



**AMENDED**  
**REGIONAL A/BB CHAMPIONSHIP**  
February 25-27, 2005  
SANCTION NO. VS-05-43

Hosted by:  
**QDD**  
Swim Team

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-05-43</b>
<b>LOCATION:</b>	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
<b>FACILITY:</b>	Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in a 25 yard venue
<b>MEET DIRECTOR:</b>	Karen Harrison Phone: (703) 369-7669 Email: <a href="mailto:thebigmahmuh@aol.com">thebigmahmuh@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in Region 4. Teams in Region 4 are: BAC, BASS, FAST, NOVA, PWSC, QDD, QS, RAYS, SQST, TSU, VAST &amp; WST</li><li>• The qualifying period for this meet is January 1, 2004 through February 24, 2005</li><li>• All swimmers participating in this meet must be registered by the first day of the meet.</li><li>• No on deck registration will be permitted.</li><li>• <b>14 and younger swimmers may compete in any event in which they have at least a "BB" time, but a time that is slower than the age group championship qualifying time.</b></li><li>• <b>15 and older swimmers may compete in any event in which they have at least a 15-16 "BB" time, but a time that is slower than the senior championship qualifying time.</b></li><li>• Swimmers may not swim a relay in an event in which they possess an Age Group Championship (14 and younger) or Senior Championship (15&amp;O) qualifying time.</li><li>• 2005-2008 NAG top 16 based times are in effect.</li><li>• Age on February 25, 2005 will determine age for the entire meet.</li><li>• 10 &amp; 12 year old swimmers aging up between February 26 and March 17, 2005, and 14 year old swimmers aging up between February 26 and March 11, 2005 with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none"><li>○ Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event.</li><li>○ Any 14 year old swimmer who does not qualify to swim at Senior Champs may enter the event.</li><li>○ 10, 12, &amp; 14 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.</li></ul></li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 12 &amp; Younger swimmers will swim timed finals in the afternoon session.</li><li>• All 13 &amp; Older swimmers will swim a preliminary session in the morning session. The top 16 swimmers in 13-14 and the top 16 swimmers in 15&amp;O will swim the final session each day.</li><li>• Morning sessions: Warm-ups at 7:00-8:00 am; competition starts at 8:15 am</li><li>• Afternoon sessions: Warm-ups not prior to: 11:00 am; competition starts not prior to 12:15pm</li><li>• Finals sessions: Warm-ups at 4:00 pm; competition starts at 5:00 pm.</li><li>• 1000 and 1650 freestyles: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the relay events, with the 1000 (Friday) and 1650 (Sunday) freestyle competition starting 5 minutes thereafter. The approximate start time for the distance sessions will be posted on the QDD website no later than February 15th, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the QDD website no later than February 15th, 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>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 15, 2005.</b></p> <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 may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li> <li>• A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> ) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• 12 &amp; younger swimmers may enter a maximum of 9 individual events, no more than 3 per day.</li> <li>• 13 &amp; older swimmers may enter a maximum of 8 individual events, no more than 3 per day.</li> <li>• Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event.</li> <li>• The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>• <b>Proof of entry times is required for individual and relay events.</b> Entries must include a report showing the date and the meet each swimmer's entry times were achieved. Entries without proof of time will be considered incomplete and will not be processed.</li> <li>• <b>Incomplete entries not resolved prior to the meet entry deadline will be considered late entries and late fees will be charged accordingly.</b></li> <li>• Times of swimmers not making the meet qualifying time will be checked and the club notified if there is a problem.</li> <li>• Additional proof of ENTRY time, if requested, must be provided to the Age Group Chairman within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed.</li> <li>• Email entries to: <a href="mailto:QDDswim@erols.com">QDDswim@erols.com</a></li> <li>• Mail entries to: <b>Bill Shaw, 9446 Taney Road, Manassas, VA 20110</b></li> <li>• IMPORTANT: If entries are 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.