



AMENDED
AREA 4 B/C CHAMPIONSHIP
February 18-20, 2005
SANCTION NO. VS-05-39



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-39
HOST CLUB:	Prince William Swim Club
LOCATION:	Chinn Aquatic Center, Woodbridge, Virginia
FACILITY:	25-yard pool, 8 lanes, non-turbulent lane lines, Colorado Timing System, warm-up, warm-down lanes available. Large gymnasium to house swimmers
MEET DIRECTOR:	Denise Neuhaus Phone: (703) 680-1007 Email: dneuhaus5@comcast.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Area 4. Teams in Area 4 are: BASS, FAST, PWSC, QDD, QS, RAYS, TSU, VAST and WST.• All swimmers participating in this meet must be registered by the first day of the meet.• No on-deck registration will be permitted.• 8 & Younger swimmers may participate regardless of classification in 8 & younger events.• 8 & Younger swimmers entered in 10 and younger events may not have a 10&U “BB” or faster time in the event entered.• 9 and older swimmers may compete in any event and relay strokes in which they have a “B” or “C” Time.• Swimmers 15 and older will use the 15-16 “B” and “C” time standards for qualification into this meet.• 10, 12, & 14 year old swimmers aging up between February 18 and February 25, 2005 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, 12, & 14 year old swimmer who does not qualify in their new age group at the Regional A/BB Championship 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.• 2005-2008 NAG top 16 based time standards will be used for this meet.• Age on February 18, 2005 will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">• All 10 & Younger swimmers will swim on Saturday and Sunday morning.• All 11 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.• General Meeting will be held at 8:00 a.m., Saturday in the hallway outside the Lifeguard Room.• Morning sessions: Warm-ups from 6:40-8:00 a.m., (Four 20 minute sessions; competition starts at 8:30 a.m. on Saturday. Meet starts at 8:15 on Sunday.)• Afternoon sessions: Warm-ups from 11:45-1:25 p.m.; competition starts at 1:45 p.m.• Friday distance session: General warm-up from 5:00-5:45 p.m. Competition starts at 6:00 p.m.• Sunday distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session, with the 1650 freestyle competition starting 5 minutes thereafter. The approximate start time for the distance sessions will be posted on the PWSC website (www.pwcweb.com/pwsc) no later than Wednesday, February 15 and will also be emailed to the contact person of the participating clubs. The distance session will start no earlier than the estimated times.• Lane assignment and warm-up times for individual clubs will be posted on the PWSC website

	<p>no later than Wednesday, February 15 and will also be emailed to the contact person of the participating clubs.</p> <ul style="list-style-type: none"> 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 8, 2005.</p> <ul style="list-style-type: none"> Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website. www.virginiaswimming.org 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 which is available at VSI website. This summary sheet containing the name of the team contact must accompany entries regardless of how they are submitted. Non-conforming times will be converted to Short Course Yards times prior to seeding. 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 or approved competition. No Time (NT) entries will not be accepted. If a swimmer does not have a time of record the swimmer must be entered with a CT. Swimmers may enter a maximum of <i>3 individual events</i> and <i>1 relay event</i> 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. 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; actions that may require reseeding. Email entries to: hayesj_r@prodigy.net Mail entries to: Jerry Hayes 14751 Danville Road Woodbridge, Virginia 22193 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.
FEES:	<p>Individual events: \$3.80 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: PWSC. Payment must be received by Tuesday, February 14 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> Individual events will be awarded medals will be awarded for first through fourth place and ribbons will be awarded for fifth through eighth place. 8 & Younger events will be given separate awards for 8 year olds and 7 & Younger age groups. 13 & Older events will be given separate awards for 13-14 and 15 & older age groups. Separate awards for 11-12 and 10 and Younger swimmers will be given to qualifying swimmers in the 12 & Younger 500 Freestyle event. 11 & Older events will be given separate awards for 11-12, 13-14 and 15 & older age groups. Heat winner ribbons will be awarded for all individual events for 10 & Younger swimmers. Relay events will be awarded ribbons for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events, except events 1, 2, 3, 4, 5, 6, 27, 28, 107, 108 will be pre-seeded. 8 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be brought to the blocks from there (optional). Swimmers in the afternoon sessions should report directly to the blocks for their events. Events 1, 2, 3, 4 (500 Free), 5, 6 (400 IM), 27, 28 (10 & Y 200 Free), 107, & 108 (1650 Free) will require a positive check-in to swim. Positive check-in will close at 5:30 p.m. on Friday for events 1 through 6, 9:00 a.m. on Saturday for events 27 & 28 and 4:00 p.m. on Sunday for events 107 & 108.

