



2014-15 Meet #1
September 20 and 21, 2014
SANCTION NO. VS-15-07



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| SANCTION: | <ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-15-07• USA Swimming, Inc., Virginia Swimming, Inc., QDD Swim Team, Inc and the Central Park Aquatic Center 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: | Central Park Aquatic Center, 10371 Central Park Drive Suite A Manassas Virginia 20110 |
| FACILITY: | <ul style="list-style-type: none">• Eight (8) Lane, Short Course, 25 yard Indoor Competition Pool, 7' 0" Deep at Start End and 6' 7" Deep at Turn End, with 6" Anti-Wave non-turbulent lane lines, and Colorado Timing system with Video Display Scoreboard.• Five (5) Lane, Short Course, 25 yard Indoor Instructional Pool, 3" 5" Deep at both ends with 6" Anti-Wave non-turbulent lane lines available throughout the meet for warm-up and cool-down.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). |
| MEET DIRECTOR: | Mary Poletto teamadmin@qddswim.org 703 369-0699 |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all USA Swimming athletes registered before the first day of the meet.• No on-deck USA Swimming athlete registration will be permitted.• All participating Teams will be limited to 100 athletes unless arrangements have been made and approved with the Meet Director in advance• Age on September 20, 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">• All 13 and Older Swimmers will swim in the morning session.• All 12 and Under Swimmers will swim in the afternoon session• All events will be timed finals. |
| WARM-UP: | <ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00am; competition starts at 8:00am.• Afternoon sessions: Warm-ups no earlier than 12:00noon; competition starts no earlier than 1:00pm.• Lane assignment and warm-up times for individual clubs will be posted on the Quantico Swimming website (www.qddswim.org) no later than Tuesday September 16th 2014, and will also be emailed to the contact person of the participating clubs.• 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 September 10th 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.• Teams submit entries via email- teamadmin@qddswim.org• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries.• 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 no more than three (3) individual events per day and two (2) relays. |

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| | <ul style="list-style-type: none"> Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. 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/or events, which actions may require reseeding. It may also include shortening any breaks or warm-ups between events to adhere to the 4-hour rule/session timeline limit. Email entries to: Mary Poleto- teamadmin@qddswim.org Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Meet Director Mary Poleto- teamadmin@qddswim.org and paid at the meet. |
| FEES: | <p>Individual events: \$5.00 Relay events; \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: QDD Swim Team Inc Mail payment to: QDD Swim Team Attn.- Mary Poleto 10371 Central Park Drive Suite A Manassas Virginia 20110 Payment must be received by September 17th 2014 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. 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 acceptance of your entries. |
| AWARDS: | <ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first (1st) through eighth (8th) place <ul style="list-style-type: none"> Open events will be awarded by gender and the following Age Brackets: 10 & Under; 11-12, 13-14, 15-16, and 17 & Older. 13 & Older events will be awarded by gender and the following Age Brackets: 13-14, 15-16, and 17 & Older. 10 & Under events will be awarded by gender and the following Age Brackets: 8 & Under, 9-10. Heat winner ribbons will be awarded for all 10 & Under individual events. Relay events: Ribbons will be awarded for first (1st) through third (3rd) place. Team Scoring and Awards: The winning team will receive an award. |
| SEEDING: | <ul style="list-style-type: none"> All events, except #57 and #58 Open 1000 yard Free, will be pre-seeded. Events #57 and #58 Open 1000 yard Free will require a positive check-in to swim and will be swum fastest to slowest alternating heats of girls and then boys Positive check-in will close at 9:00 AM. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. 8 & Younger swimmers must report to the Clerk of Course and they will be escorted to the blocks from there. 13 & Older swimmers should report directly to the blocks for their events. |
| PENALTIES: | <p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be marked as exhibition for the event swum 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(s) swum 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. |
| RULES: | <ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. |

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| | <ul style="list-style-type: none"> 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, the swimmer or the swimmer's legal guardian is responsible for compliance with this requirement. The overhead start procedure will be used for the meet. 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 strongly discouraged. 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: Rick Lisbon Email: rlisbon@comcast.net Phone: 703 491-8210</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees no later than Monday September 15th 2014 to- Travis Blake, officials@qddswim.org 703 753-4270 Officials will meet in Hospitality an hour before each session (7:00am in the morning; 12:00noon in the afternoon) |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the Quantico Swimming website (www.qddswim.org) no later than Tuesday September 16th 2014, and will also be emailed to the contact person of each of the individual clubs. |
| GENERAL: | <ul style="list-style-type: none"> Heat Sheets will be available for \$5.00 for the entire meet Hospitality will be available during the meet for USAS Officials and Coaches Concessions and Swim Wear (www.sportfairusa.com) are available on site |
| FACILITY RULES: | <ul style="list-style-type: none"> Teams are responsible for supervising their swimmers. Access in the facility is limited to those areas directly related to the conduct of the meet. Swimmers are not permitted in the office or administrative area of the building. Towels, suits, etc. may not be hung from lifeguard chairs or equipment or railings or areas that may block clear view or access to the pools. Swimmers must dry off and dress to include appropriate footwear, before leaving the pool deck or locker-room to enter the hallway or common areas of the building. Swimmers seating is available on deck for both the Competition and Warm-up Pools and in the Fitness Room off the deck at the turn end of the pool. Spectator seating is available in the bleachers, the bistro area and the second floor mezzanine. Parking is available on site with overflow parking available directly across the street. Please obey all applicable traffic signs to include Handicap Parking; Reserved Parking; Fire Zones and Lanes; Speed Limits and Stop Signs. There is no parking on medians or on the grass. Only current USAS registered coaches, swimmers and officials will be allowed on the competition deck. |
| DIRECTIONS: | Directions are available on the Virginia Swimming Website (www.virginiawimming.org). |
| HOTELS: | Hotel Information is available from Mary Poletto teamadmin@qddswim.org |

