director. Individuals who violate the above photography restrictions may be asked by the Meet Director to leave the pool venue. • Meet Event Apparel: A vendor will be on site selling VSI Sr. Champ t-shirt and sweatshirts. There is a vendor on site for other swim equipment such as goggles and swim suits. • Lost and Found: Check with the front desk for lost and found items.
WAIVER:	<ul style="list-style-type: none"> • AUTHORIZATION AND EVENT PROMOTION IN THE EVENT THAT VIRGINIA SWIMMING LIVE STREAM FINALS. • All participants agree to be filmed and photographed by web-casting network under the conditions authorized by Virginia Swimming Inc. • All participants give the organizers the right to use names, pictures, likenesses, and other information before, during or after the period of participation in this competition to promote the competition or to promote the success of swimming. • All participants understand and agree not to use or authorize use of pictures of themselves provided by Virginia Swimming Inc. for the purpose of trade. • All participants agree not to use the medals or photos, portraits or films of themselves with their medals, which participants receive for their performances in this competition, for the purposes of trade.
FACILITY RULES:	<ul style="list-style-type: none"> • Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers; lap counters, or at other needed volunteer positions. • All Air Flow in take Vents on deck are not to be blocked by chairs, benches, spectators or towels! • CSAC strongly encourages Swimmers to take a shower before entering the swim pool. • Toilets for swimmers are located in the locker-rooms off the main hallway to the pool. • Spectators may not sit in the aisles and may not reserve blocks of seats. • No glass containers of any kind are allowed in the facility. • No lawn/deck chairs allowed in the grandstand. • Objects are not to be passed over the grandstand railing. • No smoking on the campus. • Shoes are suggested to be worn in all areas outside the pool deck including locker rooms. • Doors are not to be propped open (HVAC). • The front door is the only entry/exit door for the facility. • Young children must be supervised by an adult. • No tape of any kind is to be used inside to hang signs, banners or decorations. PSDN must be consulted before hanging any Event specific signage. • CSAC, PSDN or VSI is not responsible for any lost or stolen items. • No unauthorized persons are permitted to use the audio and video equipment. • All rules and regulations of CSAC shall remain in effect and be followed. • Any individual or team member that fails to comply with any rule or regulation of CSAC or the terms and conditions of this agreement will not be permitted to participate in the Event and will be asked to leave the CSAC Premises. • Clubs are responsible for keeping their areas of the deck clean. Bags will be provided in which to gather trash. • No balloons! • The practice of deck changing is prohibited. Swimmers participating in deck changing would be violating the USA Swimming Sportsmanship policy. • Each club is responsible for supervising the conduct of their swimmers. • No shaving at the venue is permitted. • On deck bathrooms are reserved for coaches and officials.

DIRECTIONS:	<ul style="list-style-type: none">• Directions to the pool can be found by going to: www.virginiaswimming.org Click on "Meets". Click on "Senior Championships", Click on "Directions".
PARKING:	<ul style="list-style-type: none">• Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.• There will be a drop off area designated.• Please follow the guidance of the parking attendants.• No parking on the grass around CSAC or in Ukrop Park.• Failure to adhere to the parking attendants' directions could result in your vehicle being towed.• Abusive language and inappropriate gestures by individuals directed at Ukrop parking attendants, CSAC employees or Poseidon Swimming meet staff will not be tolerated and will be asked to leave the facility.• Overflow Parking is available directly behind the venue in the Martin's Grocery Store Lot.

SCHEDULE OF EVENTS

2016 VIRGINIA SWIMMING LONG COURSE SENIOR CHAMPIONSHIPS

(Qualifying period: January 1, 2015 to July 18, 2016)

