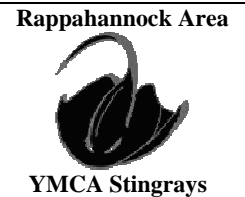




**2007 VIRGINIA SWIMMING LONG COURSE  
SUMMER AWARDS**  
July 13-15, 2007  
SANCTION NO. VS-07-61; TIME TRIAL SANCTION NO. VS-07-05T



<b>SANCTION:</b>	Held under sanction of USA Swimming/Virginia Swimming, Inc. SANCTION NO: <b>VS-07-61/VS-07-05T</b>
<b>LOCATION:</b>	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
<b>FACILITY:</b>	Indoor 50 meters, 10 lanes, with non-turbulent lane lines, Colorado Timing System
<b>MEET DIRECTOR:</b>	Mike Friedel Email: <a href="mailto:friedelmike@yahoo.com">friedelmike@yahoo.com</a> Phone: (540) 907-4657
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers.</li><li>• The qualifying period for this meet is May 1, 2006 through July 12, 2007</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>8 and younger swimmers may compete in any 8 and younger event regardless of their time. 8 and younger swimmers may compete in any 10 and younger event in which they have a time that is slower than the age group championship qualifying time.</b></li><li>• <b>9 to 14 year old swimmers may compete in any event in which they have 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 a time that is slower than the senior championship qualifying time.</b></li><li>• Age on July 13, 2007 will determine age for the entire meet.</li><li>• 10 &amp; 12 year old swimmers aging up between July 14 and July 19, 2007 or any 14 year old swimmer aging up between July 14 and July 25, 2007, 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, or 14 year old who does not qualify in their new age group at Senior Champs may enter the event.</li><li>○ 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</li></ul></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 Events will be timed finals.</li><li>• 10 &amp; Younger swimmers and 11-12 Girls will swim in the morning sessions</li><li>• 11-12 Boys and 13 &amp; Older swimmers will swim in the afternoon sessions</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 6:30 am; competition starts at 8:15 am</li><li>• Afternoon sessions: Warm-ups no earlier than 12:30 pm; competition starts no earlier than 2:15 pm</li><li>• Distance sessions (800 Free &amp; 1500 Free): The pool will be opened for 15 min. of open warm-ups immediately following the finish of the afternoon session with competition starting 5 min. thereafter.<ul style="list-style-type: none"><li>○ The approximate start time for the distance sessions will be posted on the Rays' website (<a href="http://www.swimrays.org">www.swimrays.org</a>) no later than Tuesday, July 10, 2007, and will also be emailed to the contact person of the participating clubs.</li><li>○ The distance sessions will start no earlier than the estimated times.</li></ul></li><li>• Lane assignment and warm-up times for individual clubs will be posted on the Rays' website (<a href="http://www.swimrays.org">www.swimrays.org</a>) no later than Monday, July 9, 2007, 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 FRIDAY, JULY 6, 2007</b></p> <ul style="list-style-type: none"> <li>• 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.</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 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.</li> <li>• 12 and younger swimmers may enter a maximum of 8 individual events, no more than 3 per day.</li> <li>• 13 and older swimmers may enter a maximum of 7 individual events, no more than 3 per day.</li> <li>• 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, approved, or observed competition.</li> <li>• "No Time" (NT) entries will not be accepted.</li> <li>• The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>• Email entries to: <a href="mailto:chopnyip@aol.com">chopnyip@aol.com</a></li> <li>• Mail entries to: Scott Perry 10107 Chatham Court Fredericksburg, VA 22408</li> <li>• <b>IMPORTANT:</b> 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>• <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, he/she 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: \$5.75 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <p><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.</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: STINGGRAYS.</li> <li>• Payment must be received by July 10, 2007 for email entries. Payment must be included with all mailed entries.</li> <li>• 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events in the A/BB category will be awarded medals for first through fourth, and ribbons for fifth through eighth place.</li> <li>• Individual events in the B/C category will be awarded ribbons for first through eighth place.</li> <li>• The 13 &amp; Older 200 Fly, 400 IM, 400 Free, 800 Free, and 1500 Free will be awarded as 13-14 and 15 &amp; older.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded, except the following events: 17-18 (10&amp;Y 200 IM), 41-42 (13&amp;O 400 Free), 52-53 (10&amp;Y 400 Free), 61-62 (13&amp;O 400 IM), 73 &amp; 106 (13&amp;O 1500 Free), 74 &amp; 105 (13&amp;O 800 Free), 87-88 (10&amp;Y 200 Free), 89 &amp; 104 (11-12 400 Free).</li> <li>• The above events will require a positive check-in to swim.</li> <li>• Positive check-in for each session's events will close at the conclusion of that session's warm-ups.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Event #73, 74, 105, &amp; 106 (800 Free and 1500 Free) will be swum fastest to slowest and alternating heats of girls and boys.</li> </ul>