</li> <li>• Entries achieved at the B/C Champs meet must be emailed to <a href="mailto:QDDswim@erols.com">QDDswim@erols.com</a> before 10 pm on Monday, February 21, 2005. Any entries sent after this time will be considered as late entries.</li> <li>• <b>Late entries will be accepted.</b> All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: <b>\$4.25</b>  Relay events: \$14.00  Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• <b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</li> <li>• Checks should be made payable to: <b>QDD Swim Team, Inc.</b></li> <li>• Payment must be received by Tuesday, February 22, 2005 for email entries. Payment must be included with all mailed entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be awarded medals for first through eighth place. The 1000 and 1650 freestyles will be awarded as 13-14 and 15 &amp; older.</li> <li>• Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place.</li> <li>• Team awards will be given. The winning team will receive a banner. The teams placing second through sixth will receive a plaque.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except events 19, 20, 99, 100, 119, 120, 121, 122 will be pre-seeded</li> <li>• Events 19, 20 (1000 Free), 99, 100 (1650 Free, &amp; 119, 120, 121, 122 (10 &amp; under and 11-12 500 Free) will require a positive check-in to swim.</li> <li>• Positive check-in will close at 9:00 am Friday for events 19 and 20.</li> <li>• Positive check-in will close at 9:00 am Sunday for events 99 and 100.</li> <li>• Positive check-in will close at 1:30 pm Sunday for events 119, 120, 121 and 122.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events 19, 20 (1000 Freestyle) and 99, 100 (1650 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys. <b>THE FASTEST HEAT OF EACH EVENT WILL BE CONDUCTED DURING THE FINAL SESSION EACH DAY.</b></li> <li>• All relay events for 13 &amp; older swimmers will be timed finals and will be conducted during the preliminary session.</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 disqualified from the event entered 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 United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>• 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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The 2004 USA Swimming Rules and Regulations will apply.</li> <li>• The scratch procedures listed in <i>2004 USA Swimming Rules and Regulations</i>, Article 207.7.9 sections D and E will apply with the following modifications: <b>The scratch rule regarding finals will apply to both heats, final and consolation, of all 13&amp;O events, excluding the relays, the 1000 Free, and the 1650 Free.</b></li> <li>• The overhead start procedure will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee.</li> <li>• In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Debbie Moseley</b>  <b>Email: <a href="mailto:DBMoseley@aol.com">DBMoseley@aol.com</a></b>  <b>Phone: (703) 791-3201</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Steve Swanson, Email: <a href="mailto:swanson01@comcast.net">swanson01@comcast.net</a> or Phone: (703) 680-6015 by February 15th.</li> <li>• Officials will meet in Hospitality 45 minutes before the start of every session</li> </ul>
<b>SAFETY:</b>	<p>VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.</p>
<b>TIMERS:</b>	<p>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 <a href="http://www.pwcweb.com/qddsims">www.pwcweb.com/qddsims</a> no later than February 17th, and will also be emailed to the contact person of each of the individual clubs.</p>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be sold for \$5.</li> <li>• A Hospitality Suite will be available (refreshments &amp; lunch) for USS officials &amp; coaches.</li> <li>• Concessions snack bar and PRO SHOP will be available.</li> <li>• Refreshments &amp; lunch/dinner (Sat/Sun sessions) will be provided for USS officials &amp; coaches</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each club is responsible for supervising the conduct of their swimmers.</li> <li>• Swimmers are not permitted in any room of the buildings not directly associated with this swim meet.</li> <li>• No towels or suits etc. are to be hung on or around the lifeguard stands.</li> <li>• 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 hallway.</li> <li>• Contact the Freedom Center Staff, (703) 993-8444, to request group rate use of the entire facility for your non swimming children/adults (3\$/person)</li> <li>• No cars are to be left in the fire lanes.</li> </ul>

