



**Poseidon
Blue & White Intrasquad Meet
September 14, 2019
SANCTION NO. VS-20-14**



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| SANCTION: | <ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-14.• USA Swimming, Inc., Virginia Swimming, Inc. Woodlake Swim and Racquet Center and Poseidon Swimming 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: | Woodlake Swim and Racquet Club. 14900 Lake Bluff Pkwy, Midlothian, VA 23112. Phone: (804)739-4120. |
| FACILITY: | <ul style="list-style-type: none">• 8 lane, 25 yard outdoor pool with non-turbulent lane lines. Deck seating and ample room for families to setup chairs or blankets.• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). |
| MEET DIRECTOR: | Name: Stacy Pew Email: pewfam6@gmail.com Phone: 804-690-4973 |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all Poseidon team members registered with USA Swimming by the first day of the meet.• No on-deck USA Swimming athlete registration will be permitted.• 2017-2020 NAG time standards are in effect.• Age on September 14, 2019 will determine age for the entire meet. |
| DISABILITY SWIMMERS: | <ul style="list-style-type: none">• Athletes with a disability are welcome 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 swimmers will swim in the morning session.• All events will be timed finals. |
| WARM-UP: | <ul style="list-style-type: none">• Morning session: Warm-ups at 6:30 AM for 11 and older swimmers and at 6:55 AM for 10 and younger swimmers; competition starts at 7:30 AM.• Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Every effort will be made to complete the session by 10:30 AM. |
| ENTRIES: | DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, SEPTEMBER 9, 2019. <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 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.• Swimmers may enter a maximum of <i>3 individual events</i>. |
| FEES: | <ul style="list-style-type: none">• A \$10 facility fee per swimmer will be charged. |
| AWARDS: | <ul style="list-style-type: none">• Individual events: Ribbons will be awarded for first through eighth place.<ul style="list-style-type: none">○ Events will be awarded for the following age groups, 8 & Y, 9-10, 11-12, and 13 & O. |
| SEEDING: | <ul style="list-style-type: none">• All events will be pre-seeded. |
| PENALTIES: | <ul style="list-style-type: none">• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as<ul style="list-style-type: none">• Entries using fraudulent or non-verifiable times.• Athlete competed in the incorrect age group.• Athlete is not registered with USA Swimming prior to the first day of the meet. |

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| | <ul style="list-style-type: none"> • 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. • Any event in which an athlete participated illegally will be rescored and re-awarded. |
| RULES: | <ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet. • Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • 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. • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval • In accordance with VSI Best Practices, swimmers should shower before entering the pool. • 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 with expired or non-current credentials will be required to leave the deck area. |
| OFFICIALS: | <p>Meet Referee: Bill Geiszler Email: wageiszler@verizon.net</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Certified officials and trainees should contact the team no later than September 8, 2019. • Officials meeting will be held 30 minutes prior to the start. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | All timers will be provided by Poseidon. |

**POSEIDON BLUE/WHITE MEET
ORDER OF EVENTS**

| Morning Session | | |
|---|------------------------|--------------------|
| Warm-up: 6:30 AM; Start: 7:30 AM | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 1 | Open 25Y Free | 2 |
| 3 | Open 50Y Free | 4 |
| 5 | Open 100Y Free | 6 |
| 7 | Open 200Y Free | 8 |
| 9 | Open 25Y Breaststroke | 10 |
| 11 | Open 50Y Breaststroke | 12 |
| 13 | Open 100Y Breaststroke | 14 |
| 15 | Open 200Y Breaststroke | 16 |
| 17 | 12 & Younger 100Y IM | 18 |
| 19 | Open 200Y IM | 20 |
| 21 | Open 25Y Back | 22 |
| 23 | Open 50Y Back | 24 |
| 25 | Open 100Y Back | 26 |
| 27 | Open 200Y Back | 28 |
| 29 | Open 25Y Fly | 30 |
| 31 | Open 50Y Fly | 32 |
| 33 | Open 100Y Fly | 34 |
| 35 | Open 200Y Fly | 36 |