



AMENDED
2009 VSI REGIONAL SUMMER AWARDS
July 17-19, 2009
SANCTION NO. VS-09-66

Hosted by:
Rappahannock Area



YMCA Stingrays

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-66
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
FACILITY:	<ul style="list-style-type: none">• Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; The pool will be configured to conduct competition in 10-lanes except as noted.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Leonard Philippart Email: leo106@cox.net Phone: (540) 841-9902
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI swimmers registered prior to the first day of the meet from the following teams: ACST, BASS, CAST, CCA, CVA, CYAC, FUAC, GATR, GRTD, HA, HOKI, LASO, LY, NOVA, PWSC, QDD, RAYS, RPST, SCAT, SHKS, SMAC, SQST, STAT, STRM, SVFY, TSU, VACS, VAST, VSTP, YGR, & WST• The qualifying period for this meet is January 1, 2008 through July 16, 2009• No on deck registration will be permitted.• 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.• 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 a corresponding event in which they possess an Age Group Championship (14 and younger) or Senior Championship (15&O) qualifying time.• Age on July 17, 2009 will determine age for the entire meet.• 10, 12, & 14 year old swimmers aging up from July 17 to July 29, 2009, 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 swimmer who does not qualify for 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.
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
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 6:30 am; competition starts at 8:15 am• Afternoon sessions: Warm-ups no earlier than 11:15 am; competition starts no earlier than 12:15 pm• Distance sessions (800 Free & 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"> ○ The approximate start time for the distance sessions will be posted on the Rays' website (www.swimrays.org) no later than Monday, July 13, 2009 10:00 pm, and will also be emailed to the contact person of the participating clubs. ○ 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 13, 2009 10:00 pm, 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, JULY 7, 2009.</p> <ul style="list-style-type: none"> ● Entries must be submitted in Long Course Meters 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.virginiawimming.org) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. ● Swimmer may enter a maximum of 9 individual events, no more than 3 per day, and 1 relay 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, approved, or observed 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 events only. 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: ssuhling@yahoo.com ● Mail entries to: Stephanie Suhling 6 Daventry Place Stafford, VA 22554 ● 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: \$8.00 Relay events: \$20.00 Swimmer surcharge: \$2.50 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: RAYS ● Payment must be received by July 14, 2009 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. 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, the 400 IM's and the relays will be pre-seeded. The above events will require a positive check-in to swim. <ul style="list-style-type: none"> Positive check-in will close at 8:30 am Friday from events 25-28 Positive check-in will close at 1:30 pm Friday for events 45-52 Positive check-in will close at 8:30 am Saturday for events 65-66 and events 69-72 Positive check-in will close at 1:30 pm Saturday for events 77-80 and events 89-90 Positive check-in will close at 8:30 am Sunday for events 109-110 Positive check-in will close at 1:30 pm Sunday for events 123-128 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.
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 current 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: ssuhling@yahoo.com Phone: (540) 720-1474 home, (540) 903-7164 cell</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. 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 Stephanie Suhling, Email: ssuhling@yahoo.com no later than July 14, 2009. There will be an officials' meeting approximately 1 hour 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. Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet
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. Timer requirements are for the entire 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 July 14, 2009, 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 part way down the corridor that runs parallel to the pool. • Meet programs will be sold for \$10.00. • Pre-order forms for T-shirts to ensure correct size will be taken. T-shirt form will be e-mailed to each team shortly. • Deck Access is limited to athletes, coaches with their credentials, officials, timers and individuals helping with the working of the meet • Spectator Seating may not be reserved and saving seats is not allowed. No coolers larger than a 6-pack lunch box will be allowed in the stands. Swim bags cannot be in the spectator bleachers • Swim Supplies: Sport Fair will be in the racquetball court to supply all your swimwear needs. • First Aid: Located in the glass guard room at the turn end of the pool • Lost and Found: Located in the guard room or front desk. • Hospitality: Located in the hallway at the start end of the pool. • Snacks, Breakfast and Lunch will be provided to officials and coaches. • Please e-mail the meet referee, Stephanie Suhling, at ssuhling@yahoo.com with the number of anticipated coaches your team will have at the meet to ensure adequate amounts of food. • Coaches and officials with special dietary concerns are encouraged to bring their own food.
FACILITY RULES:	<ul style="list-style-type: none"> • Each session is limited to 500 swimmers by the facility. • No cars are to be left in the fire lanes. • The facility no longer allows parking in the lot adjacent to the facility. Drop off points will be provided for discharging swimmers and directions will be given to the overflow parking lots. • Space is going to be an issue at this venue. • No one can set up camp or chairs in the hallways due to the fire code. • Half of the gym is available for swimmers and spectators on Friday, Saturday and Sunday. Please do not put your chairs on the court without protecting the floor. • Swimmers are only permitted in the rooms of the building that are directly associated with the meet. • The racquetball courts are strictly off limits. • Swimmers/spectators are not allowed to use any of the facilities' exercise equipment. • 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 or the gym unless currently working as a timer, official or event staff. • Please coordinate the hanging of banners with the head on duty.
DIRECTIONS:	<ul style="list-style-type: none"> • Directions to the Freedom Center are posted on the RAYS' website (www.swimrays.org).

