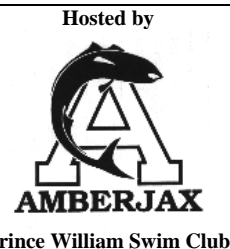




**PWSC Fall Aqua-Fest
A-BB-B-C Mini
November 5-6, 2011
SANCTION NO. VS-12-18**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-18• USA Swimming, Inc., Virginia Swimming, Inc., and Freedom Aquatic and Fitness Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Freedom Aquatic and Fitness Center, 9100 Freedom Center Blvd. Manassas, VA 20110. Phone: (703) 993-8444
FACILITY:	<ul style="list-style-type: none">• Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in a 25 yards, starting from the deep end (13.5" feet deep) and swimming into a bulkhead (6 feet deep).• Two warm-up/warm-down lanes available at all times. Large gym to house swimmers.• 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:	Name: Debby Henry Email: Debby@vahrenrys.com Phone: 703-966-9217
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet.• No on deck USA Swimming athlete registration will be permitted.• 8 & younger swimmers entering the 10 & Younger 200y Freestyle event must have at least a provable B time in the 10 & Younger 100y Freestyle.• 13 & older swimmers entering the 400y IM events 51, 52, 53 and 54 must have at least a provable BB time in their age group i.e., 13-14, 15-16 and 17-18, in the 200 IM or a B time in the 400 IM.• 2009-2012 NAG times are in effect.• Age on November 5, 2011 will determine age for the entire meet.
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 10 and younger swimmers will swim in the morning session.• All 11 and over swimmers will swim in the afternoon session.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-up start at 7:00 am; competition starts at 8:10 am.• Afternoon sessions: Warm-up starts not before 11:15 am; competition begins not before 12:40 pm.• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon session, with the distance session competition starting 5 minutes thereafter.• The approximate start time for the distance sessions will be posted on the PWSC website www.teamunify.com/vapwsc website no later than Wednesday, November 2, 2011, 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 PWSC website no later than Wednesday, November 2, 2011, 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.

	<ul style="list-style-type: none"> • Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams will be notified not later than Wednesday, November 2, 2011.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 26, 2011.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries via email. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a “BB” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 3 individual events and 1 relay event per session. Distance events are in a separate session. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: Nancy Hummer, dreamit@iglide.net • 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. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Meet Director on the provided forms.
FEES:	<p>Individual events: \$4.75 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Prince William Swim Club (PWSC). • Mail payment to: Nancy Hummer 16095 Deer Park Drive Montclair, VA 22025 • Payment must be received by Wednesday, November 2, 2011, for all entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through tenth place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. ○ 10 & Under events will be given separate awards for 8 & Under and 9-10 age groups. ○ Heat winner ribbons will be awarded for all 10 & Under individual events. • Relay events: Ribbons will be awarded for first through fifth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except event #51, 52, 53, 54 (400 IM) and 105, 106, 107 108 (500 freestyle) will be pre-seeded. • 8 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • Event #51, 52, 53, 54 (400 IM) and 105,106,107,108 (500 free) will require a positive check-in to swim. • Positive check-in will close at 2:00 pm. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.

PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times: <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for 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 USA 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. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. ○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • 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 have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> ○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area. 		
OFFICIALS:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Meet Referee: Skip Gaskill Email: gaskills6@verizon.net Phone: (703) 583-0964 </td> <td style="width: 50%; vertical-align: top;"> Jim Frye Email: jamfrye@comcast.net Phone: (540) 840-8947 </td> </tr> </table> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Chris Pappas at c.pappas1@comcast.net or 703-590-8570 no later than Wednesday, November 2, 2011. • Officials will meet 45 minutes prior to the beginning of competition for each session. • There will be a coaches meeting at 8:00 am on Saturday morning. An assistant coach or team representative may attend in case the head coach is still conducting warm-ups. 	Meet Referee: Skip Gaskill Email: gaskills6@verizon.net Phone: (703) 583-0964	Jim Frye Email: jamfrye@comcast.net Phone: (540) 840-8947
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SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.		
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 PWSC no later than Wednesday, November 2, 2011, and will also be emailed to the contact person of each of the individual clubs. 		
GENERAL:	<ul style="list-style-type: none"> • Bleachers are for viewing only. No camping is permitted in bleachers. No coolers, bags, blankets, etc are permitted on bleachers. No reserving seats in bleachers. Please watch your events and leave so that others may also watch their events and leave. • Heat sheets will be sold for \$5.00 • Complimentary heat sheets will be provided for officials and coaches see Meet Director for them. • Complimentary lunch will be served for coaches, deck officials, Timing Judges, Recorders, Clerk of Course, Marshals, Chief Timers and Timing System Operators. • A concession stand will be available for swimmers and spectators. • Pro Shop (Sport Fair) will be selling swim items in racquetball court • Swim Results will be posted in the hallway outside the pool. 		
FACILITY RULES:	<ul style="list-style-type: none"> • PARKING: The facility no longer allows parking in the lot adjacent to the pool. Drop off points will be provided for discharging swimmers and directions will be given to the overflow parking lots. No parking on grass, Fire Lanes, and obey all parking signs. • Each club is responsible for supervising the conduct of their swimmers. • Swimmers are not permitted in any room of any university building not directly associated with 		

