| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-08 |
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| LOCATION: | Gator Aquatic Center, Roanoke, Virginia Telephone number: (540) 982-7665 (pool) |
| FACILITY: | 25 yard pool, 8 lanes, Non-turbulent lane lines. Colorado Timing System |
| MEET DIRECTOR: | Mr. Doug Fonder Email: rvsigator@aol.com Phone: (540) 774-0062 |
| ELIGIBILITY: | - Open to all USA Swimming/VSI registered swimmers in Area 3 and other invited USA Swimming Teams. Teams in Area 3 are: BSF, CCA, CYAC, GATR, HA, HMCH, LASO, LY, RATS, RSTC, SCAT, SMAC, SVFY, \& SWAT. <br> - All swimmers participating in this meet must be registered prior to the first day of the meet. <br> - No on deck registration will be permitted. <br> - Age on October 30, 2004 will determine age for the entire meet. |
| FORMAT: | - All 6\&U, 7\&8, 13-14, and senior swimmers will swim in morning sessions. <br> - All 10-12 year old swimmers will in afternoon sessions. <br> - All events will be timed finals. <br> - Morning sessions: Warm-ups at 8:00-8:50 am; competition starts at 9:00 am. <br> - Afternoon sessions: Warm-ups at 1:00-1:50 pm; competition starts at 2:00 pm. <br> - Lane assignment and warm-up times for individual clubs will be posted on the Virginia Gators website (www.virginiagators.org) no later than October 27, 2004, and will also be emailed to the contact person of the participating clubs. Warm-up schedule will be posted throughout the venue. <br> - 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 WEDNESDAY, OCTOBER 20, 2004 <br> - 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. <br> - Teams may submit entries as an e-mail attachment (preferred) or on a $31 / 2^{\prime \prime}$ computer disk. <br> - 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. <br> - Coaches Times (CT) and No Times (NT) 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. <br> - Swimmers may enter a maximum of 4 individual events and1 relay event per day. <br> - Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. <br> - Entries will be processed in the order received. This meet will be limited to 525 swimmers. <br> - 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. <br> - Email entries to: mcgeathm@aol.com <br> - Mail entries to: Michaele McGeath <br> PO Box 4646 <br> Roanoke, VA 24015 <br> Phone: (540) 345-7987 <br> - 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: | Individual events: \$2.00 <br> Relay events: $\$ 8.00$ <br> Swimmer surcharge: $\$ 2.00$ per person (entered in the meet in any capacity) <br> - Checks should be made payable to: Virginia Gator Swimming. <br> - Payment must be received by October 27, 2004 for email entries. All mailed entries must have the payment included with the entries. |
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| AWARDS: | - Individual events: Ribbons will be awarded for first through eighth place <br> - Age groups for awards are: 6 \& Under, 7-8, 9-10, 11-12, 13-14 and Seniors. <br> - 12 \& Younger events will be given separate awards for 9-10 and 11-12 age groups. <br> - Heat winner ribbons will be awarded for all 6 \& $U$, and $7-8$ individual events. <br> - Relay events: Ribbons will be awarded for first through third place. |
| SEEDING: | - All events, except $12 \& U 500$ Free $(63,64)$ and the Senior 1650 Free $(103,104)$ will be pre-seeded. <br> - Swimmers in the morning sessions must report to the Clerk of Course from where they will be brought to the blocks. <br> - Swimmers in the afternoon sessions should report directly to the blocks for their events. <br> - Events 63, 64, 103, \& 104 will require a positive check-in to swim. <br> - Positive check-in will close at the end of each session's warm-up on the days of the 500 free \& 1650 free. <br> - SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. <br> - Events 105 \& 106 will be swum fastest to slowest and alternating heats of girls and boys. <br> - 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 Clerk-of-Course on the provided forms. |
| PENALTIES: | Penalties for entries using fraudulent and/or non-verifiable entry times: <br> - Swimmer shall be disqualified from the event entered illegally and the event shall be rescored and awarded. <br> - 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. <br> - 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. <br> - 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: | - The 2004 USA Swimming Rules and Regulations will apply. <br> - 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. <br> - 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: | Meet Referee: Greg Ryder, <br> Email: spyder27@juno.com <br> Phone: (540) 951-1080 <br> - Officials at all positions will be required for this meet. <br> - Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Greg Ryder no later than October 20, 2004. <br> - Officials meeting will be 8:15 am and $1: 15 \mathrm{pm}$ each day |
| SAFETY: | 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. |
| TIMERS: | - 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 Virginia Gators website (www.virginiagators.org) no later than October 27, 2004, and will also be emailed to the contact person of each of the individual clubs. <br> - The name(s) and telephone number(s) of a Timer Coordinator for each session must be submitted with your entries. Timer Coordinators must check in with the Meet Director prior to each session. <br> - Timer assignments will be posted throughout the facility |
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| GENERAL: | - Complimentary lunch will be served for coaches, referees, starters, stroke \& turn judges, timing judges, clerk of course, CTS operators and recorder. <br> - A concession stand will be available for swimmers and spectators. <br> - No other major activities will be taking place at the Gator Aquatic Center on October 30-31 except this swim meet. <br> - WHEN NOT COMPETING, SWIMMERS SHOULD STAY ON DECK OR IN THE TEAM ROOM. <br> - ENTER/EXIT THE POOL AREA VIA THE FRONT DOORS ONLY. <br> - RESULTS WILL BE POSTED ON THE WALL AT THE TURN END OF THE POOL. <br> - Complimentary heat sheets will be provided for officials and coaches. Heat sheets will also be sold for $\$ 6.00$ each. Additional copies of meet results will be available for $\$ 5.00$. Persons requesting this service must provide stamped, self-addressed envelopes. <br> - Meet information can be found at www.virginiagators.com |
| DIRECTIONS: | From all points North on I81: <br> Take I81 South to Roanoke I581 South/US 220 South, Exit 143. <br> Continue on I581 South to Colonial Ave Exit <br> Bear left onto Colonial Ave <br> Turn right onto Overland Rd SW <br> Turn Left into Gator Aquatic Center driveway <br> From all points South on I81: <br> Take I81 North to Roanoke I581 South/US 220 South, Exit 143. <br> Continue on I581 South to Colonial Ave Exit <br> Bear left onto Colonial Ave <br> Turn right onto Overland Rd SW <br> Turn Left into Gator Aquatic Center driveway <br> From all points South on US220: <br> Take US 220 North to Roanoke. <br> Continue on US220 North, take Wonju St Exit <br> Turn left onto Colonial Ave <br> Turn right onto Overland Rd SW <br> Turn Left into Gator Aquatic Center driveway <br> From all points East on US 460: <br> Take US460 West to Roanoke I581 South/US 220 South. <br> Continue on I581 South to Colonial Ave Exit <br> Bear left onto Colonial Ave <br> Turn right onto Overland Rd SW <br> Turn Left into Gator Aquatic Center driveway |
| HOTELS: | - Colony House Motor Lodge, 3560 Franklin Road, (540) 345-0411 <br> - Sleep Inn, 4045 Electric Road, (540) 772-1500 <br> - Holiday Inn, 4468 Starkey Road, (540) 774-4400 <br> - Hampton Inn, 3816 Franklin Road, (540) 989-4000 <br> - Wyndham, 2801 Hersberger Road, (540) 563-9300 <br> - Clarion/Roanoke Airport, 2727 Ferndale Drive, (540) 362-4500 |

