



NORTHERN VIRGINIA REGION CHAMPIONSHIP

February 22-24, 2013
SANCTION NO. VS-13-53

Hosted by

QDD
Swim Team

SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-53USA Swimming, Inc., Virginia Swimming, Inc., and George Mason University 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:	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; 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).At least 3 lanes will be available throughout the meet for continuous warm-up and cool down.The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).
MEET DIRECTOR:	Susan Campbell Phone: (703) 335-1240 Email: sbcamp8@verizon.net
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming registered athletes in Northern Virginia Region registered before the first day of the meet. Teams in the Northern Virginia Region are: BASS, NOVA, PWSC, QDD, RAPP, RAYS, RPST, SHKS, STAT, STLH, TSU, VAST, VSTP, WFS, and WSTThe qualifying period for this meet is January 1, 2012 through February 21, 2013No on deck Virginia Swimming athlete registration will be permitted.Swimmers 13-14 may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 1000 free, and the 1650 free.Swimmers 13-14 must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, the 1000 free or the 1650 free. The time for either event entered must be slower than the age group championship time.15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the senior championship qualifying time except the 400 IM, 1000 Free and the 1650 Free.15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, the 1000 Free or the 1650 Free. The time for either event entered must be slower than the senior championship qualifying time.Swimmers who have a minimum qualifying time in the 1000 Free or the 1650 Free and do not have a time exceeding the "not faster than" time may swim both events.2013-2016 NAG time standards are in effect.Age on February 22, 2013 will determine age for the entire meet.14 year old swimmers aging up from February 22 to February 28, 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">Any 14 year old swimmer who does not qualify to swim an event at Senior Champs may swim the event at this meet.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 13 & Older swimmers will swim a combined preliminary session in the morning session. • Top 16 13-14 swimmers and the top 16 15&O swimmers regardless of division will swim the final session each day. • Only the top heat of the 1000 and 1650 freestyle will swim in finals, regardless of age. • All relay events will be timed finals and will be conducted during the preliminary session.
WARM-UP:	<ul style="list-style-type: none"> • Prelim sessions: Warm-ups at 7:00 am; competition starts at 8:10 am. • Finals sessions: Warm-ups not prior to 4:00 pm; competition starts not prior to 5:00 pm. • 1000 and 1650 freestyles: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the relay events, with the 1000 (Friday) and 1650 (Sunday) freestyle competition starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the QDD (www.qddswim.org) website no later than February 21, 2013, 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 QDD (www.qddswim.org) website no later than February 20, 2013, 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, FEBRUARY 12, 2013.</p> <ul style="list-style-type: none"> • Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. • Entries must be submitted 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 VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) 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 8 individual events, no more than 3 per day, and one relay per day. • 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. • The Meet Director reserves the right to combine heats and events, which actions may require reseeding. • “No Time” (NT) entries will be accepted except in the 400 IM, 500 free, 1000 free, and 1650 free where 13-14 swimmers must have achieved a minimum of a 13-14 “B” time, and 15 & older swimmers must have achieved a minimum of a 15-16 “B” time. • Coach Times will not be accepted. 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: rlisbon@comcast.net • 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, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$8.50 Relay Events: \$13.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • 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. • Checks should be made payable to: QDD Swim Team • Mail payment to: Rick Lisbon

	<p style="text-align: center;">3113 Fennegan Ct Woodbridge VA 22192</p> <ul style="list-style-type: none"> • Payment must be received by Tuesday, February 19, 2013, for all 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. • IMPORTANT: 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded medals for first through eighth place for the BB and above division of swimmers, and individual events will be scored and awarded medals for first through eighth place for the B/C division of swimmers. <ul style="list-style-type: none"> ○ Awards will be based on the final times in the meet. ○ The 1000 Free and 1650 Free will be awarded as 13-14 and 15 & over age groups. • Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place. • Team awards will be given, first through sixth place. The teams placing will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1. ○ Relay: Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. ○ Only the top two relays for one team may score in an event. ○ All events including will be scored to 16 places.
SEEDING:	<ul style="list-style-type: none"> • The 400 IM, 500 Freestyle, 1000 Freestyle, and 1650 Freestyle will require a positive check-in to swim. All other events will be pre-seeded. • Positive check-in will close at 8:40 AM Friday. • Positive check-in will close at 8:40 AM Saturday. • Positive check-in will close at 8:40 AM Sunday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 1000 Freestyle and the 1650 Freestyle will be swum fastest to slowest and alternating heats of girls and boys. <ul style="list-style-type: none"> ○ Any athlete entered in the events will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline ○ The fastest 8 swimmers that wish to swim during the evening finals will swim during the evening finals.
PENALTIES:	<ul style="list-style-type: none"> • 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. • On the last day of a VSI Region Championship Meet, a \$50 fine will be assessed to any swimmer who qualified originally for one of the final heat(s) and who does not scratch out of finals and does not show up to compete. • 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.
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.

