

Virginia Peninsula Swim Union Championship Meet  
Saturday, August 3, 2019  
Meet Invitation

**Location:** WISC Aquatic Center, 5700 Warhill Trail, Williamsburg, VA 23188

**Facility:** 25 meter indoor pool with non-turbulent lane markers with automatic timing system and scoreboard. Pool will be set up for 10-lane competition.

**Format:**

1. Split Session Format. All 11 and older men and women will swim in the morning session. All 10 and younger men and women will swim in the afternoon session. Relays will be swum at the beginning of the afternoon session.
2. A.M. Session Warm-Ups 7:00 – 8:20 AM Meet starts 8:30 AM
3. P.M. Session Warm-Ups –The 2<sup>nd</sup> half warm-up are planned to start by 11:00am. The Meet will start at 12:30 P.M. Please note, warm up sessions will occur during the morning session awards and prior to start of relays. The warm-up start schedule is subject to change based on how long the A.M. Session runs.
4. There will be four 20-minute warm-up periods in each session. Lane assignments will be based on the number of swimmers from each team in each session and will be determined after entries are processed. The Final Warm-up schedule will be set up once all the entries are in and seeded. The Meet Director reserves the right to move Warm-ups to the appropriate time slots once all the entries are in.

**Events:** The events will be the same as in dual meets but the event number (and order of events) order is different to accommodate the split session format. All events will be swum as timed finals. All individual events will be pre-seeded according to time. Heats will swim from slowest to fastest. Age 8 and younger swimmers will be required to report to the Clerk of Course when announced (approximately 10 minutes prior to swimming their events). A clerk of course will be in place throughout the meet. 9 and older swimmers that wish to report to the Clerk of Course may do so. It is the swimmer's responsibility to report to the blocks at the proper time for their event. Legal Relay teams MUST be submitted with your entries. You can change the relays on the cards before sending them to the blocks.

**Eligibility:**

1. Swimmers must have achieved the established qualification time in the competitive events and participated in the requisite number of meets.
2. Legal entry times must have been achieved in regular competitive lanes, exhibition lanes or heats during VPSU sanctioned meets, or the VPSU Summer Award Meets during the 2019 season. All results have to be in the SwimTopia system to be considered a legal entry.
3. Entry times will be based on times achieved in 25-meter pools.

4. Swimmers may enter no more than three (3) individual events plus one (1) relay event. All swimmers, including relay-only swimmers must be listed in SwimTopia entries which must be submitted by Monday, July 29th, 2019.
5. Each VPSU team may enter one relay team per relay event. Relay entry times may be from actual times achieved in competition or aggregate times based on the four swimmers realistically anticipated to swim the event in the Championship meet. If no time is supplied for your relay team, they will be entered with a NT and seeded in the slowest heat. In order to be entered in to the meet your relay team must be included in your meet entry file that is due by Sunday, July 28th. Relay eligible swimmers must be included in your entry roster. Swimmers names for relays must be written on the relay card, and turned in to the head lane timer at the lane they are competing in. Swimmers names must be written on the card in the order in which the swimmers will compete. If you have entered a relay team and need to scratch them the day of the meet, please give that information to the Meet Referee directly at the start of the PM Warm-up.

**Awards:** Medals will be awarded at the meet to the 1st through 8th places in each individual event. These places will be given out at the Awards presentation directly after the Session that they were swum in. Ribbons for 9th through 16th places will be prepared at the meet. The Coaches are to pick up these ribbons after the meet. Medals will be awarded at the meet to 1st through 8th places in each relay event. Medals will be awarded to swimmers breaking Championship Meet records. Trophies will be awarded to one swimmer in each age group and gender who achieves the highest points at the Championship Meet. In case of ties, all tied swimmers shall receive the award. Plaques will be awarded for overall high point teams(1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) at the Championship Meet. The regular Season Divisional winners will also be awarded a Plaque.

**Scoring:** Scoring for events to determine high point team awards shall be as follows:

- Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**Rules:**

1. The VPSU Championship Meet will be conducted according to 2019 USA Swimming Rules and Regulations, and by VPSU Competitive Rules.
2. A swimmer's age on June 10, 2019, will be that swimmer's age for the Championship Meet.
3. A Swimmer (both as individual and relay-only) must have been a member of a VPSU team and competed, either in a competitive lane or as an exhibition swimmer in the requisite number of regularly scheduled meets eligible to compete. Regularly scheduled meets do not include additional meets scheduled by each team whether with another VPSU team or with a team outside VPSU.
4. Swimmers must compete in their own age group except as follows:
  - a. Swimmers may "swim up" in relay events.

- b. 6 and younger swimmers may swim in the 7-8 Breaststroke, 7-8 Butterfly, and 9-10 Individual Medley events, provided they have achieved the qualifying time for the event.
  - c. 7-8 year old swimmers may swim in the 9-10 Individual Medley events, provided they have achieved the qualifying time for the event. The 9-10 Individual Medley events are denoted as "10 & under". The 7-8 Breaststroke and Butterfly events are denoted "8 & Under". Swimmers entering these events must meet qualifying times regardless of age.
5. Relay cards must be brought to the blocks with your relay Team as they swim them during the Relay Session. The cards must contain each swimmer's First and Last name as well as their age.

**Entries:**

1. Teams must submit entries by 9:00 P.M., Sunday July 28th, 2019 in the SwimTopia program. No late entries or event changes will be accepted. NO EXCEPTIONS to the deadlines.
2. Entries must be submitted using SwimTopia. If either the team coach or VPSU rep will not be available to answer questions on Monday, July 29th, please notify Ted Lynch at [ted.lynch03@gmail.com](mailto:ted.lynch03@gmail.com) of an appropriate contact so that any issues with the entries may be resolved in advance.
3. The Championship Meet Meet Director reserves the right to refuse any entries not submitted as instructed above or made in a manner which is apparently in contravention of the established rules.
4. It shall be the responsibility of each Coach or Team Representative to verify the accuracy of the submitted entries. Teams will not be permitted to submit late entries or make changes to entries due to their errors or omissions.
5. All 2019 championship meet fees are due no later than Thursday August 1st, 2019 to the VPSU Treasurer. Entries will not be finalized without payment. The cost to enter individual events is \$3 per event, and the cost for relays is \$10 per relay team. Meet Fees may be mailed or delivered to:

Watson Mowry, PC  
Attn: Kimberly Watson (VPSU)  
5372 Discovery Park Blvd. Suite 103  
Williamsburg, VA 23188

**Officials:** Part of each team's meet entry requirement is the submission of a list of that teams VPSU Certified Officials who will be in attendance and available to work at the Championship Meet. This is required with the submission of swimmers entries. VPSU Team Board Representatives are required to send the list of available officials to Ted Lynch at [ted.lynch03@gmail.com](mailto:ted.lynch03@gmail.com) by 9:00 PM Monday July 29th, 2019. Teams will be notified of the number of timers required and their lane assignments prior to the meet. It is the team's responsibility to have timers in position and ready during the meet. Teams should supply their own watches to their team members.