



**NORTH DISTRICT 12 & UNDER
CHAMPIONSHIP**
February 21-23, 2014
SANCTION NO. VS-14-50



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-14-50• USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club and The Warrenton Aquatic and Recreation Facility 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.
LOCATION:	Warrenton Aquatic and Recreation Facility 800 Waterloo Road Warrenton, Virginia 20186 Phone: (540)349-2520
FACILITY:	<ul style="list-style-type: none">• Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 8); Non-Turbulent Lane Markers; Colorado Automatic & Semi-Automatic Timing System. Two additional 25 yard lanes will be available for continuous warm-up and cool down.• The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	Name: Bruce Benson Phone: 571-221-0452 Email: brucebenson@verizon.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all North District, VSI registered athletes 12 years old and younger before the first day of the meet. North Districts teams are as follows:<ul style="list-style-type: none">○ North: BASS, PWSC, QDD, RAPP, RAYS, RPST, SHKS, STAT, STLH, TSU, VAST, WST, and WFS• No on deck Virginia Swimming athlete registration will be permitted.• The qualifying period for this meet is January 1, 2013 through February 20, 2014.• Swimmers 9 to 12 years of age may compete in any individual event or relay leg in which they do not have a VSI Age Group Championship qualifying time.• 10 and 12 year-old swimmers aging up from February 21 to March 13, 2014 with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none">○ 10 or 12 year old swimmers who do not qualify for an event in their new age group at Age Group Championships may enter the event in this meet.○ 10 year old swimmers aging up between championships will be seeded correctly by time, however, will swim Exhibition only and will not be eligible to receive an award.○ 12 year old swimmers aging up between championships will be seeded correctly by time, however will swim exhibition only, and will not be eligible to receive an award or compete in the finals session.• Age on February 21, 2014 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">• 11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 free which will be contested as timed finals in the Friday afternoon session. The top 16 swimmers from prelims will come back to compete in finals, except for the 200 fly, 200 back, and 200 breast where only the top 8 swimmers will compete in finals.• 10 and under swimmers will swim timed finals in the afternoon session each day.

WARM-UP:	<ul style="list-style-type: none"> • Friday evening session: Warm ups start at 5:00 pm; competition starts at 6:05 pm. • Morning sessions: Warm-ups start no earlier than 5:30 am; Competition starts no earlier than 7:00 am. • Midday sessions: Warm-up start no earlier than 11:00 am; Competition starts no earlier than 12:00 pm. • Finals sessions: Warm-ups start not before 4:30 pm; Competition begins no earlier than 5:30 pm. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 11, 2014</p> <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 which is available at the VSI website www.virginiaswimming.org. • Teams submit entries via e-mail. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) with the name, email address, and phone number 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. Coach Times will be allowed in events for which the swimmer has no time of record. Coach Times may not exceed a “BB” time. • Swimmers 10 years old and under may enter a maximum of 9 individual events for the meet, no more than 4 per day and 1 relay event per day. Swimmers 11-12 years old may enter a maximum of 8 individual events for the meet, no more than 3 per day, and 1 relay event per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 4. • Entries will be processed in the order received. • 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 could require reseeding. Relays may also be eliminated if necessary and refunds of relay fees made should this happen. • Email entries to: Luis Caballero at colorao1@yahoo.com • Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$5.00 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: Prince William Swim Club • Mail payment to: Lorena Caballero 12513 Manchester Way Woodbridge, Va. 22192 • Payment must be received by Tuesday, February 18, 2014 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • IMPORTANT: If payment is 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. • Relay events will be awarded medals for first through third place and ribbons for fourth through

	<p>sixteenth place.</p> <ul style="list-style-type: none"> • Team Awards will be given. Teams placing first through third will receive a plaque. • Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1. ○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. ○ All events will be scored to 16 places. ○ Only the top two relay entries per team may score.
SEEDING:	<ul style="list-style-type: none"> • All events, except the 10 and under 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded. • All swimmers should report directly to the blocks. • Positive check-in for the 10 and under 500 free, 11-12 500 free and 11-12 400 IM will close 30 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Recorder's desk. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<ul style="list-style-type: none"> • Penalties for entries using fraudulent and/or non-verifiable entry times: <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 USA Swimming before 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. • A \$25 fine per occurrence will be levied against any team or swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • 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's legal guardian to ensure compliance with this requirement. • The overhead start procedure will be used at the discretion of the Referee. • The scratch procedures listed in current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E only will be in effect for the 11-12 events and modified as follows: The scratch rule regarding finals will apply to each heat, final and consolation, excluding the relays, the 11-12 500 Free, and the 11-12400 IM Free. • 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 <u>not permitted</u>. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. • 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 <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Name: Jim Frye Email: jamfrye@comcast.net Phone: 540-840-8947</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification,

