



**2014-15 Elite Double Dual Meet #7**  
**Closed Double Dual Meet**  
**March 21<sup>st</sup> – March 22<sup>nd</sup>**  
**SANCTION NO. VS-15-74**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-15-74</b></li><li>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.</li></ul>
<b>LOCATION:</b>	Central Park Aquatic Center, 10371 Central Park Drive Suite A Manassas Virginia 20110
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>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.</li><li>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.</li><li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li></ul>
<b>MEET DIRECTOR:</b>	Mary Poletto <a href="mailto:teamadmin@qddswim.org">teamadmin@qddswim.org</a> 703 369-0699
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming athletes registered before the first day of the meet from the following teams- <b>QDD, UMD, TSU</b></li><li>No on-deck USA Swimming athlete registration will be permitted.</li><li>No on deck Virginia Swimming athlete registration will be permitted.</li><li>All participating Teams will be limited to 100 athletes unless arrangements have been made and approved with the Meet Director in advance</li><li>2013-2016 NAG time standards are in effect.</li><li>Age on March 21, 2015, will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>All 13 and Older Swimmers will swim in the morning session.</li><li>All 12 and Under Swimmers will swim in the afternoon session</li><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Morning sessions: Warm-ups at 7:00am; competition starts at 8:00am.</li><li>Afternoon sessions: Warm-ups no earlier than 11:00am; competition starts no earlier than 12:00noon.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the Quantico Swimming website ( <a href="http://www.qddswim.org">www.qddswim.org</a> ) no later than Tuesday, March 17, 2015, and will also be emailed to the contact person of the participating clubs.</li><li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS March 11, 2015</b> <ul style="list-style-type: none"><li>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.</li><li>Teams submit entries via email- <a href="mailto:teamadmin@qddswim.org">teamadmin@qddswim.org</a></li><li>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.</li><li>Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer</li></ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>• Swimmers may enter no more than three (3) individual events per day and two (2) relays.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include but is not limited to combining heats and/or events and limiting breaks between events, which actions may require reseeding.</li> <li>• Email entries to: Mary Poleto- <a href="mailto:teamadmin@qddswim.org">teamadmin@qddswim.org</a></li> <li>• 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- <a href="mailto:teamadmin@qddswim.org">teamadmin@qddswim.org</a> and paid at the meet.</li> </ul>
<b>FEES:</b>	<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"> <li>• Checks should be made payable to: <b>QDD Swim Team Inc</b></li> <li>• Mail payment to: QDD Swim Team Attn.- Mary Poleto 10371 Central Park Drive Suite A Manassas Virginia 20110</li> <li>• Payment must be received by March 17th, 2015 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first (1<sup>st</sup>) through eighth (8<sup>th</sup>) place <ul style="list-style-type: none"> <li>○ Open events will be awarded by gender and the following Age Brackets: 10 &amp; Under; 11-12, 13-14, 15-16, and 17 &amp; Older.</li> <li>○ 13 &amp; Older events will be awarded by gender and the following Age Brackets: 13-14, 15-16, and 17 &amp; Older.</li> <li>○ 10 &amp; Under events will be awarded by gender and the following Age Brackets: 8 &amp; Under, 9-10.</li> </ul> </li> <li>• Relay events: Ribbons will be awarded for first (1<sup>st</sup>) through third (3<sup>rd</sup>) place.</li> <li>• Team Scoring and Awards: Team Scores will be tallied and awards will be presented for the winning team in each of the three dual meets.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except #29 and #30 Open 1000 yard Free, will be pre-seeded.</li> <li>• Events #29 and #30 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</li> <li>• Positive check-in will close at 9:00 AM.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• 12 &amp; Younger swimmers in the afternoon sessions should report directly to the blocks for their events.</li> <li>• 13 &amp; Older swimmers competing in the morning sessions should report directly to the blocks for their events.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event swum illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>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</b></li> <li>• If the swimmer is representing a club in competition, the fine will be levied on the Club. If the</li> </ul>

	swimmer is unattached, the fine will be levied on the swimmer.
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Any swimmer entered in the meet must be certified by a USAS member coach as proficient in performing a racing dive or must start each race from within the water. If unaccompanied by a member coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement.</li> <li>• The overhead start procedure will be used for the meet.</li> <li>• 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>.</li> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is PROHIBITED.</li> <li>• Swimmers should shower before entering the pool.</li> <li>• 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"> <li>○ 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</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Rick Lisbon</b>  <b>Email: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a></b>  <b>Phone: 703 491-8210</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• 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, March 16<sup>th</sup>, 2015 to-  Travis Blake,  <a href="mailto:officials@qddswim.org">officials@qddswim.org</a>  703 753-4270</li> <li>• Officials will meet in Hospitality an hour before the start of each session (7:00am in the morning; not before 11:00am for the afternoon session)</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the Quantico Swimming website ( <a href="http://www.qddswim.org">www.qddswim.org</a> ) no later than Tuesday March 17th 2015, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat Sheets will be available for \$5.00 for the entire meet</li> <li>• Hospitality will be available during the meet for USAS Officials and Coaches</li> <li>• Concessions and Swim Wear ( <a href="http://www.sportfairusa.com">www.sportfairusa.com</a> ) are available on site</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Teams are responsible for Supervising their swimmers.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• Only current USAS registered coaches, swimmers and officials will be allowed on the competition deck.</li> </ul>

<b>DIRECTIONS:</b>	Directions are available on the Central Park Aquatic Center Website ( <a href="http://www.centralparkaquatics.com">www.centralparkaquatics.com</a> )
<b>HOTELS:</b>	Hotel Information is available from Mary Poletto <a href="mailto:teamadmin@gddswim.org">teamadmin@gddswim.org</a>

**2014-15 ELITE Double Dual Meet #7**

**ORDER OF EVENTS**

**Saturday March 21<sup>st</sup> 2015**

<b>Morning Session 13 and Older</b> <b>Warm-up: 7:00am; Start: 8:00am</b>			<b>Afternoon Session 12 and Under</b> <b>Warm-up: 11:00am; Start: 12:00noon</b> (Times are approximate)		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
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
	20 minute break				
29	Open 1000 yard Freestyle	30			

**Sunday, March 22nd 2015**

<b>Morning Session 13 and Older</b> <b>Warm-up: 7:00am; Start: 8:00am</b>			<b>Afternoon Session 12 and Under</b> <b>Warm-up: 11:00am; Start: 12:00noon</b> (Times are approximate)		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
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	118
87	15-O 400 yard Freestyle Relay	88	119	11-12 200 yard Freestyle Relay	120
89	13-14 400 yard Freestyle Relay	90			