<b>TIME TRIALS:</b>	<ul style="list-style-type: none"> <li>• At the conclusion of each session, time permitting, time trials will be offered to any swimmer entered in an individual event in the meet.</li> <li>• Only the session's events specific to the age and gender of each event offered in the session preceding the time trials will be offered, i.e., 9-10 50 Fly will only be offered in the time trials following the Friday morning session. <ul style="list-style-type: none"> <li>○ Friday: Friday's events</li> <li>○ Saturday: Saturday's events</li> <li>○ Sunday: Sunday's events</li> </ul> </li> <li>• Cost \$10.00 per event,</li> <li>• 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.</li> <li>• A swimmer desiring a time trial must inform the Meet Referee, or her 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.</li> <li>• Time trials are included as events in the 3 events per day limit.</li> <li>• No time trials will be offered for the 800 Free or 1500 Free</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 current USA Swimming Rules and Regulations will apply.</li> <li>• The overhead start procedure will be used for all sessions.</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: Stephanie Suhling</b>  <b>Email: <a href="mailto:Suhling.stafford2@verizon.net">Suhling.stafford2@verizon.net</a></b>  <b>Phone: (540) 720-1474.</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 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 Wally Hunt, Email: <a href="mailto:hunt66@peoplepc.com">hunt66@peoplepc.com</a>, or Phone: (540) 424-0212, no later than July 6, 2007.</li> <li>• There will be an officials' meeting approximately 45 minutes prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• First aid station is located in the lifeguard room between the competition pool and leisure pool.</li> </ul>
<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 Rays' website (<a href="http://www.swimrays.org">www.swimrays.org</a>) no later than: Tuesday, July 10, 2007 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>• Each club is responsible for the conduct of its swimmers</li> <li>• Concessions and meet programs will be available in the concessions area.</li> </ul>

	<ul style="list-style-type: none"> <li>• Meet programs will be sold for \$10.00.</li> <li>• Snacks, refreshments and lunch will be provided to officials and coaches.</li> <li>• Please e-mail the meet referee, Stephanie Suhling, at <a href="mailto:suhling.stafford2@verizon.net">suhling.stafford2@verizon.net</a> with the number of anticipated coaches your team will have at the meet.</li> <li>• Coaches and officials with special dietary concerns are encouraged to bring their own food.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each session is limited to 500 swimmers by the facility.</li> <li>• Space is going to be an issue at this venue.</li> <li>• No one can set up camp or chairs in the hallways due to the fire code.</li> <li>• No team or personal tents are allowed to be set up outside the facility.</li> <li>• Friday concessions will be located on the patio and will be limited. Saturday and Sunday concessions will be in the community room in the hallway by the racquetball courts.</li> <li>• Half of the gym is available for swimmers and spectators on Saturday and Sunday. Please do not put your chairs on the court without protecting the floor.</li> <li>• Swimmers are only permitted in the rooms of the building that are directly associated with the meet.</li> <li>• The racquetball courts are strictly off limits.</li> <li>• Swimsuit vendor and books sales on site.</li> <li>• Souvenir T-shirts will be available on site.</li> <li>• Swimmers/spectators are not allowed to use any of the facilities' exercise equipment.</li> <li>• Only swimmers, coaches, and officials can be on deck around the competition pool. All spectators are required to be in the spectator bleachers or around the leisure pool unless currently working as a timer, official or event staff.</li> <li>• Swimmers leaving the pool area are required to wear shoes and shirts.</li> <li>• Please coordinate the hanging of banners with the head lifeguard on duty.</li> </ul>
<b>DIRECTIONS:</b>	Directions to the Freedom Center are posted on the RAYS' website ( <a href="http://www.swimrays.org">www.swimrays.org</a> ).