	<ul style="list-style-type: none"> • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events 107 & 108 will be swum fastest to slowest and alternating heats of girls and boys. • Late entries will be accepted. 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 in addition to the regular entry fee for any entry received after the entry deadline. 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.
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 2004 USA Swimming Rules and Regulations will apply. • 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 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: Jerry Hayes, Email: hayesj_r@prodigy.net Phone: (703) 670-9460</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, as well as the names and session availability of trainees to Mark Owens, mowens@bgcc.com, 703/590-7709 no later than Wednesday, February 15. • Officials will meet in the Hospitality Room off the pool deck. Friday meeting time will be 5:00 p.m.; Saturday & Sunday morning at 7:15 a.m.; Saturday & Sunday afternoon at 1 p.m. (approx).
SAFETY:	<p>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. There will be no jumping or diving into the pool (either main pool or warmup/warmdown lanes). Marshals will enforce slide-in pool entry. Warmup sprint lanes are still authorized.</p>
TIMERS:	<p>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 no later than Wednesday, February 15, and will also be emailed to the contact person of each of the individual clubs. These assignments will also be posted throughout the venue. The name(s) and telephone numbers/email addresses of a Timer Coordinator from each club, per session, must be submitted with entries on the enclosed form. It is the responsibility of the club Timer Coordinator to ensure that timers from their club are present when required and that reliefs are arranged ahead of time. Timer Coordinators must check in with Meet Director Denise Neuhaus or Skip Gaskill prior to each session.</p>
CLERK OF COURSE	<p>Swimmers in the morning sessions will report to the Clerk of Course located in gymnasium when their event is called. Swimmers in the evening and afternoon sessions will report to the block when their event is called. Events will only be called in the gym.</p>
GENERAL:	<ul style="list-style-type: none"> • Complimentary lunch and snacks will be served for coaches, deck officials, Timing Judges, Recorders, Clerk of Course, Marshals, Chief Timers and CTS Operators. A concession stand will be available for swimmers and spectators. • Results will be posted in the hallway outside the gym. • Complimentary heat sheets will be provided for officials and coaches. These heat sheets can be obtained from the Clerk of Course. Heat sheets will be sold to spectators for \$5.00 each and will be available in the Concession area.

FACILITY RULES:	<ul style="list-style-type: none"> • No other activities will be taking place at the Chinn Aquatics & Fitness Center on Saturday and Sunday, except for this swim meet. For the Friday evening session, swimmers will be restricted to the natatorium. • No food, coolers or glass containers are permitted in the natatorium. Food permitted in the gym, concession area, spectator seating area and hospitality room. Drinks allowed on pool deck for officials and coaches only. No eating in hallways. • No wet swimmers/bathing suits allowed upstairs—all swimmers must dry off. • Only swimmers, officials, coaches and Chinn staff allowed on the pool deck. • No horseplay in the warmup/warmdown lanes or in locker rooms. • Nobody is allowed on any of the fitness machines/equipment. • Entrance and exit doors must remain unblocked. • Saunas in locker rooms will be closed. • Leisure pool and both whirlpool tubs will be closed. • If the fire alarm sounds, all persons in the center must evacuate immediately via the nearest emergency exit.
DIRECTIONS:	<ul style="list-style-type: none"> • From north and south of Prince William County: Proceed on IH 95 South/North to exit 158B Manassas. Exit onto Prince William Parkway. Proceed on the parkway and take the first right hand turn after the Sheetz Gas station. This will take you into the Chinn Center complex. • From Manassas: Proceed south on Route 234 approximately five miles from IH-66. Turn left from Route 234 to the Prince William Parkway. When you come to the intersection of the Parkway and Old Bridge Road, continue straight on Old Bridge Road and take the first right hand turn. The Chinn Aquatic Center is located one block straight ahead. • Parking will be at a premium so please follow the instructions of the attendants.
HOTELS:	<ul style="list-style-type: none"> • Best Western, Potomac Mills, IH-95, Exit 156B, 703/494-4433 • Holiday Inn Express, 14030 Telegraph Road, Woodbridge, VA 703/576-1600 IH-95, Exit 158B, (Manassas), • Courtyard Marriott, 14300 Crossing Pl., Woodbridge, VA 22192, 1-800-423-7846 IH-95, Exit 158B, (Manassas) • Super 8, Dumfries, IH-95, Exit 152 East, 703/221-8838 • Fairfield Inn, Prince William Parkway, IH-95 Exit 158 (Manassas), 703/497-4000 • Sleep Inn, Prince William Parkway, IH-95, Exit 158 (Manassas), 703/580-9200 • Wytestone Suites of Potomac Mills, IH-95, Exit 156-B, 703/490-4100

