



H2OKIE THANKSGIVING INVITATIONAL
Senior and 12&U A/BB/B/C
November 13-15, 2009
SANCTION NO. VS-10-12

Hosted by:



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-12
LOCATION:	War Memorial Pool, Blacksburg, VA (540) 231-3019
FACILITY:	<ul style="list-style-type: none">• 25 yards, 8 lanes with non-turbulent lane lines, deck-anchored starting blocks and water depth of 5.0 feet at the starting end.• Colorado Timing System with eight line scoreboard will be used. A 6 lane 20 yd. warm-up/warm-down pool will be available continuously.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Name: Scott Baldwin Email: edbaldwi@vt.edu Phone: (540) 998-2327
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/Virginia Swimming athletes and athletes from out-of-LSC teams by invitation registered by the first day of the meet.• No on deck USA Swimming/Virginia Swimming athlete registration will be permitted.• 2009-2012 NAG times are in effect• Age on November 13, 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 12 and younger swimmers will swim timed finals on Friday evening session #1, Saturday afternoon session #3, and Sunday afternoon session #6.• All 13 and older swimmers will swim on Friday evening session #1, Saturday morning session #2, Saturday evening session #4, and Sunday morning session #5.
WARM-UPS:	<ul style="list-style-type: none">• Friday evening session 1: Warm-ups at 4:00 PM; competition starts at 5:00 PM.• Saturday & Sunday morning sessions (Sessions #2 & 5): warm-ups at 7:00 AM; Competition starts at 8:30 AM.• Saturday & Sunday afternoon (12&U) sessions (Sessions #3 & 6): warm-ups at 12:30 PM; competition starts at 1:30 PM.• Saturday evening session (Session 4): Warm-ups at 4:30 PM; Competition starts at 5:30 PM.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. If Saturday afternoon session (Session 3) runs late, warm-ups will begin immediately after the conclusion of Session 3.• Lane assignment and warm-up times will be posted on the H20kie web site no later than November 11, 2009, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 3, 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.• Teams must submit entries as an e-mail attachment• 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.• "No Time" (NT) entries will be accepted• 12 & Under Swimmers may enter a Maximum of 5 events per day.• Senior Session Swimmers will be limited to 3 events per session for Saturday's events not to exceed the 5 event per day maximum.

	<ul style="list-style-type: none"> • Senior session swimmers on Sunday may enter 4 events • Meet will be limited to 250 swimmers per session. • 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: edbaldwi@vt.edu • Mail entry fees to: Scott Baldwin 145 Wenn Drive Christiansburg, VA 24073 Phone: (540) 998-2327 • 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: H20kie Aquatics • Payment must be received by November 11, 2009 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:	<p>Individual events: Ribbons will be awarded for first through eighth place.</p> <ul style="list-style-type: none"> • 12 and younger individual events will be awarded by 8 and younger, 9, 10, 11, and 12 year old single age groups. • 13 and older will be awarded by 13-14 and senior age groups.
SEEDING:	<ul style="list-style-type: none"> • All events 100 yards or less will be pre-seeded. • All events 200 yards or longer will be deck seeded with a positive check-in as described below • Swimmers should report directly to the blocks for their events • Positive check-in will close at the end of warm-ups • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT • 13-14 & senior 1000 free will be swum fastest to slowest in alternating heats of girls and boys • Meet Director reserves the right to limit entries in the distance events for timeline purposes • Proof of time must be submitted with entry for all distance 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.
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 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 the afternoon sessions, and may be used for the morning 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 and will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Greg Ryder Email: spyder27@juno.com</p>

	<p>Phone: (540) 951-1080</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 Kim Walsh no later than November 3, 2008. Walshes4@verizon.net • A meeting of all strokes and turns officials 30 minutes prior to the start of the first session and 45 minutes prior to sessions 2-5.
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 H20kie website no later than November 11, 2008 and will also be emailed to the contact person of each of the individual clubs. • Distance event participants will be expected to provide their own timers and lap counters.
GENERAL:	<ul style="list-style-type: none"> • Bleacher seating for spectators is available on deck. No chairs set up on the pool deck. • Hall way downstairs will be available for swimmers to rest between events • Kast-A-Way swimwear will be in attendance for swimming related items. • Hospitality will be provided to certified USA swimming coaches and registered USA swimming officials only.
FACILITY RULES:	<ul style="list-style-type: none"> • Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet. • Virginia Tech classes will be in session so parking will be an issue. Maps will be available on Friday for pick up and also on our meet information page on the team website. Swimmer drop off is available in front of the War Memorial pool.
DIRECTIONS:	Coming from North or South on I-81, take EXIT 118B onto 460 west by-pass. Follow to first traffic signal, turn right onto Southgate Drive. Turn left onto Duck Pond Drive, then right onto Washington Street. Turn left at traffic circle to West Campus Drive. At base of descent, turn right on Drillfield Drive. War Memorial gym will be halfway down on your right. The pool is directly across the drill field from Burruss Hall (castle-like structure).

H20KIE THANKSGIVING INVITATIONAL

November 13-15, 2009

ORDER OF EVENTS

SANCTION NO. VS-10-12

Friday, November 13, 2009

Session 1

Warm-up: 4:00PM; Start: 5:00 PM

Female Event #	Event	Male Event #
1	12&U 200 IM	2
3	13&over 1000 Free	4
5	12& Under 500 Free	6

Saturday, November 14, 2009

Session 2

Warm-up: 7:00 AM; Start: 8:30 AM

Female Event #	Event	Male Event #
7	200 yd Butterfly	8
9	100 yd Freestyle	10
11	100 yd Back	12
13	400 yd I.M.	14

Saturday, November 14, 2009

Session 3

Warm-up: 12:30 PM; Start: 1:30 PM

Female Event #	Event	Male Event #
15	12 & U 100 yd Free	16
17	12 & U 50 yd fly	18
19	12 & U 100 yd Back	20
21	12& U 100 Breast	22
23	12 & U 50 yd Free	24

Saturday, November 14, 2009

Session 4

Warm-up: 4:30 PM; Start: 5:30 PM

Female Event #	Event	Male Event #
25	200 yd I.M.	26
27	200 yd Breaststroke	28
29	100 yd Butterfly	30
31	200 yd Freestyle	32

Sunday, November 15, 2009

Session 5

Warm-up: 7:00 AM; Start: 8:30 AM

Female Event #	Event	Male Event #
33	50 yd Freestyle	34
35	200 yd Backstroke	36
37	100 yd Breaststroke	38
39	500 yd Freestyle	40

Sunday, November 15, 2009

Session 6

Warm-up: 12:30 PM; Start: 1:30 PM

Female Event #	Event	Male Event #
41	12&U 50 yd Back	42
43	12&U 100yd Fly	44
45	12&U 50yd Breast	46
47	12&U 200yd free	48