	<ul style="list-style-type: none"> The overhead start procedure will be used for the prelim sessions. The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.12.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all 13&O events, excluding the relays, the 1000 Free, and the 1650 Free. 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>. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. 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 who have valid USA Swimming credentials but who 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:	<p>Meet Referee: Michael Sizemore Email: mcsizemore@earthlink.net Phone: (540) 834-8120</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees Spencer Quinn, Email: spencer@sqsoftware.com no later than February 19, 2013. Announce any meetings, place, and time. Officials meetings must be at least one hour prior to the start of the each session.
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 QDD (www.qddswim.org) website no later than February 20, 2013, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Heat sheets will be sold for \$10 with finals heat sheets at no cost with coupon. Final heat sheets will be \$2 without coupon. A Hospitality Suite will be available (refreshments & lunch) for USS officials & coaches. Concessions snack bar and PRO SHOP (http://www.sportfairusa.com/) will be available. Meet T-Shirts will be available at the Pro Shop (http://www.sportfairusa.com/). Refreshments, lunch and evening snacks will be provided for USS officials & coaches
FACILITY RULES:	<ul style="list-style-type: none"> Each club is responsible for supervising the conduct of their swimmers. Swimmers are not permitted in any room of the buildings not directly associated with this swim meet. 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. Swimmers will be allowed to “camp out” in the gymnasium. There will be no “camping out” allowed in the hallways. All others are required to be in the elevated spectator bleachers or the gymnasium. No cars are to be left in the fire lanes. No cameras in the starting area. 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
DIRECTIONS:	Directions are available on the Virginia Swimming Website
HOTELS:	<p>Residence Inn / Manassas Battlefield Contact: Gisella Fackenthal Email: gisella.f@marriott.com 7345 Williamson Blvd Phone: (703) 330-8808 www.marriott.com/mnzri Manassas, Virginia 20109</p>

2013 Region Short Course 13&O Championships Order of Events

Friday February 22, 2013

Friday Prelims Warm-ups: 7:00 am; Start: 8:10 am		
G	Events	B
1	13&O100 Breast	2
3	13&O 200 Free	4
5	13&O100 Fly	6
7	13&O 200 IM	8
9	13-14 400 Free Relay	10
11	13&O 400 Free Relay	12
13	13&O 1000 Free (*)	14

Friday Finals Warm-ups: 4:00 pm; Start: 5:00 pm		
G	Events	B
13	13&O 1000 Free	14
1	13&O100 Breast	2
3	13&O 200 Free	4
5	13&O100 Fly	6
7	13&O 200 IM	8

(*) Timed Final – final heat to swim during finals session

Saturday February 23, 2013

Saturday Prelims Warm-ups: 7:00 am; Start: 8:10 am		
G	Events	B
15	13&O 200 Fly	16
17	13&O 50 Free	18
19	13&O 200 Breast	20
21	13&O100 Back	22
23	13-14 400 Medley Relay	24
25	13&O 400 Medley Relay	26
27	13&O 500 Free	28

Saturday Finals Warm-ups: 4:00 pm; Start: 5:00 pm		
G	Events	B
15	13&O 200 Fly	16
17	13&O 50 Free	18
19	13&O 200 Breast	20
21	13&O100 Back	22
27	13&O 500 Free	28

Sunday February 24, 2013

Sunday Prelims Warm-ups: 7:00 am; Start: 8:10 am		
G	Events	B
29	13&O 200 Back	30
31	13&O 100 Free	32
33	13&O 400IM	34
35	13-14 200 Free Relay	36
37	13&O 200 Free Relay	38
39	13&O 1650 Free (*)	40

Sunday Finals Warm-ups: 4:00 pm; Start: 5:00 pm		
G	Events	B
39	13&O 1650 Free	40
29	13&O 200 Back	30
31	13&O 100 Free	32
33	13&O 400IM	34

(*) Timed Final – final heat to swim during finals session