**HOTELS:**

**Our Host Hotel is the Marriott Courtyard (At I-66 exit #47)**

**Marriott Hotels of Northern Virginia are proud to be a sponsor of QDD Swim Team. Our three hotels are all easy to get to and from Freedom Aquatics Center. All surrounded by shopping and delicious restaurants to choose from! We value the business you bring to us and we are offering discounted rates to those visiting Freedom Aquatics Center at the participating hotels!**

**When you stay at Marriott you will have a restful nights sleep in order to be in your best condition for your swimming tournament. You will also be able to start your day off right with our delicious breakfasts served daily! Our exceptional customer service will exceed your expectations. Come on! We're waiting for you!**

**Participating Hotels**

**Courtyard Manassas 703-335-1300  
Springhill Suites Centreville 703-815-7800  
Fairfield Inn Manassas 703-393-9966**

**Rates range from \$60-\$90 a night on weekends  
based upon availability**

**All rates do not include taxes and are based on availability.**

**Do you have a group coming in? Contact Chris Gachko at 703-318-6201 or email at**

**[christopher.gachko@marriott.com](mailto:christopher.gachko@marriott.com)**

**for additional hotel discounts**

**Please visit Marriott's customized website for the Freedom Aquatics Center!**

**<http://stayatmarriott.com/FreedomAquatics/>**

**Courtyard by Marriott (5.5 miles to pool)**

**10701 Battleview Pkwy  
(703) 335-1300**

**Best Western Battlefield (5 miles to pool) (123 rooms open to exterior)**

**10820 Balls Ford Rd  
(703) 361-8000**

**Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway)**

**7350 Williamson Blvd  
(703) 686-1100**

**Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway)**

**10810 Battleview Pkwy  
(703) 393-9797**

**Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway)**

**6950 NOVA Way  
(703) 393-9966**

**Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway)**

**7295 Williamson Blvd  
(703) 369-1100**

**Holiday Inn (5.3 miles to pool) (158 rooms open to interior hallway)**

**10800 Vandor Ln  
(703) 335-0000**

**ORDER OF EVENTS:****Friday, February 25, 2005**

## Morning Prelims

## Afternoon Timed Finals

Girls	Event	Boys	Girls	Event	Boys
1	13-14 100 breast	2	21	11-12 100 breast	22
3	15 & older 100 breast	4	23	10 & under 100 breast	24
5	13-14 200 free	6	25	11-12 50 fly	26
7	15 & older 200 free	8	27	10 & under 50 fly	28
9	13-14 100 fly	10	29	11-12 200 back	30
11	15 & older 100 fly	12	31	10 & under 100 IM	32
13	13-14 200 IM	14	33	11-12 100 IM	34
15	15 & older 200 IM	16	35	10 & under 200 free	36
17	13 & over 400 Fr Rel	18	37	11-12 200 free	38
19	13 & over 1000 free	20	39	11-12 400 free relay	40

Order of events for finals: 19-20-1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16

**Saturday, February 26, 2005**

## Morning Prelims

## Afternoon Timed Finals

Girls	Event	Boys	Girls	Event	Boys
41	13-14 200 fly	42	63	11-12 100 back	64
43	15 & older 200 fly	44	65	10 & under 100 back	66
45	13-14 50 free	46	67	11-12 50 breast	68
47	15 & older 50 free	48	69	10 & under 50 breast	70
49	13-14 200 breast	50	71	11-12 200 fly	72
51	15 & older 200 breast	52	73	10 & under 100 free	74
53	13-14 100 back	54	75	11-12 100 free	76
55	15 & older 100 back	56	77	10 & under 200 IM	78
57	13-14 500 free	58	79	11-12 200 IM	80
59	15 & older 500 free	60	81	10 & under 200 Free Relay	82
61	13 & O 400 Med Rel	62	83	11-12 200 Free Relay	84

Order of events for finals: 41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60

**Sunday, February 27, 2005**

## Morning Prelims

## Afternoon Timed Finals

Girls	Event	Boys	Girls	Event	Boys
85	13-14 200 back	86	101	11-12 100 fly	102
87	15 & older 200 back	88	103	10 & under 100 fly	104
89	13-14 100 free	90	105	11-12 50 free	106
91	15 & older 100 free	92	107	10 & under 50 free	108
93	13-14 400 IM	94	109	11-12 200 breast	110
95	15 & older 400 IM	96	111	10 & under 50 back	112
97	13 & O 200 Free Rel	98	113	11-12 50 back	114
99	13 & over 1650 free	100	115	10 & under 200 Med. Relay	116
			117	11-12 200 Medley Relay	118
			119	10 & under 500 free	120
			121	11-12 500 free	122

Order of events for finals: 99-100-85-86-87-88-89-90-91-92-93-94-95-96