Qualifying Times				THURSDAY	Qualifying Times			
Women	SCM	SCY	LCM	JULY 21	LCM	SCY	SCM	Men
1	19:02.29	19:08.99	19:37.19	1500 M /1650 Y FREE	17:58.49	17:35.09	17:29.09	2
All events swum as timed finals. Order: fastest to slowest alternating women's and men's.								
Qualifying Times				FRIDAY	Qualifying Times			
Women	SCM	SCY	LCM	JULY 22	LCM	SCY	SCM	Men
3	2:12.39	1:59.79	2:15.39	200 M FREE	2:04.49	1:48.99	2:00.39	4
5	1:20.09	1:12.39	1:23.09	100 M BREAST	1:15.49	1:05.19	1:11.09	6
7	1:08.19	1:01.69	1:09.09	100 M FLY	1:02.39	55.29	1:01.19	8
9	5:18.49	4:47.99	5:26.09	400 M IND MEDLEY	5:01.59	4:25.99	4:53.29	10
11				800 M FREE REL*				12
*Requires positive check-in to swim; fastest two heats swim in finals. Order of Finals: Events 3, 4, 5, 6, 7, 8, 9,10, Break (10min), Events 11, 12								
Qualifying Times				SATURDAY	Qualifying Times			
Women	SCM	SCY	LCM	JULY 23	LCM	SCY	SCM	Men
13				200 M FREE REL [†]				14
15	2:32.89	2:18.39	2:35.79	200 M FLY	2:21.19	2:04.99	2:18.19	16
17	28.69	25.89	29.49	50 M FREE	26.09	22.89	25.39	18
19	2:52.39	2:35.99	2:57.99	200 M BREAST	2:44.59	2:21.79	2:36.69	20
21	1:09.19	1:02.59	1:11.79	100 M BACK	1:05.79	56.89	1:02.89	22
23	4:39.39	5:19.19	4:43.89	400 M / 500 Y FREE	4:24.79	4:55.89	4:18.89	24
25				400 M MED REL [‡]				26
[†] Requires positive check-in to swim. All heats swim in prelims. [‡] Requires positive check-in to swim; fastest two heats swim in finals. Order of Finals: Events 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, Break (10 min), Events 25, 26								
Qualifying Times				SUNDAY	Qualifying Times			
Women	SCM	SCY	LCM	JULY 24	LCM	SCY	SCM	Men
27				200 M MED REL [†]				28
29	2:29.89	2:15.59	2:34.99	200 M BACK	2:21.99	2:04.19	2:17.39	30
31	1:01.69	55.79	1:03.09	100 M FREE	57.29	49.99	55.39	32
33	2:30.29	2:15.99	2:34.79	200 M IND MEDLEY	2:22.39	2:03.39	2:16.39	34
35				400 M FREE REL [‡]				36
37	9:51.29	11:15.69	10:01.39	800 M /1000 Y FREE [#]	9:24.19	10:27.99	9:08.59	38
[†] Requires positive check-in to swim; enter using your 400 Medley Relay time. All heats swim in prelims. [‡] Requires positive check-in to swim; may choose AM or PM preference; up to two heats swim in finals. [#] May designate AM or PM preference; top 8 PM designees will swim at finals. Order of Finals: Events 37, 38, Break (10 min), 29, 30, 31, 32, 33, 34, Break (10 min), Awards (Individual High Point), Events 35, 36, Awards (Team), Time Trials								

2016 VIRGINIA SWIMMING SENIOR CHAMPIONSHIPS BONUS STANDARDS

(Qualifying period: January 1, 2015 to July 18, 2016)

Swimmers are allowed a maximum of one (1) bonus event. Bonus events count toward the maximum number of swims (6) for the meet and maximum number of swims (3) per day.

SCM	YARDS	LCM	EVENT	LCM	YARDS	SCM
29.19	26.39	29.99	50 free	26.59	23.39	25.89
1:02.79	56.89	1:04.19	100 free	58.29	50.99	56.39
2:14.59	2:01.79	2:17.59	200 free	2:06.49	1:50.99	2:02.39
Bonus swim for the 400 Free is not available. Swimmers qualified in either the 800 or 1500 Free are eligible to swim both events.			400/500 free	Bonus swim for the 400 Free is not available. Swimmers qualified in either the 800 or 1500 Free are eligible to swim both events.		
			800/1000 free			
			1500/1650 free			
1:10.19	1:03.59	1:12.79	100 back	1:06.79	57.89	1:03.89
2:31.89	2:17.59	2:36.99	200 back	2:23.99	2:06.19	2:19.39
1:21.09	1:13.39	1:24.09	100 breast	1:16.49	1:06.19	1:12.09
2:54.39	2:37.99	2:59.99	200 breast	2:46.59	2:23.79	2:38.69
1:09.19	1:02.69	1:10.09	100 fly	1:03.39	56.29	1:02.19
2:34.89	2:20.39	2:37.79	200 fly	2:23.19	2:06.99	2:20.19
2:32.29	2:17.99	2:36.79	200 IM	2:24.39	2:05.39	2:18.39
Bonus swim for the 400 IM is not available			400 IM	Bonus swim for the 400 IM is not available		