



Burkwood Aquatic Club
Distance Meet
November 6-7, 2004
SANCTION NO. VS-05-10



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-10
LOCATION:	Burkwood Swim and Racquet Club 9120 Burkwood Club Drive, Mechanicsville, VA 23116 804-730-4076 (BAC office) 804-730-2472 (number to call the day of the meet)
FACILITY:	8 lane 25 yard indoor pool with non-turbulent lane lines. Bleacher seating available for all participants and spectators. Colorado timing system will be in use. A separate 8 lane 25 meter pool will be used for continuous warm-up and warm-down.
MEET DIRECTOR:	Dodge Havens Email: dodgehavens@hotmail.com Phone: 804-730-4076
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Area 2. Teams in Area 2 are: BAC, DC, NOVA, PSDN, RACE, SQST, TRAC, and VACS• USA Swimming/VSI registered swimmers from outside of Area 2 may be accepted on space available consideration after Area 2 entries have been received.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 2005-2008 NAG top 16 based times are in effect.• Age on November 6, 2004 will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">• Two events will be offered in each of the three sessions.• Swimmers may participate in one event per session for a maximum of three events for the entire meet.• All events will be timed finals.• Morning sessions: Warm-ups at 6:45-7:45 am; competition starts at 8:00 am.• Afternoon sessions: Warm-ups no earlier than 1:00-1:45 pm. Competition starts no earlier than 2:00 pm.• General warm-up from 6:45-7:30 am for the morning sessions and 1:00-1:30 pm in the afternoon sessions.• The last 15 minutes of each warm-up will have lanes 1, 2, & 8 designated for pace lanes, and lane 7 designated a start/sprint lane.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, OCTOBER 26, 2004. <ul style="list-style-type: none">• Entries from Area 2 teams will have priority acceptance until October 24, 2004.• Entries will be accepted on a first come, first served basis.• 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 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 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.• Non-conforming times will be converted to short course yard 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.• Swimmers may enter a maximum of one event per session and three for the entire meet.• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too

	<p>lengthy a session. This may include combining heats and events, which actions may require reseeding.</p> <ul style="list-style-type: none"> • Email entries to: coachmassey@hotmail.com • Mail entries to: Burkwood Aquatic Club, P.O. Box 1886, Mechanicsville, VA 23116 • 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: \$5.00 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: “Burkwood Aquatic Club” or “BAC”. • Payment must be received by November 3, 2004 for email entries. • Mailed entries must have payment included.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals will be awarded for 1st-8th place. Ribbons will be awarded for 9th-16th place. • Separate awards will be given for 11-12, 13-14, and 15-18 age categories • Plaques will be awarded to the top two finishers in each age category and gender that swims in all three events and scores the lowest overall combined time.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. • Swimmers should report directly to the blocks for their events. • Positive check in is not required for this meet. However, failure to show up for an event will disqualify the swimmer from swimming their next scheduled event. • All events will be swum fastest to slowest. Girls will swim first and then boys. • 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 Manager thirty minutes prior to the start of competition.
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 in use. • 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: Bob Griffin, rig310@comcast.net, 804-744-6944 (H).</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 George Smith at gsmith@asmva.com no later than Oct 28, 2004. • There will be an officials meeting at 7:30 am on Saturday and Sunday mornings and no earlier than 1:15 pm on Saturday afternoon.
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.</p>
TIMERS:	<p>Clubs and swimmers are expected to provide their own timers and individuals to count laps.</p>
GENERAL:	<ul style="list-style-type: none"> • BAC will operate a concessions stand for swimmers and spectators. • A separate hospitality room will be available for officials and coaches.

	<ul style="list-style-type: none"> Heat sheets will be available for \$1.00 and will include all three sessions.
FACILITY RULES:	Participants at the meet are reminded that the swim pool is part of a larger athletic complex that is Burkwood Swim and Racquet Club. Everyone is asked to please refrain from entering other parts of the club that is reserved for members only. Those participating in the swim meet are limited to the pool area, the locker rooms, and the warm-up pool located a short three minute walk away. Thank you for your attention to this matter.
DIRECTIONS:	Go to www.bacswim.com and click on the icon for Map point to get specific directions. Pool is located just off of Route 301 just north of 295 (exit 41A). From I-295 take the 41A exit (301 North) towards Hanover. Third stoplight make a right onto Shady Grove. 1 st stoplight make a left onto Studley Road. Studley Road veers off to the right. Burkwood Club Drive will be the first right just after the church.
PARKING:	DO NOT PARK DIRECTLY IN FRONT OF THE BUILDING. Instead, park either on the left side of the building (this is where the entrance to the meet is located) or park in the general parking lot located on your right as you come down Burkwood Club Drive.

ORDER OF EVENTS

SATURDAY MORNING

1	11&OVER 1000 FREE	
	12&OVER 1650 FREE	2

SATURDAY AFTERNOON

3	12&UNDER 500 FREE	4
5	11&OVER 400 IM	6

SUNDAY MORNING

7	12&OVER 1650 FREE	
	11&OVER 1000 FREE	8