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Order of Events

AM Session Warm-ups: 6:30 am

Meet Starts: 8:15 am

Girls	Friday Morning	Boys
1	11-12 50m Breast	2
3	9-10 50m Breast	4
5	8&Y 50m Breast	6
7	11-12 200m Back	8
9	8&Y 100m Free	10
11	9-10 100m Free	12
13	11-12 100m Free	14
15	8&Y 50m Fly	16
17	9-10 50m Fly	18
19	11-12 50m Fly	20
21	10&Y 200m IM	22
23	11-12 200m IM	24
25	10&Y 400m Free Relay	26
27	11-12 400m Free Relay	28

PM Session Warm-ups: No earlier than 11:15 am

Meet Starts: No earlier than 12:15 pm

Girls	Friday Afternoon	Boys
29	13-14 100m Breast	30
31	15&O 100m Breast	32
33	13-14 200m Free	34
35	15&O 200m Free	36
37	13-14 100m Fly	38
39	15&O 100m Fly	40
41	13-14 200m IM	42
43	15&O 200m IM	44
45	13-14 400m Free	46
47	15&O 400m Free	48
49	13-14 400m Medley Relay	50
51	15&O 400m Medley Relay	52

Girls	Saturday Morning	Boys
53	11-12 50m Back	54
55	9-10 50m Back	56
57	8&Y 50m Back	58
59	11-12 200m Breast	60
61	10&Y 100m Fly	62
63	11-12 100m Fly	64
65	10&Y 400m Free	66
67	11-12 200m Free	68
69	10&Y 400m Medley Relay	70
71	11-12 400m Medley Relay	72

Girls	Saturday Afternoon	Boys
73	13-14 50m Free	74
75	15&O 50m Free	76
77	13-14 400m IM	78
79	15&O 400m IM	80
81	13-14 100m Back	82
83	15&O 100m Back	84
85	13-14 200m Breast	86
87	15&O 200m Breast	88
89	13&O 1500m Free (G)	
	13&O 800m Free (B)	90

Girls	Sunday Morning	Boys
91	11-12 50m Free	92
93	9-10 50m Free	94
95	8&Y 50m Free	96
97	11-12 200m Fly	98
99	10&Y 100m Back	100
101	11-12 100m Back	102
103	10&Y 100m Breast	104
105	11-12 100m Breast	106
107	10&Y 200m Free	108
109	11-12 400m Free	110

Girls	Sunday Afternoon	Boys
111	13-14 200m Fly	112
113	15&O 200m Fly	114
115	13-14 100m Free	116
117	15&O 100m Free	118
119	13-14 200m Back	120
121	15&O 200m Back	122
123	13-14 400m Free Relay	124
125	15&O 400m Free Relay	126
127	13&O 800m Free (G)	
	13&O 1500m Free (B)	128