	<p>this swim meet.</p> <ul style="list-style-type: none"> • 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. • No camping in the hallway. Swimmers must be housed in the gym.
DIRECTIONS:	<ul style="list-style-type: none"> • Freedom Aquatic & Fitness Center is located on Prince William campus of George Mason University. • From Interstate 95-North on Route 234, Exit (152) Dumfries-Manassas. Proceed towards Manassas approximately 15 miles to University Boulevard (this is approximately one mile north of VA Route 28). Proceed ½ mile and follow signs into Freedom Aquatic and Fitness Center. • From Interstate 66-South on Route 234, Exit (44) (Prince William Parkway). Proceed approx. 4 miles to University Boulevard. Turn left & follow directions in preceding paragraph. • Directions are also available on the Virginia Swimming web site www.virginiaswimming.org.
HOTELS:	<ul style="list-style-type: none"> • Best Western Manassas, 8640 Mathis Ave., Manassas, VA , (703) 368-7070 • Comfort Suites of Manassas, 9350 Williamson Blvd, Manassas, VA, (703) 686-1100 • Hampton Inn, Manassas, 7295 Williamson Blvd, Manassas, VA (703) 369-1100 • Days Inn Manassas, 10653 Balls Ford Road, Manassas, VA (703) 368-2800 • Holiday Inn Manassas, 10800 Vendor Lane, Manassas, VA (703) 335-0000

Order of Events

Saturday, November 5, 2011

AM Session

Warm-up: 7:00 am; Start: 8:10 am

Girls	Events	Boys
1	9-10 50y Freestyle	2
3	8 & U 25y Freestyle	4
5	9-10 100 Butterfly	6
7	8 & U 50y Butterfly	8
9	9-10 100y IM	10
11	8 & U 100y IM	12
13	9-10 50y Breaststroke	14
15	8 & U 25y Breaststroke	16
17	9-10 100y Backstroke	18
19	8 & U 50y Backstroke	20
21	10 & U 200 Freestyle	22
23	8 & U 100y Free Relay	24
25	10 & U 200y Free Relay	26

PM Session

Warm-up: 11:15; Start: 12:40 pm

Girls	Events	Boys
27	11-12 100y Freestyle	28
29	13&O 100y Freestyle	30
31	11-12 50y Butterfly	32
33	11 & O 200y Butterfly	34
35	11-12 200y IM	36
37	13 & O 200y IM	30
39	11-12 50y Breaststroke	40
41	11&O 200y Breaststroke	42
43	11-12 100y Backstroke	44
45	13&O 100y Backstroke	46
47	11-12 200y Free Relay	48
49	13&O 200y Free Relay	50

Saturday Distance (15 minute break)

51	11-12 400y IM	52
53	13&O 400y IM	54

Sunday, November 6, 2011

AM Session

Warm-up: 7:00 am; Start: 8:10 am

Girls	Events	Boys
55	9-10 100y Freestyle	56
57	8 & U 50y Freestyle	58
59	9-10 50y Butterfly	60
61	8 & U 25y Butterfly	62
63	9-10 200y IM	64
65	8 & U 50y Breaststroke	66
67	9-10 100 Breaststroke	68
69	8& U 25y Backstroke	70
71	9-10 50y Backstroke	72
73	8 & U 100y Freestyle	74
75	9-10 200y Medley Relay	76
77	8 & U 100 Medley Relay	78

PM Session

Warm-up: 11:15 am; Start: 12:40 pm

Girls	Events	Boys
79	11-12 200 y Freestyle	80
81	13&O 200y Freestyle	82
83	11-12 100y Butterfly	84
85	13&O 100y Butterfly	86
87	11-12 100y IM	88
89	13&O 100y Breaststroke	90
91	11-12 100y Breaststroke	92
93	11&O 200y Backstroke	94
95	11-12 50y Backstroke	96
97	13&O 50y Freestyle	98
99	11-12 50y Freestyle	100
101	13&O 200y Medley Relay	102
103	11-12 200y Medley Relay	104

Sunday distance (15 min. break)

105	13&O 500y Freestyle	106
107	11-12 500y Freestyle	108