**2014-15 QDD Meet #1
ORDER OF EVENTS**

Saturday September 20, 2014

| Morning Session 13 and Older Warm-up: 7:00am; Start: 8:00am | | | Afternoon Session 12 and Under Warm-up: 1:00PM; Start: 2:00pm (Times are approximate) | | |
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| <u>Girls</u> | <u>Events</u> | <u>Boys</u> | <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 1 | 15-O 100 yard Breaststroke | 2 | 31 | 11-12 50 yard Breaststroke | 32 |
| 3 | 13-14 100 yard Breaststroke | 4 | 33 | 10-U 50 yard Breaststroke | 34 |
| 5 | 15-O 200 yard Freestyle | 6 | 35 | 11-12 100 yard Freestyle | 36 |
| 7 | 13-14 200 yard Freestyle | 8 | 37 | 10-U 100 yard Freestyle | 38 |
| 9 | 15-O 100 yard Butterfly | 10 | 39 | 11-12 50 yard Butterfly | 40 |
| 11 | 13-14 100 yard Butterfly | 12 | 41 | 10-U 50 yard Butterfly | 42 |
| 13 | 15-O 200 yard Individual Medley | 14 | 43 | 11-12 100 yard Individual Medley | 44 |
| 15 | 13-14 200 yard Individual Medley | 16 | 45 | 10-U 100 yard Individual Medley | 46 |
| 17 | 15-O 200 yard Backstroke | 18 | 47 | 11-12 100 yard Backstroke | 48 |
| 19 | 13-14 200 yard Backstroke | 20 | 49 | 10-U 100 yard Backstroke | 50 |
| 21 | 15-O 50 yard Freestyle | 22 | 51 | 11-12 50 yard Freestyle | 52 |
| 23 | 13-14 50 yard Freestyle | 24 | 53 | 10-U 50 yard Freestyle | 54 |
| 25 | 15-O 800 yard Freestyle Relay | 26 | 55 | 11-12 400 yard Freestyle Relay | 56 |
| 27 | 13-14 800 yard Freestyle Relay | 28 | 57 | 10-U 200 yard Freestyle Relay | 58 |
| | 30 minute break | | | | |
| 29 | Open 1000 yard Freestyle | 30 | | | |

Sunday, September 21, 2014

| Morning Session 13 and Older Warm-up: 7:00am; Start: 8:00am | | | Afternoon Session 12 and Under Warm-up: 1:00PM; Start: 2:00pm (Times are approximate) | | |
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| <u>Girls</u> | <u>Events</u> | <u>Boys</u> | <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 59 | 15-O 400 yard Medley Relay | 60 | 91 | 11-12 200 yard Medley Relay | 92 |
| 61 | 13-14 400 yard Medley Relay | 62 | 93 | 10-U 200 yard Medley Relay | 94 |
| 63 | 15-O 400 yard Individual Medley | 64 | 95 | 11-12 200 yard Individual Medley | 96 |
| 65 | 13-14 400 yard Individual Medley | 66 | 97 | 10-U 200 yard Individual Medley | 98 |
| 67 | 15-O 100 yard Freestyle | 68 | 99 | 11-12 500 yard Freestyle | 100 |
| 69 | 13-14 100 yard Freestyle | 70 | 101 | 10-U 500 yard Freestyle | 102 |
| 71 | 15-O 200 yard Breaststroke | 72 | 103 | 11-12 100 yard Breaststroke | 104 |
| 73 | 13-14 200 yard Breaststroke | 74 | 105 | 10-U 100 yard Breaststroke | 106 |
| 75 | 15-O 100 yard Backstroke | 76 | 107 | 11-12 50 yard Backstroke | 108 |
| 77 | 13-14 100 yard Backstroke | 78 | 109 | 10-U 50 yard Backstroke | 110 |
| 79 | 15-O 500 yard Freestyle | 80 | 111 | 11-12 200 yard Freestyle | 112 |
| 81 | 13-14 500 yard Freestyle | 82 | 113 | 10-U 200 yard Freestyle | 114 |
| 83 | 15-O 200 yard Butterfly | 84 | 115 | 11-12 100 yard Butterfly | 116 |
| 85 | 13-14 200 yard Butterfly | 86 | 117 | 10-U 100 yard Butterfly | 1 |
| 87 | 15-O 400 yard Freestyle Relay | 88 | 119 | 11-12 200 yard Freestyle Relay | 120 |
| 89 | 13-14 400 yard Freestyle Relay | 90 | | | |

