

2013
Champlain Valley Swim League
Championship Meet

Friday, July 26 St. Albans City Pool St. Albans, VT
Saturday, July 27 St. Albans City Pool St. Albans, VT
Raindate, Sunday, July 28

MEET DIRECTORS: Middlebury - Marcie Bolton marcie.l.g.bolton@gmail.com, Georgina Milligan georginamilligan@gmail.com

HOST SITE COORDINATOR: Kelly Viens – k.viens@stalbansvt.com

SITE HOSTS: July 26 St Albans Swim Team
July 27 St Albans Swim Team

MEET FORMAT: The meet will be swum as timed finals. All sessions will be pre-seeded by computer after the received entries have been reviewed at the coaches' meeting on Monday, July 22, 2013. Heat sheets for each session shall be made available to coaches at the timing table during warm-ups, and placed in two areas around the pool, no less than one hour prior to the beginning of that session.

SCRATCHES: This meet will have no scratch procedures. Events will be run as the heat sheets indicate.

AWARDS: Nominations for the Al Cummings Award should be included on the entry cover sheet. The meet director will collect votes for MOST IMPROVED TEAM between Saturday AM and PM sessions. The team season traveling trophies for BEST RECORD and MOST IMPROVED will be announced and awarded between the AM and PM sessions on Saturday. The winner of the Al Cummings award will also be announced at this time. Trophies for the Championship team and runner-up team will be awarded at the end of the meet.

VENUE: The St. Albans City Pool is the venue for the 2013 CVSL district meet. This pool is a 6-lane pool located at 99 Aldis Street St. Albans, VT.

DIRECTIONS TO POOL and PARKING: St. Albans City Pool from points South: Take I-89 North to exit 19, straight at light toward downtown St. Albans and Main Street (.9 miles), turn right onto S Main St (.7 miles), turn left onto Lake St (.1 mile), turn right onto Federal St (.4 miles), turn left onto Aldis St, pool is located at the end on the left (.5 miles). **PARKING:** 3 parking sites are available. The first lot is adjacent to the pool off Aldis St. The second lot is adjacent to the St. Albans City School and accessed through either Aldis or Bellows St. The third lot is located at the public works department off Aldis St, across the street from the little league fields. A sidewalk on the left side of Aldis St will take you from this lot directly to the pool. There is NO PARKING allowed on any of the streets. **Coaches, Officials and Handicap Parking:** The pool's grass parking and a section of the school parking lot is reserved for Handicapped individuals, Meet Directors, Host Site Staff, CVSL Board, Lifeguards, Referee and Certified Coaches and Officials who have been listed on the team entry form. This parking lot is next to the pool and will require a permit for parking. There will be a staff parking-attendant at this parking lot.

St. Albans City Pool - Session 1, Friday evening

During this session, being the least crowded session of the meet, swimmers will be allowed to congregate on deck and visit with the coaches. Bleachers will be available but spectators should also bring chairs. Parents, not coaches, are to be responsible for their children between events.

Note: The playground and playground equipment at the St. Albans City School is not supervised and is used at your own risk. The playground is not part of the CVSL swim meet and is not to be used by swimmers or their families. Use of the playground and all playground equipment is at the participant's own risk as it is off limits to swimmers and their families. The CVSL will assume no liability for any injuries incurred on the playground during the meet.

TEAM AREA: Teams may set up canopies/tents on the school soccer field near the playground. There will be portable toilets available in this area for swimmers and spectators. Tents may be set up Friday but should not be left over night. Police do patrol the area, but the security of the tents cannot be guaranteed.

St. Albans City Pool – Session II and III, Saturday

Teams are not allowed to congregate on deck. Swimmers may briefly visit with their Coaches after their event but must promptly exit the pool deck to the designated team gathering location. On deck swimmer traffic will be tightly controlled. Parents and spectators will not be allowed to congregate on the pool deck. Only those with assigned deck functions will be allowed in the immediate pool deck area. Parents, not coaches, are to be responsible for the children between events and should be encouraged by teams not to send swimmers to their events until the event has been called.

SESSIONS:

Friday

Session 1: Warm-up starts at 3:00 PM
Competition commences at 4:00 PM

Saturday

Session 2: Ages 10 and Under
Warm up starts at 7:00 AM
Competition commences at 8:00 AM

Session 3: Ages 11 and Older
Three 20-minute warm up periods starting no earlier than 12:00 pm
Competition commences 1 hour after the start of warm-ups

Sessions 1 & 3 Starts

Swimmers in Sessions 1 & 3 may be asked to stay in the water until the next heat has been started, i.e. “hot starts”.

ENTRY LIMITS: A swimmer may be entered in up to five (5) events. The swimmer may be entered in 4 individual events and 1 relay or 3 individual events and 2 relays, but not more than 4 individual events for the entire Championship Meet. Any entries entered after these limits have been met will be deleted. Swimmers may not be switched from individual events to relays or vice versa once entries are submitted and entry points determined. **This is why our communication as to who will be attending the meet is vital. Teams must enter the number of relays they intend to have in each relay event (A, B, C etc.). Over-entering must be minimized, as this is a no scratch meet, and excessive over-entering can result in delays and swimmers stepping into wrong heats due to empty lanes, which can affect the time attributed to each swimmer in that lane if this is not noticed by the timers.**

EXHIBITION ENTRIES: This year CVSL again plans to implement an opportunity to submit exhibition entries **after all the official entries have been received.**

WARM- UP TIMES: Warm up times will be e-mailed to coaches on Tuesday, July 23, 2013. These times are based on travel times and team roster size.

RULES OF THE MEET: All Championship competitions held under the authority of the Champlain Valley Swim League shall be governed by the current United States Swimming Rulebook except as noted in the CVSL handbook or specified in this packet.

MEETINGS: The following meetings will be held prior to the championship meet to inform participants of the administrative conduct of the meet. No rule changes may be made at these meetings.

1. A mandatory officials' meeting will be held prior to each of the three sessions. This meeting will be administered by the Meet Referee and will take place up to 1/2 hour before the meet starts.
2. A timers' meeting will be held 15 minutes before each session begins. All timers and any relief timers for that session need to attend. This meeting will be administered by the Meet Referee or a designee.
3. Lane Shepherds and Bullpen workers should report to the timing table 15 minutes before their session

BULLPEN: There will be a bullpen this year for Session 2 on Saturday morning. There will be no bullpen for the Friday night session or Saturday afternoon session. Swimmers are responsible for appearing at the blocks when their event is called. Volunteers will be manning the bullpen on Saturday morning to help assure a smooth running meet.