



**2013 VSI REGIONAL SUMMER AWARDS**  
**July 12-14, 2013**  
**SANCTION NO. VS-13-77**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-13-77</b></li> <li>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.</li> </ul>
<b>LOCATION:</b>	George Mason University, Freedom Aquatic and Fitness Center, Manassas, VA, Phone: (703) 993-8444
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>10 Lane, 50 Meter indoor pool, 13.5 feet deep at the start end and 4 feet deep at the turn end, non turbulent lane lines, Colorado timing system. The wall mounted scoreboard at this facility is not operational. Swimmers times will not be able to be projected onto the facility scoreboard for spectators.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)</li> </ul>
<b>MEET DIRECTORS:</b>	Name Kelly Miller Email <a href="mailto:kjmjkjm@hotmail.com">kjmjkjm@hotmail.com</a> Phone (540) 903-8531
	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams: <b>ACST, BASS, CAST, CCA, CYAC, FUAC, GATR, GRTD, HA, HOKI, LASO, LY, NOVA, PWSC, QDD, QSTS, RAPP, RAYS, RPST, RSA, SCAT, SHKS, SMAC, STRM, STLH, TSU, VAST, VSTP, WFS, WST, YMST, &amp; YRVS</b></li> <li>The qualifying period for this meet is:             <ul style="list-style-type: none"> <li>14 &amp; Younger swimmers: May 1, 2012 through July 11, 2013</li> <li>15 &amp; Older swimmers: January 1, 2012 through July 11, 2013</li> </ul> </li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li><b>8 and younger swimmers may compete in any 8 and under event regardless of their time. 8 and younger swimmers may compete in any 10 and under event in which they have a time that is slower than the age group championship qualifying time.</b></li> <li><b>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.</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>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 and older) qualifying time.</li> <li>Age on July 12, 2013 will determine age for the entire meet.</li> <li>10 &amp; 12 year old swimmers aging up from July 12 to July 25, 2013, and 14 year old swimmers aging up from July 12 to July 18, 2013, 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 may enter the event.</li> <li>Any 14 year swimmer who does not qualify for Senior Champs may enter the event</li> <li>10, 12, &amp; 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> </ul>

	<ul style="list-style-type: none"> <li>• 12 and younger swimmers will swim in the morning sessions</li> <li>• 13 and older swimmers will swim in the afternoon sessions</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• <b>Morning sessions:</b> <ul style="list-style-type: none"> <li>○ <b>Friday: Warm-ups at 7:00 AM; Competition starts at 8:40 AM</b></li> <li>○ <b>Saturday and Sunday: Warm-ups at 6:30 AM; competition starts at 8:10 AM.</b></li> </ul> </li> <li>• <b>Afternoon sessions: Warm-ups not before 12:00 PM; competition starts not before 1:00 PM.</b></li> <li>• Distance session (800 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 9, 2013, and will also be emailed to the contact person of the participating clubs.</li> <li>○ The distance session 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 Tuesday, July 9, 2013 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 TUESDAY, JULY 2, 2013.</b></p> <ul style="list-style-type: none"> <li>• <b>Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards</b> using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries via e-mail.</li> <li>• A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiawimming.org">www.virginiawimming.org</a> with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• <b>Swimmer may enter a maximum of 9 individual events, no more than 3 per day, and 1 relay per day.</b></li> <li>• “No Time” (NT) entries will be accepted.</li> <li>• 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. <ul style="list-style-type: none"> <li>○ Relay entry times must be slower than the combined VSI LC Age Group Championship qualifying time for 14 &amp; younger swimmers and must be slower than the combined VSI LC Senior Championship qualifying time for 15 &amp; older swimmers for the corresponding relay.</li> <li>○ See the “not faster than” relay times chart on page 5.</li> </ul> </li> <li>• The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>• Proof of Entry time, if requested, must be provided to the Age Group Chair 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.</li> <li>• Email entries to: Delwyn Jones – <a href="mailto:djones@gmail.com">djones@gmail.com</a></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: \$ 7.00  Relay events: \$ 12.00  Swimmer surcharge: \$ 2.50 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>• <b>Checks should be made payable to: RAYS</b></li> <li>• <b>Mail payment to: Carol Rowlands  PO Box 866  Stafford VA 22554</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Payment must be received by July 9, 2013 for all entries.</b> Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is 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> </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 800 freestyle will be awarded as 13-14 and 15 &amp; over.</li> <li>• Relay events will be awarded ribbons for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 400 and 800 freestyles, and the 400 IM's and the relays will be pre-seeded.</li> <li>• <b>The above events will require a positive check-in to swim.</b></li> <li>• <b>Positive check-in will close at 9:00 AM Friday, for event #23-28.</b></li> <li>• <b>Positive check-in will close at 1:30 PM Friday, for event #45-52.</b></li> <li>• <b>Positive check-in will close at 9:00 AM Saturday, for event #71-78.</b></li> <li>• <b>Positive check-in will close at 1:30 PM Saturday, for event #83-86 event #95-98.</b></li> <li>• <b>Positive check-in will close at 1:30 PM Sunday, for event #127-128.</b></li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>Event #127-128 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.</b></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 marked as exhibition for 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 USA 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> <li>• <b>A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.</b></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian..</li> </ul> </li> <li>• The overhead start procedure will be used for the all sessions.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.</li> <li>• 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"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Name: Michael Sizemore</b>  <b>Email: MCSizemore@earthlink.net</b>  <b>Phone: (540) 834-8120</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified</li> </ul>

