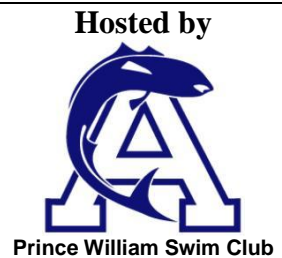




**2016 FALL AQUA-FEST
A/BB/B/C Mini Meet
October 29-30, 2016
SANCTION NO. VS-17-17**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-17 <ul style="list-style-type: none"> USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club, 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 lines; Colorado Automatic Timing System; setup to conduct competition in 25 yards, starting from the deep end (13.5" feet deep) and swimming into a bulkhead (6 feet deep). Two warm up / cool 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 104.2.2C (4).
MEET DIRECTOR:	Name: Annemarie Juhlin Email: ajuhlin@msn.com Phone: 571-264-6265
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. 8 and younger swimmers entering the 10 and under 200Y Freestyle (#21-22) must have at least a provable B time in the 10 and under 100Y Freestyle. Any 10 and under swimmer entering the 500Y Freestyle (#27-28) and 400 IM (#77-78) must have a provable 11/12 age group B time. 13 and older swimmers entering the 400Y IM, (#77-78), must have at least a provable BB time in their respective age group in the 200 IM or a B time in the 400 IM. List any other discriminating factors for eligibility of the meet (qualifying times, qualifying periods, classifications, age restrictions, etc.) 2013-2016 NAG time standards are in effect. Age on October 29, 2016 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 both Saturday and Sunday. All 11 and older swimmers will swim in the afternoon session both Saturday and Sunday. Distance events will be held immediately after the morning sessions both days. All events will be timed finals. All 25 yard events will start from the turn end of the pool.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: warm-ups at 7:00 a.m.; competition starts at 8:10 a.m. Afternoon sessions: warm-ups not before 11:15am; competition starts not before 12:40 p.m. Distance sessions: the pool will be opened for 15 minutes of open warm-ups immediately following the finish of the morning sessions, with the distance session competition starting 5 minutes thereafter. The approximate start time for the distance sessions will be posted on the Prince William Swim Club website www.teamunify.com/vapwsc no later than Wednesday, October 26, 2016 and will

	<p>also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.</p> <ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the Prince William Swim Club website www.teamunify.com/vapwsc no later than Wednesday, October 26, 2016 and will also be emailed to the contact person of the participating clubs. • If the morning/distance sessions run late, afternoon warm-ups will begin immediately after the distance session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, October 21, 2016.</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. • Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record with the exception of events that require a minimum time standard. CT must be slower than an “A” 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 three individual events and one relay event per day. • 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. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. • Email entries to: Luis Caballero at colorao1@yahoo.com • 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 prior to the event session.
FEES:	<p>Individual events: \$7.00 Relay events: \$14.00 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: PWSC. • Mail payment to: Luis Caballero, 12513 Manchester Way, Woodbridge, VA 22192 • Payment must be received by Wednesday, October 26, 2016) for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • 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 acceptance of your entries.
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 9-10 and 8 & under age groups. • Relay events: Ribbons will be awarded for first through fifth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except all relays; 500 Freestyle # 27-28; and 400Y Individual Medley #77-78 will be pre-seeded. • 8 & Younger swimmers in the morning sessions MUST report to the Clerk of Course on the pool deck and they will be escorted to the blocks from there. Other swimmers will report directly to the blocks for their events. • All other swimmers and swimmers in the afternoon sessions should report directly to the blocks for their events. • All Relays and event #27-28 (500 Free) and #77-78 (400 IM) require a positive check-in to swim.

	<ul style="list-style-type: none"> • Positive check-in will close at the end of the morning session each day the event is scheduled. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • SWIMMERS AND COACHES SHALL NOT CHECK IN FOR AN EVENT THEY WILL NOT BE PRESENT TO SWIM. • A swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete will not be able to swim his/her next event. • Events #27-28 (500 Free) 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 marked as exhibition for the event swum 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 before the first day of the meet may be fined \$100 per swimmer in each event(s) swum. • 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. • Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • 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. • 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>. • Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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: Tony Martinich Email: tonymartinich@gmail.com Phone: 540-273-8362</p> <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 Luis Caballero, at colorao1@yahoo.com no later than Friday, October 21, 2016. • An Officials meeting will be held one hour prior to the start of each session. • There will be a coaches meeting at 7:30a.m. on October 29, 2016. An Assistant Coach or team representative may attend in case the head coach is still conducting warm-ups.
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 website (www.teamunify.com/vapwsc) no later than Wednesday, October 26, 2016 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Swimmers in events #27-28 need to provide their own timers and lap counters. Swimmers in events #77-78 will also need to provide their own timers.

