



AMENDED #2
VSI REGIONAL SUMMER AWARDS
 July 7-9, 2006
 SANCTION NO. PVS-06-092 / VS-06-63

Rappahannock Area



YMCA Stingrays

SANCTION:	Held under the sanction of USA Swimming/Potomac Valley Swimming, Inc. & Virginia Swimming, Inc. SANCTION NOS. PVS-06-092 and VS-06-63 , respectively.
LOCATION:	Patriot Center Aquatic Facility on the Campus of George Mason University, George Mason University Aquatic and Fitness Center, 4400 University Blvd Fairfax, VA 22030. 703-993-3939
FACILITY:	Indoor 50 meters, 8 lanes, with non-turbulent lane lines, Colorado Timing System and a continuous warm down pool.
MEET DIRECTOR:	Mike Friedel Email: friedelmike@yahoo.com Phone: (540) 907-4657 Name, email, phone
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming/VSI registered swimmers from the following teams: ODAC, SEVA, TAC, WAC, OBX, BAC, SQST, DC, PSDN, RACE, BASS, FAST, PWSC, QDD, QS, RAYS, TSU, VAST, VSTP, WSC, WST • The qualifying period for this meet is May 1, 2005 through July 6, 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 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 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. • Age on July 7, 2006 will determine age for the entire meet. • 10 & 12 year old swimmers aging up between July 8 and July 20, 2006 or any 14 year old swimmer aging up between July 8 and July 27, 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, or 14 year old who does not qualify in their new age group at Senior Champs may enter the event. ○ 10, 12 and 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 Events will be timed finals. 12 & Younger swimmers will swim in the morning sessions, 13 and older swimmers will swim in the afternoon sessions. • Morning sessions: Warm-ups at 7:00 am; competition starts at 8:15 am. • Afternoon sessions: Warm-ups no earlier than 1:00 pm; competition starts at completion of warm-up + 10 minutes. • 800 and 1500 freestyles: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the relay events, and competition starting 5 min. thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the Rays' website (www.swimrays.org) no later than Monday, July 3, 2006, 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 Rays' website (www.swimrays.org) no later than Monday, July 3, 2006, 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 THURSDAY, JUNE 29, 2006.</p> <ul style="list-style-type: none"> • Entries must be submitted in Long Course Meter 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 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. • Swimmers may enter a maximum of 9 individual events, no more than 3 per day. • Coaches' Times (CT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition. • No Time (NT) entries will not be accepted. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Teams may submit no more than 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. • 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: zcndj@peoplepc.com • Mail entries to: John Karlovich 102 Ivy Creek Lane Fredericksburg, VA 22405 • 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. • 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, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$7.25 Relay events: \$21.00 Swimmer surcharge: \$2.00 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: STINGRAYS. • Payment must be received by Wednesday, July 5, 2006 for email entries. Payment must be included with all mailed 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events in the A/BB category will be awarded medals for first through fourth, and ribbons for fifth through eighth place. • Individual events in the B/C category will be awarded ribbons for first through eighth place.

	<ul style="list-style-type: none"> The 800 and 1500 freestyles will be awarded as 13-14 and 15 & older. Relay events will be awarded ribbons for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events, except the 400, 800 and 1500 freestyles, and the 400 IMs will be pre-seeded. The above events will require a positive check-in to swim. All 200 events will be pre-seeded but will require positive check-in to swim. Positive check-in for each session's events will close at the conclusion of that session's warm-ups. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 89, 90, 127 and 128 (800 and 1500 Freestyles) will be swum fastest to slowest and alternating heats of girls and boys.
TIME TRIALS:	<ul style="list-style-type: none"> At the conclusion of each session, time permitting, time trials will be offered to any swimmer entered in an individual event in the meet. That day's events only will be offered. <ul style="list-style-type: none"> Friday: Friday's events Saturday: Saturday's events Sunday: Sunday's events Cost \$10.00 per event The meet referee reserves the right to reorder the day's scheduled events or combine events into a single heat, or such actions deemed necessary to save time. A swimmer desiring a time trial must inform the Meet Referee or designee, not later than 2 hours after the completion of warm-ups the day the time trial is desired. Each swimmer participating in these events should provide 2 timers. Time trials are included as events in the 3 events per day limit. No time trials will be offered in the 800 or 1500 events.
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 2006 USA Swimming Rules and Regulations will apply. The overhead start procedure will be used for all sessions. 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: Stephanie Suhling Email: Suhling.stafford2@verizon.net Phone: (540) 720-1474</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 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 Wally Hunt hunt66@highstream.net, 540-424-0212 no later than June 27th. There will be an officials' meeting approximately 45 minutes prior to the start of each session.
SAFETY:	<ul style="list-style-type: none"> 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.

