

May 20, 2009

TO: Members, Jefferson Shelby Swim Council

RE: **2009 VSA Invitational, June 20, 2009**

Dear Friends,

The Vestavia Swim Association is proud to announce its annual swim invitational to be held at Wald Park on **Saturday, June 20, 2009**. This year's invitational will be a fundraiser for the Susan G. Komen Breast Cancer Foundation. Entry fees will be slightly higher in order to provide each swimmer with a pink Susan G. Komen for the Cure swim cap. We want to "paint the pool pink", so please encourage all of your swimmers to wear their pink caps while participating in the invitational. There will be opportunities for your team members and parents to donate money throughout the meet.

Simplified entry forms are included for your use. Make copies as necessary if you have more than 16 swimmers in any one age group. Also, please observe the instructions carefully. You may enter swimmers in **ONLY 4 EVENTS**. Swimmers will be automatically seeded in Gold or Silver sub events as described in the attached information. Medals and ribbons will be awarded to placers in both Gold and Silver sub events. The heat sheet, lane cards, and results will be computer-generated.

As a reminder, this is one of only a few select JSSC-sanctioned meets in which swimmers can achieve documented times that could qualify them for JSSC awards at the end of the season.

We look forward to receiving your entry forms and fees by **6:00 PM on Friday, June 12, 2009**. Late entries will be accepted on a lane available basis after that time by email at the address below. Entries **MUST** be delivered to Kathaleen Rogers at 3412 Laurel View Lane, Hoover, AL 35216. **Other options for delivery...Send your entry by e-mail to kathaleenrogers@gmail.com. To be officially entered in the meet, we must have your hard copy by Friday, June 12th at 6:00 p.m. Last year the meet filled to capacity. Please get your entries in on time.**

If you have parents who would like to volunteer during the meet, I would very much appreciate hearing from you or them. If you have any questions or comments, please call me at 979-1831.

Sincerely,

Kathaleen Rogers, Meet Director

VESTAVIA SWIM ASSOCIATION
2008 INVITATIONAL

APPROVED BY: Jefferson Shelby Swim Council

DATE: Saturday, June 20, 2009

TIME: Morning Session (Ages 10 and under)
General Warmups 6:30 - 7:00 AM
Controlled Warmups 7:00 - 7:45 AM
Competition 8:00 AM
Afternoon Session (Ages 11 and older)
General Warm-ups Not before 12:00 Noon
Controlled Warmups Not before 12:30 PM
Competition Not before 1:30 PM

LOCATION: Wald Park Pool (Vestavia Civic Center)
Highway 31 South, Vestavia Hills, Alabama

EQUIPMENT: 25 Yard, 6 Lane, Outdoor Pool
Non-turbulence, Competition Lane Ropes
Fully Automatic, Electronic Timing System
Computer-generated heat sheet, lane cards, and event,
individual, and team results

RULES: This meet will be conducted according to JSSC rules.

EVENTS: The Order of Events is attached and all are timed finals. Individual events will be divided into Gold and Silver sub events by the computer. Swimmers with entry times faster than the time standard will be automatically entered in the Gold sub event. All other swimmers will be entered in Silver sub events. Relay events will be treated as totally Gold.

ENTRY CHAIRMAN: Kathaleen Rogers
Email entries to: kathaleenrogers@gmail.com

Hard copies of entries must be delivered no later than 6:00pm on Friday, June 12th to:
Kathaleen Rogers
3412 Laurel View Lane
Hoover, AL 35216

ENTRIES: Swimmers may enter a maximum of 4 (four) individual events and 2 (two) relay events. They must swim in the age group corresponding to their age as of June 1, 2009 or per JSSC rules. Swimmers must be members of JSSC. Entry will be limited to the first 400 swimmers on a first come, first served basis. Entry forms and fees **MUST** be delivered to Kathaleen Rogers no later than **6:00 PM, Friday, June 12th.**

Do NOT deliver entry material to the Vestavia Recreation Center or Pool, or give it to a friend. It **MUST** be delivered or mailed to Kathaleen Rogers as noted on the cover letter. Entries sent by email or CD must have hard copies sent as well for back up and checking purposes. (**Do not send the entries on floppy disk or diskettes.**) We will be setting up the meet with Hy-Tek Meet Manager software.

LATE ENTRIES: Late entries will be accepted on a “lane available” basis beginning at 6:00 PM, Friday, June 12th until Saturday, June 20th at 7:30 AM (for morning session) and 12:30PM (for afternoon session). No new heats will be created. Late entries will not be seeded or appear on the heat sheet. A late entry will not be accepted for any swimmer already entered in the meet in the maximum number of events. Coaches that need to make late entries within 24 hours before the meet starts, must wait and do this at the Clerk of Course on the day of the meet. Late entries will be entered with no time (NT) which will seed the swimmer in the Silver events.

ENTRY FEES: \$25.00 per swimmer until 6:00 PM on June 12, 2009. \$30.00 per swimmer thereafter.

SCRATCHES: Coaches, please make scratches known to the clerk of course during the warm-ups. This will make lanes available for late entrants who may be waiting.

RELAYS: Swimmers may swim in a maximum of 2 relay events. Coaches must list each relay swimmer’s FIRST name, LAST name, and AGE in the order of swim on the back of the relay cards before the relay events are swum. Swimmers must be entered in the meet to swim on a relay.