# VIRGINIA SWIMMING LC SUMMER AWARDS

## JULY 13-15, 2007

### Order of Events

Friday, July 13, 2007		
G	Morning Session Warm-up: 6:30 am Start: 8:15 am	B
1	11-12 50 Breast	
2	9-10 50 Breast	3
4	8&Y 50 Breast	5
6	11-12 200 Back	
7	8&Y 100 Free	8
9	9-10 100 Free	10
11	11-12 100 Free	
12	8&Y 50 Fly	13
14	9-10 50 Fly	15
16	11-12 50 Fly	
17	10&Y 200 IM	18
19	11-12 200 IM	

Saturday, July 14, 2007		
G	Morning Session Warm-up: 6:30 am Start: 8:15 am	B
43	11-12 50 Back	
44	9-10 50 Back	45
46	8&Y 50 Back	47
48	11-12 200 Breast	
49	10&Y 100 Fly	50
51	11-12 100 Fly	
52	10&Y 400 Free	53
54	11-12 200 Free	

Sunday, July 15, 2007		
G	Morning Session Warm-up: 6:30 am Start: 8:15 am	B
75	11-12 50 Free	
76	9-10 50 Free	77
78	8&Y 50 Free	79
80	11-12 200 Fly	
81	10&Y 100 Back	82
83	11-12 100 Back	
84	10&Y 100 Breast	85
86	11-12 100 Breast	
87	10&Y 200 Free	88
89	11-12 400 Free	

G	Afternoon Session Warm-up: 12:30 pm Start: 2:15 pm	B
	11-12 50 Breast	20
21	13-14 100 Breast	22
23	15&O 100 Breast	24
	11-12 200 Back	25
26	13-14 200 Free	27
28	15&O 200 Free	29
	11-12 100 Free	30
31	13-14 100 Fly	32
33	15&O 100 Fly	34
	11-12 50 Fly	35
36	13-14 200 IM	37
38	15&O 200 IM	39
	11-12 200 IM	40
41	13&O 400 Free	42

G	Afternoon Session Warm-up: 12:30 pm Start: 2:15 pm	B
	11-12 50 Back	55
56	13-14 50 Free	57
58	15&O 50 Free	59
	11-12 200 Breast	60
61	13&O 400 IM	62
	11-12 100 Fly	63
64	13-14 100 Back	65
66	15&O 100 Back	67
	11-12 200 Free	68
69	13-14 200 Breast	70
71	15&O 200 Breast	72
<b>Distance Session</b> Warm-up: 15-min; Start: 5-min later		
73	13&O 1500 Free	
	13&O 800 Free	74

G	Afternoon Session Warm-up: 12:30 pm Start: 2:15 pm	B
	11-12 50 Free	90
91	13-14 100 Free	92
93	15&O 100 Free	94
	11-12 200 Fly	95
96	13&O 200 Fly	97
	11-12 100 Breast	98
99	15&O 200 Back	100
	11-12 100 Back	101
102	13-14 200 Back	103
	11-12 400 Free	104
<b>Distance Session</b> Warm-up: 15-min; Start: 5-min later		
105	13&O 800 Free	
	13&O 1500 Free	106