	<ul style="list-style-type: none"> • First aid station is located in the lifeguard room between the competition pool and the warm-up pool.
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 Rays' website (www.swimrays.org) no later than: Monday, July 3, 2006 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Each club is responsible for the conduct of its swimmers • Concessions and meet programs will be available in the concessions area. • Meet programs will be sold for \$10.00. • Snacks, refreshments and lunch will be provided to officials and coaches. • Please e-mail the meet referee, Stephanie Suhling, at suhling.stafford2@verizon.net with the number of anticipated coaches your team will have at the meet. • Coaches and officials with special dietary concerns are encouraged to bring their own food. • T-shirts sales will be available by pre-order only. Pre-order sheets will be e-mailed to each team shortly. • Teams are responsible for providing timers and their reliefs per assignment by the Meet Director. • Timer requirements and warm-up assignments for each team will be disseminated by July 3rd.
FACILITY RULES:	<ul style="list-style-type: none"> • Swimmers are not permitted in any room of the building not directly associated with the meet. • Swimmers/spectators are not to use any of the facilities' exercise equipment. • Only swimmers, coaches, and officials can be on deck. All spectators are required to be in the elevated bleachers or in the hallway unless currently working as a timer, official or event staff. • Swimmers leaving the pool area are required to wear shoes and shirts. • Please coordinate the hanging of banners with the head lifeguard on duty.
DIRECTIONS:	Directions to the Patriot Center are posted on the RAYS' website (www.swimrays.org).
HOTELS:	<ul style="list-style-type: none"> • Hampton Inn – (703) 385-2600 • Marriott Fair Oaks Motel – (703) 273-6161 • Days Inn – (703) 354-4950 • Ramada Inn – (703) 820-5600

VIRGINIA SUMMER AWARDS

JULY 7-9, 2006

Order of Events

<u>Girls</u>	<u>Friday Morning</u>	<u>Boys</u>		<u>Girls</u>	<u>Friday Afternoon</u>	<u>Boys</u>
1	11-12 50m Breast	2		29	13-14 100m Breast	30
3	9-10 50m Breast	4		31	15&O 100m Breast	32
5	8&Y 50m Breast	6		33	13-14 200m Free	34
7	11-12 200m Back	8		35	15&O 200m Free	36
9	8&Y 100m Free	10		37	13-14 100m Fly	38
11	9-10 100m Free	12		39	15&O 100m Fly	40
13	11-12 100m Free	14		41	13-14 200m IM	42
15	8&Y 50m Fly	16		43	15&O 200m IM	44
17	9-10 50m Fly	18		45	13-14 400m Free	46
19	11-12 50m Fly	20		47	15&O 400m Free	48
21	10&Y 200m IM	22		49	13-14 400m Medley Rel	50
23	11-12 200m IM	24		51	15&O 400m Medley Rel	52
25	10&Y 400m Free Relay	26				
27	11-12 400m Free Relay	28				
<u>Girls</u>	<u>Saturday Morning</u>	<u>Boys</u>		<u>Girls</u>	<u>Saturday Afternoon</u>	<u>Boys</u>
53	11-12 50m Back	54		73	13-14 50m Free	74
55	9-10 50m Back	56		75	15&O 50m Free	76
57	8&Y 50m Back	58		77	13-14 400m IM	78
59	11-12 200m Breast	60		79	15&O 400m IM	80
61	10&Y 100m Fly	62		81	13-14 100m Back	82
63	11-12 100m Fly	64		83	15&O 100m Back	84
65	10&Y 400m Free	66		85	13-14 200m Breast	86
67	11-12 200m Free	68		87	15&O 200m Breast	88
69	10&Y 400m Medley Rel	70		89	13&O 1500m Free (W)	
71	11-12 400m Medley Rel	72			13&O 800m Free (M)	90
<u>Girls</u>	<u>Sunday Morning</u>	<u>Boys</u>		<u>Girls</u>	<u>Sunday Afternoon</u>	<u>Boys</u>
91	11-12 50m Free	92		111	13-14 200m Fly	112
93	9-10 50m Free	94		113	15&O 200m Fly	114
95	8&Y 50m Free	96		117	15&O 100m Free	118
99	10&Y 100m Back	100		119	13-14 200m Back	120
101	11-12 100m Back	102		121	15&O 200m Back	122
103	10&Y 100m Breast	104		123	13-14 400m Free Relay	124
105	11-12 100m Breast	106		125	15&O 400m Free Relay	126
107	10&Y 200m Free	108		127	13&O 800m Free (W)	
109	11-12 400m Free	110			13&O 1500m Free (M)	128



Here is the official meet logo for Summer Awards. If you are interested in pre-ordering your meet t-shirt, email Bob Herlinger – stingraybob93@adelphia.net . Please email your team name, swimmer’s name, size and color shirt. Your swimmer's name will be indicated with a star next to their name on the back of the shirt under your team's name. Next, write your check to “**RAYS**” by **June 29th** and send it to:

Bob Herlinger
Summer Awards Meet Shirt
10609 King Eider Ct
Spotsylvania, VA 22553

If you are too late to pre-order, we will also do post meet ordering. Fill out the bottom form, write your check plus \$3.50 for shipping and hand it to Bob – RAYS head coach - at the meet.

1. White regular short sleeve t-shirts - \$13
Sizes – Y/M Y/L AD/SM AD/MED AD/L AD/XL AD/XXL
2. Blue tie-dye short sleeve t-shirts - \$22
Sizes - Y/M Y/L AD/SM AD/MED AD/L AD/XL AD/XXL
3. Gray regular short sleeve t-shirts - \$15
Sizes - Y/M Y/L AD/SM AD/MED AD/L AD/XL AD/XXL
4. Ladies (junior) cap sleeve t-shirts - \$22
Sizes - S M L XL.

Name _____ Team Name _____

Address _____ Phone # _____

Size _____ Color _____