POINTS: Individual and team points are earned by placing in Gold events as follows:

Individual event points -

7, 5, 4, 3, 2, 1 for places 1 thru 6 respectively

Relay event points -

14, 10, 8, 6, 4, 2 for places 1 thru 6 respectively

AWARDS: Individual Events: Unique VSA Medals will be awarded to first, second, and third place finishers in both Gold and Silver events. VSA ribbons will be awarded to fourth through sixth place finishers in both Gold and Silver events.
**Only gold events will be scored for individual high point awards.
Only swimmers achieving the time standard will be scored for individual high point.**

Relay Events: VSA medals will be awarded to each relay team member for a first place finish. VSA ribbons will be awarded to each member of the relay teams that finish in second and third place.

Other: Oversized Standard Breaker ribbons will be awarded

to swimmers in Silver events who swim faster than the time standard. Heat ribbons will be awarded to the winners of each heat.

High Point and Team Awards: Individual awards will be provided to the high point boy and the high point girl in each age group based on points earned in individual Gold events. Team trophies will be awarded to the first, second, and third place teams based on total points earned.

Only gold events are scored for team score.

Swimmers entered in gold events that do not achieve the published time standard will not be scored for team score.

FACILITIES:

A concession stand will serve drinks and snacks during the meet. Some seating is available but folding chairs and sun protection are recommended. Alcoholic beverages are not allowed in Wald Park.

Vestavia Swim Association 2009 Invitational

JSSC Gold Time Standards

Order of Events Morning Session

General Warn-Ups 6:30 – 7:00 am

Controlled warm-ups 7:00 – 7:45 am

Competition 8:00 am

Girls

Boys

Event #	Gold Standard	Event	Gold Standard	Event #
1	none	8 & U Free Relay 100yds.	none	2
3	none	10 & U Free Relay 200yds.	none	4
5	52.89	8 & U 50 yd Free	52.49	6
7	1:31.89	9 & 10 100 yd Free	1:29.19	8
9	40.49	6 & U 25 yd Breast	39.69	10
11	31.09	7 & 8 25 yd Breast	30.49	12
13	53.59	9 & 10 50 yd Breast	53.89	14
15	38.99	6 & U 25 yd Back	37.59	16
17	29.99	7 & 8 25 yd Back	28.89	18
19	48.89	9 & 10 50 yd Back	49.29	20
21	30.89	6 & U 25 yd Free	30.29	22
23	23.79	7 & 8 25 yd Free	23.29	24
25	40.09	9 & 10 50 yd Free	39.19	26
27	38.99	6 & U 25 yd Fly	37.59	28
29	29.99	7 & 8 25 yd Fly	28.89	30
31	48.79	9 & 10 50 yd Fly	47.29	32
33	2:02.99	8 & U 100 yd IM	2:01.09	34
35	1:45.69	9 & 10 100 yd IM	1:41.59	36

Order of Events Afternoon Session

General warm-ups 30 minutes - not before 12:00 Noon
 Controlled warm-ups 45 minutes - not before 12:30 PM

Competition Not before 1:30 PM

Girls

Boys

Event #	Gold Standard	Event	Gold Standard	Event #
37	none	12 & U Free Relay 200 yd	none	38
39	none	14 & U Free Relay 200 yd	none	40
41	none	18 & U Free Relay 200 yd	none	42
43	1:13.59	11 & 12 100 yd Free	1:13.29	44
45	1:12.59	13 & 14 100 yd Free	1:07.69	46
47	1:11.29	15 – 18 100 yd Free	1:04.59	48
49	44.29	11 & 12 50 yd Breast	44.59	50
51	42.09	13 & 14 50 yd Breast	42.39	52
53	39.99	15 – 18 50 yd Breast	40.29	54
55	39.99	11 & 12 50 yd Back	39.79	56
57	37.99	13 & 14 50 yd Back	37.89	58
59	36.09	15 – 18 50 yd Back	36.09	60
61	34.59	11 & 12 50 yd Free	33.39	62
63	33.39	13 & 14 50 yd Free	31.09	64
65	32.89	15 – 18 50 yd Free	29.59	66
67	38.09	11 & 12 50 yd Fly	38.59	68
69	36.19	13 & 14 50 yd Fly	36.69	70
71	34.39	15 – 18 50 yd Fly	34.89	72
73	1:26.49	11 & 12 100 IM	1:24.39	74
75	1:22.09	13 & 14 100 IM	1:20.19	76
77	1:18.09	15 – 18 100 IM	1:16.19	78

VSA Invitational Fee Worksheet and Release Form

Team Name	Abbreviation
Coach	Parent Contact
Address	Address
Phone	Phone

Age Group	# of Swimmers	# of Events	# of Relays	\$25.00 Each Swimmer
6 & U Girls				
6 & U Boys				
7 & 8 Girls				
7 & 8 Boys				
9 & 10 Girls				
9 & 10 Boys				
11 & 12 Girls				
11 & 12 Boys				
13 & 14 Girls				
13 & 14 Boys				
15 – 18 Girls				
15 – 18 Boys				
Totals				

Total Number of Swimmers _____

X (times)

Entry Fee Per Swimmer X \$ 25.00

Total = \$ _____

Make one (1) check payable to: VSA

Waiver, Acknowledgement and Liability Release

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms are registered with JSSC.

I acknowledge that I am familiar with the safety rules of U. S. Swimming and Southeastern Swimming regarding warm-up procedures, and that I shall be responsible for the compliance of my swimmers and those rules during this meet.

Southeastern Swimming, U.S. Swimming, Vestavia Park & Rec and Vestavia Swim Association, their agents, employees, and coaches shall be free from any liability or claim for damages rising by reason of injury to anyone or loss or damage to property during the conduct of the meet.

Signature: _____ Position: _____ Date: _____

Please include a list of USS coaches who will be attending this meet