	<p>officials, as well as the names and session availability of trainees to: <a href="mailto:pwoharajr@verizon.net">pwoharajr@verizon.net</a>, officials please sign up on the following link <a href="http://www1.mysignup.com/summerawards">http://www1.mysignup.com/summerawards</a>, <b>no later than Tuesday, July 9, 2013.</b></p> <ul style="list-style-type: none"> <li>• There will be an officials' meeting approximately 1 hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect.
<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 9, 2013, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers are expected to provide their own timers and lap counters for event #127-128 (800 Freestyle)</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer / Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers / spectators.</li> <li>• <b>Scoreboard:</b> the large wall mounted scoreboard is not functioning. It is currently broken and will not be able to be replaced in time for this meet. This is beyond the control of the host team. We will have a one line scoreboard. Live meet results will be available on Meet Mobile. Results will be posted in several places in the aquatic center.</li> <li>• <b>Deck Access:</b> Limited to athletes, coaches with their credentials, officials, timers and individuals helping with the working of the meet.</li> <li>• <b>Team Areas:</b> Seating is available on deck and in the gym for swimmers</li> <li>• <b>Spectator Seating:</b> May not be reserved and saving of seats is not allowed. No coolers larger than a 6 pack lunch box will be allowed in the stands. Swim bags can not be brought into the spectator bleachers.</li> <li>• <b>Team Banners:</b> Please coordinate hanging of team banners with lifeguard on duty. .</li> <li>• <b>Programs:</b> Will be available for purchase by session or at a discount for the entire meet .</li> <li>• <b>Snack Bar:</b> Concessions will be available for purchase.</li> <li>• <b>Swim Supplies:</b> All American Swim Supply will be available in a racquetball court</li> <li>• <b>First Aid:</b> Located in glass guard room at the turn end of the pool</li> <li>• <b>Lost and Found:</b> Located in guard room or front desk.</li> <li>• <b>Hospitality:</b> Will not open until warm ups begin each day. Will stop serving breakfast ½ hour after competition starts, snacks available, lunch from 12:30-2:00, snacks and drinks available until ½ hour before conclusion of the afternoon session.</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>• No cars are to be left in the fire lanes.</li> <li>• The facility no longer allows parking in the lot adjacent to the facility. Drop off points will be provided for the discharging of swimmers and directions will be given to the overflow parking lots.</li> <li>• We expect space to be an issue at this venue during the meet. Please be respectful and courteous neighbors.</li> <li>• Half of the gym is available for swimmers and spectators on Friday, Saturday, and Sunday. Please protect the gym floor before setting up chairs.</li> <li>• Swimmers are only permitted in the rooms of the building directly associated with the meet.</li> <li>• No deck changing is permitted</li> <li>• The racquetball courts are strictly off limits.</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 the gym unless currently working as a timer, official, or event staff.</li> <li>• Please coordinate the hanging of banners with the head lifeguard on duty.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• Directions to the Freedom Center are posted on the RAYS' website, <a href="http://www.swimrays.org">www.swimrays.org</a>.</li> </ul>

