



NORTHERN VIRGINIA REGION CHAMPIONSHIP
(formerly Region 2 A/BB Championship)
February 24-26, 2006
SANCTION NO. VS-06-44

Hosted by:

QDD
Swim Team

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-44
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
FACILITY:	Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in a 25 yard venue
MEET DIRECTOR:	Rick Lisbon Phone: (703) 491-8210 Email: rlisbon@comcast.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Northern Virginia Region. Teams in the Northern Virginia Region are: BASS, FAST, NOVA, PWSC, QDD, QS, RAYS, SQST, TSU, VAST, VSTP, WSC, & WST• The qualifying period for this meet is January 1, 2005 through February 23, 2006• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 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.• 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.• Swimmers may not swim a relay in an event in which they possess an Age Group Championship (14 and younger) or Senior Championship (15&O) qualifying time.• 2005-2008 NAG top 16 based times are in effect.• Age on February 24, 2006 will determine age for the entire meet.• 10 & 12 year old swimmers aging up between February 27 and March 16, 2006, and 14 year old swimmers aging up between February 27 and March 10, 2006 with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none">○ Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event.○ Any 14 year old swimmer who does not qualify to swim at Senior Champs may enter the event.○ 10, 12, & 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.
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 12 & Younger swimmers will swim timed finals in the afternoon session.• All 13 & 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&O will swim the final session each day.• Morning sessions: Warm-ups at 7:00-8:00 am; competition starts at 8:15 am.• Afternoon sessions: Warm-ups not prior to 11:00 am. Competition starts an hour and 15 minutes after warm-ups begin.• Finals sessions: Warm-ups at 4:00-4:50 pm; competition starts at 5:00 pm.• 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.<ul style="list-style-type: none">○ The approximate start time for the distance sessions will be posted on the QDD website (www.pwcweb.com/qddswim) no later than February 17th, and will also be emailed to the contact person of the participating clubs.

	<ul style="list-style-type: none"> ○ The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the QDD website (www.pwcweb.com/qddswim) no later than February 18th, 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 TUESDAY, FEBRUARY 14, 2006.</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 may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk. • 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. • 12 and younger swimmers may enter a maximum of 9 individual events, no more than 3 pre day. • 13 and older swimmers may enter a maximum of 8 individual events, no more than 3 per day. • 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. • The Meet Director reserves the right to combine heats and events, which actions may require reseeding. • Proof of entry times is required for individual and relay events. 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. • Incomplete entries not resolved prior to the meet entry deadline will be considered late entries and late fees will be charged accordingly. • Times of swimmers not making the meet qualifying time will be checked and the club notified if there is a problem. • 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. • Email entries to: QDDswim@erols.com • Mail entries to: Bill Shaw 9446 Taney Road Manassas VA 20110 • 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. • Entries achieved at the District Championship meet must be emailed to QDDswim@erols.com before 10 pm on Monday, February 20, 2006. Any entries sent after this time will be considered as late entries. • Late entries will be accepted. 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.
FEES:	<p>Individual events: \$4.75 Relay events: \$13.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • 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. • Checks should be made payable to: QDD Swim Team, Inc. • Payment must be received by Tuesday, February 21, 2006 for email entries. Payment must be included with all mailed entries. Entries resulting from new qualifying times achieved at the District Champs must be paid before the start of the meet. • 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded medals for first through eighth place. The 1000 and 1650

	<p>freestyles will be awarded as 13-14 and 15 & older.</p> <ul style="list-style-type: none"> Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place. Team awards will be given. The winning team will receive a banner. The teams placing second through sixth will receive a plaque.
SEEDING:	<ul style="list-style-type: none"> All events, except events 19, 20, 99, 100, 119, 120, 121, 122 will be pre-seeded Events 19, 20 (1000 Free), 99, 100 (1650 Free, & 119, 120, 121, 122 (10 & under and 11-12 500 Free) will require a positive check-in to swim. Positive check-in will close at 9 am Friday for events 19 and 20. Positive check-in will close at 9 am Sunday for events 99 and 100. Positive check-in will close at 1:30 pm Sunday for events 119, 120, 121 and 122. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 19, 20 (1000 Freestyle) and 99, 100 (1650 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys. THE FASTEST HEAT OF EACH EVENT WILL BE CONDUCTED DURING THE FINAL SESSION EACH DAY. All relay events for 13 & older swimmers will be timed finals and will be conducted during the preliminary session.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be disqualified from 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 United States Swimming by 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.
RULES:	<ul style="list-style-type: none"> The 2005 USA Swimming Rules and Regulations will apply. The scratch procedures listed in 2005 USA Swimming Rules and Regulations, Article 207.7.9 sections D and E will apply with the following modifications: The scratch rule regarding finals will apply to both heats, final and consolation, of all 13&O events, excluding the relays, the 1000 Free, and the 1650 Free. 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. 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.
OFFICIALS:	<p>Meet Referee: Debbie Moseley, Email: DBMoseley@aol.com, Phone: (703) 791-3201</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Rod Fillingner, Email: roderick.fillingner@verizon.net or Phone: (703) 491-9763 February 14th. Officials with meet in Hospitality 45 minutes before the start of each session.
SAFETY:	<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>
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 www.pwcweb.com/qddswim no later than Tuesday February 21, 2006, and will also be emailed to the contact person of each of the individual clubs. Swimmers competing in the 1000 Free and 1650 Free must provide their own timers and lap counters. Swimmers competing in the 500 Free must provide their own lap counters.

GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be sold for \$10 with finals heat sheets at no cost with coupon. Final heat sheets will be \$2 without coupon. • A Hospitality Suite will be available (refreshments & lunch) for USS officials & coaches. • Concessions snack bar and PRO SHOP will be available. • Refreshments, lunch and evening snacks will be provided for USS officials & coaches
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 buildings not directly associated with this swim meet. • No towels or suits etc. are to be hung on or around the lifeguard stands. • 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. • 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) • No cars are to be left in the fire lanes.
DIRECTIONS:	<ul style="list-style-type: none"> • Directions are available on the Virginia Swimming Website
HOTELS:	<p>Manassas Courtyard by Marriott 10701 Battleview Parkway, Manassas, VA. 20109 (at I-66 exit #47)</p> <p>Great room rates have been set up for visiting teams, individual families and officials!</p> <p>Double queen rooms Thursday 2/23, Friday 2/24, and Saturday 2/25 are \$74/night.</p> <p>Call the hotel direct (703) 335-1300 or Marriott reservations at 1(800) 321-2211.</p> <p>Ask for QDD/Snowflake Classic room block reservations. Deadline is February 1, 2006.</p>

ORDER OF EVENTS
Friday, February 24, 2006

Morning Prelims
Warm-ups: 7:00 AM Start: 8:15 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 100 Breast	2
3	15 & Older 100 Breast	4
5	13-14 200 Free	6
7	15 & Older 200 Free	8
9	13-14 100 Fly	10
11	15 & Older 100 Fly	12
13	13-14 200 IM	14
15	15 & Older 200 IM	16
17	13 & Older 400 Free Relay	18
19	13 & Older 1000 Free	20

Afternoon Timed Finals
Warm-ups: 11:00 AM Start: 12:15 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	11-12 100 Breast	22
23	10 & Under 100 Breast	24
25	11-12 50 Fly	26
27	10 & Under 50 Fly	28
29	11-12 200 Back	30
31	10 & Under 100 IM	32
33	11-12 100 IM	34
35	10 & Under 200 Free	36
37	11-12 200 Free	38
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 25, 2006

Morning Prelims
Warm-ups: 7:00 AM Start: 8:15 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	13-14 200 Fly	42
43	15 & Older 200 Fly	44
45	13-14 50 Free	46
47	15 & Older 50 Free	48
49	13-14 200 Breast	50
51	15 & Older 200 Breast	52
53	13-14 100 Back	54
55	15 & Older 100 Back	56
57	13-14 500 Free	58
59	15 & Older 500 Free	60
61	13 & Older 400 Medley Relay	62

Afternoon Timed Finals
Warm-ups: 11:00 AM Start: 12:15 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
63	11-12 100 Back	64
65	10 & Under 100 Back	66
67	11-12 50 Breast	68
69	10 & Under 50 Breast	70
71	11-12 200 Fly	72
73	10 & Under 100 Free	74
75	11-12 100 Free	76
77	10 & Under 200 IM	78
79	11-12 200 IM	80
81	10 & Under 200 Free Relay	82
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 26, 2006

Morning Prelims
Warm-ups: 7:00 AM Start: 8:15 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
85	13-14 200 Back	86
87	15 & Older 200 Back	88
89	13-14 100 Free	90
91	15 & Older 100 Free	92
93	13-14 400 IM	94
95	15 & Older 400 IM	96
97	13 & Older 200 Free Relay	98
99	13 & Older 1650 Free	100

Afternoon Timed Finals
Warm-ups: 11:00 AM Start: 12:15 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
101	11-12 100 Fly	102
103	10 & Under 100 Fly	104
105	11-12 50 Free	106
107	10 & Under 50 Free	108
109	11-12 200 Breast	110
111	10 & Under 50 Back	112
113	11-12 50 Back	114
115	10 & Under 200 Medley 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