	<p>Virginia Swimming Officials Handbook</p> <ul style="list-style-type: none"> Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Chris Pappas, pappas_chris@comcast.net no later than Tuesday, February 18, 2014. Announce any meetings, place, and time. Officials meetings must be at least one hour prior to the start of the each session. There will be a coaches meeting Friday evening prior to the meet start. An assistant coach or team representative may attend in case the head coach is still conducting warm-ups. 												
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.												
TIMERS:	<ul style="list-style-type: none"> Swimmers supply their own timers and lap counters for the 500 Freestyle. Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. It is requested that each team provide the name and contact of a volunteer coordinator to the meet director. The number of timers required per club and their lane assignments will be posted on www.teamunify.com/vapwsc no later than Tuesday, February 18, 2014, and will also be emailed to the contact person of each of the individual clubs as listed on the VSI website. These assignments will also be posted throughout the venue. 												
GENERAL:	<ul style="list-style-type: none"> Heat Sheets will be sold at the concession stand for spectators. Refreshments and lunch will be provided for the USA-S officials and coaches. Swim gear will be available through Sport Fair. Food and drinks will be available through the concessions stand. 												
FACILITY RULES:	<ul style="list-style-type: none"> Each club is responsible for supervising the conduct of their swimmers Swimmers are not permitted in any room of the building not directly associated with this swim meet. Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the gym. No cars are to be left in fire lanes. Absolutely no shaving is to take place in the facility. Parking in designated areas only, overflow parking available at nearby high school Spectators will be permitted to bring chairs for designated "camping" areas but no cots allowed. All personal property must be removed from the camping areas by the conclusion of the final session for each day. No large electronic devices are permitted. 												
DIRECTIONS:	WARF website http://www.warrentonva.gov/ParksRec/WARF/AbouttheWARF.aspx												
HOTELS:	<table border="0"> <tr> <td>Howard Johnson Inn</td> <td>Holiday Inn Express</td> <td>Hampton Inn</td> </tr> <tr> <td>6 Broadview Avenue</td> <td>410 Holiday Court</td> <td>501 Blackwell Road</td> </tr> <tr> <td>Warrenton, VA</td> <td>Warrenton, VA</td> <td>Warrenton, VA</td> </tr> <tr> <td>(540) 347 4141</td> <td>(540) 368-9600</td> <td>(540) 349-4200</td> </tr> </table>	Howard Johnson Inn	Holiday Inn Express	Hampton Inn	6 Broadview Avenue	410 Holiday Court	501 Blackwell Road	Warrenton, VA	Warrenton, VA	Warrenton, VA	(540) 347 4141	(540) 368-9600	(540) 349-4200
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RELAY "SLOWER THAN TIMES" CHART

Age Group	Gender	Free		Medley
8&U	Girls	No Standard		No Standard
	Boys	No Standard		No Standard
9-10	Girls	2:05.16		2:25.06
	Boys	2:02.36		2:23.06
11-12	Girls	1:51.56 (200)	4:02.36 (400)	2:07.56
	Boys	1:51.56 (200)	4:00.36 (400)	2:08.46

2014 Districts Short Course 12&Under Championships

Friday February 21, 2014

G	9-12 TF Session Warm Ups: Start:	B
1	11-12 400 Free Relay	2
3	10&U 200IM	4
5	11-12 400 IM	6
7	10&U 500 Free	8
9	11-12 500 Free	10

Saturday February 22, 2014

G	11-12 Prelims Warm Ups: 5:30 am Start: 7:05 am	B
11	11-12 100 Free	12
13	11-12 50 Fly	14
15	11-12 200 Breast	16
17	11-12 100 Back	18
19	11-12 200 IM	20
21	11-12 50 Breast	22
23	11-12 200 Fly	24
25	11-12 200 Free Relay	26

G	10 and under TF Session Warm Ups: 11:00 am Start: 12:00 pm	B
27	9-10 50 Free	28
29	8&U 25 Free	30
31	10&U 100 Fly	32
33	8&U 50 Fly	34
35	9-10 100 IM	36
37	8&U 100 IM	38
39	9-10 50 Breast	40
41	8&U 25 Breast	42
43	10&U 100 Back	44
45	8&U 50 Back	46
47	10&U 200 Fee	48
49	8&U 100 Free Relay	50
51	10&U 200 Free Relay	52

G	11-12 Finals Session Warm Ups: 4:30 pm Start: 5:30 pm	B
11	11-12 100 Free	12
13	11-12 50 Fly	14
15	*11-12 200 Breast	16
17	11-12 100 Back	18
19	11-12 200 IM	20
21	11-12 50 Breast	22
23	*11-12 200 Fly	24

*top 8 only

Sunday February 23, 2014

G	11-12 Prelims Warm Ups: 5:30 am Start: 7:05 am	B
53	11-12 200 Free	54
55	11-12 50 Back	56
57	11-12 100 Fly	58
59	11-12 100 Breast	60
61	11-12 200 Back	62
63	11-12 100 IM	64
65	11-12 50 Free	66
67	11-12 200 Medley Relay	68

G	10 and under TF Session Warm Ups: 11:00 am Start: 12:00 pm	B
69	8&U 100 Free	70
71	9-10 100 Free	72
73	8&U 25 Fly	74
75	9-10 50 Fly	76
77	8&U 50 Breast	78
79	10&U 100 Breast	80
81	8&U 25 Back	82
83	9-10 50 Back	84

G	11-12 Finals Session Warm Ups: 4:30 pm Start: 5:30 pm	B
53	11-12 200 Free	54
55	11-12 50 Back	56
57	11-12 100 Fly	58
59	11-12 100 Breast	60
61	*11-12 200 Back	62
63	11-12 100 IM	64
65	11-12 50 Free	66

*top 8 only

85	8&U 50 Free	86
87	10&U 200 Medley Relay	88
89	8&U 100 Medley Relay	90