**RELAY "NOT FASTER THAN TIMES" CHART**

<b>Age Group</b>	<b>Gender</b>	<b>Free</b>	<b>Medley</b>
<b>10&amp;U</b>	Girls	5:15.96	6:11.06
	Boys	5:12.36	6:07.16
<b>11-12</b>	Girls	4:35.96	5:21.46
	Boys	4:37.96	5:21.76
<b>13-14</b>	Girls	4:20.36	5:00.56
	Boys	4:07.16	4:25.36
<b>15&amp;O</b>	Girls	4:12.36	4:47.06
	Boys	3:49.16	4:20.96

# VSI REGIONAL SUMMER AWARDS

## Order of Events

### Friday, July 12, 2013

<b>Morning Session</b> Warm-up: 7:00 AM; Start: 8:40 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200m Backstroke	2
3	8 & U 50m Breaststroke	4
5	9-10 50m Breaststroke	6
7	11-12 50m Breaststroke	8
9	10 & U 200m Freestyle	10
11	11-12 200m Freestyle	12
13	10 & U 100m Butterfly	14
15	11-12 100m Butterfly	16
17	9-10 50m Backstroke	18
19	11-12 50m Backstroke	20
21	8 & U 50m Backstroke	22
<b>Positive Check-in closes for Events 23-28 at 9:00 AM</b>		
23	11-12 400m Individual Medley	24
25	10&U 400m Freestyle Relay	26
27	11-12 400m Freestyle Relay	28

<b>Afternoon Session</b> Warm-up: 12:00 PM; Start: 1:00 PM (Time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13-14 100m Breaststroke	30
31	15&O 100m Breaststroke	32
33	13-14 200m Freestyle	34
35	15&O 200m Freestyle	36
37	13-14 100m Butterfly	38
39	15&O 100m Butterfly	40
41	13-14 200m Individual Medley	42
43	15&O 200m Individual Medley	44
<b>Positive Check-in closes for Events 45-52 at 1:30 PM</b>		
45	13-14 400m Freestyle	46
47	15&O 400m Freestyle	48
49	13-14 400m Medley Relay	50
51	15&O 400m Medley Relay	52

### Saturday, July 13, 2013

<b>Morning Session</b> Warm-up: 6:30 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11-12 200m Butterfly	54
55	8& U 50m Freestyle	56
57	9-10 50m Freestyle	58
59	11-12 50m Freestyle	60
61	10&U 100m Breaststroke	62
63	11-12 100m Breaststroke	64
65	8 & U 50m Butterfly	66
67	9-10 50m Butterfly	68
69	11-12 50m Butterfly	70
<b>Positive Check-in closes for Events 71-78 at ___ AM</b>		
71	10&U 400m Freestyle	72
73	11-12 400m Freestyle	74
75	10&U 400m Medley Relay	76
77	11-12 400m Medley Relay	78

<b>Afternoon Session</b> Warm-up: 12:00 PM; Start: 1:00 PM (Time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	13-14 50m Freestyle	80
81	15&O 50m Freestyle	82
<b>Positive Check-in closes for Events 83-86 at 1:30 PM</b>		
83	13-14 400m Individual Medley	84
85	15&O 400m Individual Medley	86
87	13-14 100m Backstroke	88
89	15&O 100m Backstroke	90
91	13-14 200m Breaststroke	92
93	15&O 200m Breaststroke	94
<b>Positive Check-in closes for Events 95-98 at 1:30 PM</b>		
95	13-14 400m Freestyle Relay	96
97	15&O 400m Freestyle Relay	98

### Sunday, July 14, 2013

<b>Morning Session</b> Warm-up: 6:30 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
99	11-12 200m Breaststroke	100
101	10 & U 100m Backstroke	102
103	11-12 100m Backstroke	104
105	8 & U 100m Freestyle	106
107	9-10 100m Freestyle	108
109	11-12 100m Freestyle	110
111	10&U 200m Individual Medley	112
113	11-12 200m Individual Medley	114

<b>Afternoon Session</b> Warm-up: 12:00 PM; Start: 1:00 PM (Time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
115	13-14 200m Butterfly	116
117	15&O 200m Butterfly	118
119	13-14 100m Freestyle	120
121	15&O 100m Freestyle	122
123	13-14 200m Backstroke	124
125	15&O 200m Backstroke	126
<b>Positive Check-in closes for Events 127-128 at 1:30 PM</b>		
127	13&O 800m Freestyle	128