Order of Events:

Friday, February 18, 2005

Warm-ups: 5:00-5:45 pm

Girls	Events	Boys
1	13 & older 500 freestyle	2
3	12 and younger 500 freestyle	4
5	13 & older 400 IM	6

Saturday, February 19, 2005

Warm-ups: 6:40-8:00 am (AM Session) & 11:45-1:25 pm (PM Session)

AM Session

Girls	Events	Boys
7	9 - 10 50 Freestyle	8
9	8 & Younger 25 Freestyle	10
11	9 - 10 100 Butterfly	12
13	8 & Younger 50 Butterfly	14
15	9 - 10 100 IM	16
17	8 & Younger 100 IM	18
19	9 - 10 50 Breaststroke	20
21	8 & Younger 25 Breaststroke	22
23	9 - 10 100 Backstroke	24
25	8 & Younger 50 Backstroke	26
27	10 & Younger 200 Freestyle	28
29	8 & Younger 100 Free Relay	30
31	9 - 10 200 Free Relay	32

PM Session

Girls	Events	Boys
33	11 - 12 100 Freestyle	34
35	13 & older 100 Freestyle	36
37	11 - 12 50 Butterfly	38
39	11 & older 200 Butterfly	40
41	11 - 12 200 IM	42
43	13 & older 200 IM	44
45	11 - 12 50 Breaststroke	46
47	11 & older 200 Breaststroke	48
49	11 - 12 100 Backstroke	50
51	13 & older 100 Backstroke	52
53	11 - 12 200 Free Relay	54
55	13 & older 200 Free Relay	56

Sunday, February 20, 2005

Warm-ups: 6:40-8:00 am (AM Session) & 11:45-1:25 pm (PM Session)

AM Session

Girls	Events	Boys
57	9 - 10 100 Freestyle	58
59	8 & Younger 50 Freestyle	60
61	9 - 10 50 Butterfly	62
63	8 & Younger 25 Butterfly	64
65	9 - 10 200 IM	66
67	8 & Younger 50 Breaststroke	68
69	9 - 10 100 Breaststroke	70
71	8 & Younger 25 Backstroke	72
73	9 - 10 50 Backstroke	74
75	8 & Younger 100 Freestyle	76
77	9 - 10 200 Medley Relay	78
79	8 & Younger 100 Med. Relay	80

PM Session

Girls	Events	Boys
81	11 - 12 200 Freestyle	82
83	13 & older 200 Freestyle	84
85	11 - 12 100 Butterfly	86
87	13 & older 100 Butterfly	88
89	11 - 12 100 IM	90
91	13 & older 100 Breaststroke	92
93	11 - 12 100 Breaststroke	94
95	11 & older 200 Backstroke	96
97	11 - 12 50 Backstroke	98
99	13 & older 50 Freestyle	100
101	11 - 12 50 Freestyle	102
103	13 & older 200 Medley Relay	104
105	11 - 12 200 Medley Relay	106
	15-Minute Break	
107	13 & older 1650 Freestyle	108