



**Poseidon
Blue & White Intrasquad Meet
September 9, 2023
SANCTION NO. VS-24-13**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-13• USA Swimming, Inc., Virginia Swimming, Inc., Woodlake Community Association 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.• In applying for this sanction, the Host, Poseidon Swimming agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and Chesterfield County.
LOCATION:	Woodlake Swim and Racquet Center. 5000 Woodlake Village 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).• Woodlake Swim & Racquet Center has an AED on site, lifeguards that will be staffed during the meet, and access to medical supplies should they be needed.• Dolphin timing system with auto start and 8 lane. Two buttons plus one watch per lane.
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.• 2021-2024 NAG time standards are in effect.• Age on September 9, 2023 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 not before 7:00 AM for 11 and older swimmers and not before 7:35 AM for 10 and younger swimmers; competition starts not before 8:00 AM.• If the warm-up and start times are changed to a later time, notification will be provided NLT September 6, 2023. Every effort will be made to complete the session by 11:30 AM.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, SEPTEMBER 4, 2023. <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 3 <i>individual events</i>.
FEES:	<ul style="list-style-type: none">• There are no athlete fees for this meet.
AWARDS:	<ul style="list-style-type: none">• No awards will be provided.
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.

	<ul style="list-style-type: none"> • Athlete competed in the incorrect age group. • Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. • 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, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing 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. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • 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: Jonathan Fauth Email: jefauth@gmail.com</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 5, 2023. • Official's meeting will be held 60 minutes prior to the start.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	All timers will be provided by Poseidon. Two timers per lane using Dolphin system and handheld watch.
General:	
Facility Rules:	

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

Morning Session		
Warm-up: no earlier than 7:00 AM; Start: no earlier than 8:00 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 25Y Breaststroke	8
9	Open 50Y Breaststroke	10
11	Open 100Y Breaststroke	12
13	Open 100Y IM	14
15	Open 25Y Back	16
17	Open 50Y Back	18
19	Open 100Y Back	20
21	Open 25Y Fly	22
23	Open 50Y Fly	24
25	Open 100Y Fly	26