	<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 others may also watch their events and leave. • Teams and swimmers should use the pool deck and spectators and swimmers should use the gym for camping. • A <u>limited</u> number of heat sheets will be sold at concessions for spectators, but will also be available for a FREE download on the PWSC website. • Hospitality will be provided for coaches and wet and dry deck officials. • A Concessions stand will be provided for swimmers and spectators. • A swim shop (Sport Fair) will be selling swim items in the racquetball court. • Swim results will be posted in the hallway outside the pool.
FACILITY RULES:	<ul style="list-style-type: none"> • Each swim 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 the swim meet. • No towels, 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 seated in the elevated spectator bleachers (no standing or blocking aisles). • No camping in the hallway. • Parking is restricted to areas marked for the swim meet and areas directed to by facility staff. Obey all traffic signs and no parking in fire lanes.
DIRECTIONS:	<ul style="list-style-type: none"> • Freedom Aquatic and Fitness Center is located at 9100 Freedom Center Blvd., Manassas, VA 20110 on the Prince William campus of George Mason University. • From Interstate 95, take Route 234 North (exit 152) approximately 15 miles to University Boulevard (approximately 1 mile North of Route 28). Proceed ½ miles and follow signs into Freedom Aquatic and Fitness Center. • From Interstate 66, take Route 234 South (exit 44) Prince William Parkway. Proceed approximately 4 miles to University Boulevard. Turn left and follow directions in the preceding paragraph. • Directions are also available on the Virginia Swimming website www.virginiawimming.com
HOTELS:	<ul style="list-style-type: none"> • Hampton Inn, 7295 Williamson Blvd., Manassas, VA (703-369-1100) • Holiday Inn, 10424 Balls Ford Rd., Manassas, VA (571-292-5400) • Courtyard Marriott, 10701 Battleview Parkway, Manassas, VA 20109 (301-742-7255) • Residence Inn Marriott, 7345 Williamson Blvd., Manassas, VA 20109 (703-330-8808 ext. 415) • Red Roof Inn, 10610 Automotive Dr., Manassas, VA 20109 (703-335-9338)

**2016 FALL AQUA-FEST
ORDER OF EVENTS**

Saturday, October 29, 2016

Morning Session #1 Warm-up: 7:00a.m.; Start: 8:10a.m.			Afternoon Session #3 Warm-up: no earlier than 11:15a.m.; Start: no earlier than 12:40p.m.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 50Y Freestyle	2	29	11-12 100Y Freestyle	30
3	8 & U 25Y Freestyle	4	31	13 & O 100Y Freestyle	32
5	9-10 100Y Butterfly	6	33	11-12 50Y Butterfly	34
7	8 & U 50Y Butterfly	8	35	13 & O 200Y Butterfly	36
9	9-10 100Y IM	10	37	11-12 200Y IM	38
11	8 & U 100Y IM	12	39	13 & O 200Y IM	40
13	9-10 50Y Breaststroke	14	41	11-12 50Y Breaststroke	42
15	8 & U 25Y Breaststroke	16	43	13 & O 200Y Breaststroke	44
17	9-10 100Y Backstroke	18	45	11-12 100Y Backstroke	46
19	8 & U 50Y Backstroke	20	47	13 & O 100Y Backstroke	48
21	10 and U 200Y Freestyle	22	49	11-12 200Y Medley Relay	50
23	8 and U 100Y Medley Relay	24	51	13 & O 200Y Medley Relay	52
25	9-10 200Y Medley Relay	26			
Distance Session #2 Warm-up: Open 15 minutes immediately after a.m. session					
27		Open 500Y Freestyle		28	

Sunday, October 30, 2016

Morning Session #4 Warm-up: 7:00A.M.; Start: 8:10a.m.			Afternoon Session #6 Warm-up: no earlier than 11:15a.m.; Start: no earlier than 12:40p.m.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	9-10 100Y Freestyle	54	79	11-12 200Y Freestyle	80
55	8 & U 50Y Freestyle	56	81	13 & O 200Y Freestyle	82
57	9-10 50Y Butterfly	58	83	11-12 100Y Butterfly	84
59	8 & U 25Y Butterfly	60	85	13 & O 100Y Butterfly	86
61	9-10 200Y IM	62	87	11-12 100Y IM	88
63	8 & Under 50Y Breaststroke	64	89	13 & O 100Y Breaststroke	90
65	9-10 100Y Breaststroke	66	91	11-12 100Y Breaststroke	92
67	8 and U 25Y Backstroke	68	93	11 & O 200Y Backstroke	94
69	9-10 50Y Backstroke	70	95	11-12 50Y Backstroke	96
71	8 & U 100Y Freestyle	72	97	13 & O 50Y Freestyle	98
73	10 & U 200Y Free Relay	74	99	11-12 50Y Freestyle	100
75	8 & U 100 Free Relay	76	101	13 & O 200Y Free Relay	102
			103	11-12 200Y Free Relay	104
Distance Session #5 Warm-up: Open 15 min. immediately after a.m. session					
77		Open 400Y IM		78	