## SATURDAY MORNING SESSION

Warm-ups: 8:00-8:50 p.m.
Meet begins at 9:00 p.m.

| WOMEN |  | EVENTS | MEN |
| :---: | :---: | :---: | :---: |
| 1 | 13-14 | 200 Individual Medley | 2 |
| 3 | Senior | 400 Individual Medley | 4 |
| 5 | 8-Under | 100 Individual Medley | 6 |
| 7 | 13-14 | 100 Butterfly | 8 |
| 9 | Senior | 200 Butterfly | 10 |
| 11 | 13-14 | 200 Back stroke | 12 |
| 13 | Senior | 100 Back stroke | 14 |
| 15 | 13-14 | 200 Freestyle | 16 |
| 17 | Senior | 200 Freestyle | 18 |
| 19 | 6-Under | 25 Breaststroke | 20 |
| 21 | 7-8 | 25 Breaststroke | 22 |
| 23 | 13-14 | 200 Breast stroke | 24 |
| 25 | Senior | 100 Breast stroke | 26 |
| 27 | 6-Under | 25 Freestyle | 28 |
| 29 | 7-8 | 25 Freestyle | 30 |
| 31 | 13-14 | 50 Freestyle | 32 |
| 33 | Senior | 50 Freestyle | 34 |
| 35 | 8-Under | 100 Medley Relay | 36 |
| 37 | 13-14 | 200 Medley Relay | 38 |
| 39 | Senior | 200 Medley Relay | 40 |

## SATURDAY AFTERNOON SESSION

Warm-ups: 1:00-1:50 p.m.
Meet begins at 2:00 p.m.

| GIRLS |  | EVENTS | BOYS |
| :---: | :---: | :---: | :---: |
| 41 | 11-12 | 100 Individual Medley | 42 |
| 43 | 9-10 | 100 Individual Medley | 44 |
| 45 | 11-12 | 100 Backstroke | 46 |
| 47 | 9-10 | 50 Backstroke | 48 |
| 49 | 11-12 | 50 Breaststroke | 50 |
| 51 | 9-10 | 100 Breaststroke | 52 |
| 53 | 11-12 | 100 Butterfly | 54 |
| 55 | 9-10 | 50 Butterfly | 56 |
| 57 | 11-12 | 100 Freestyle | 58 |
| 59 | 9-10 | 100 Freestyle | 60 |
| 61 | 11-12 | 200 Medley Relay | 62 |
| 63 | 9-10 | 200 Medley Relay | 64 |
| 65 | 12-Under | 500 Free | 66 |

## SUNDAY MORNING SESSION

| WOMEN |  | EVENTS | MEN |
| :---: | :---: | :---: | :---: |
| 67 | 13-14 | 400 Individual Medley | 68 |
| 69 | Senior | 200 Individual Medley | 70 |
| 71 | 13-14 | 200 Butterfly | 72 |
| 73 | Senior | 100 Butterfly | 74 |
| 75 | 6-Under | 25 Backstroke | 76 |
| 77 | 7-8 | 25 Backstroke | 78 |
| 79 | 13-14 | 100 Back stroke | 80 |
| 81 | Senior | 200 Back stroke | 82 |
| 83 | 6-Under | 25 Butterfly | 84 |
| 85 | 8-Under | 25 Butterfly | 86 |
| 87 | 13-14 | 100 Breaststroke | 88 |
| 89 | Senior | 200 Breaststroke | 90 |
| 91 | 6-Under | 50 Freestyle | 92 |
| 93 | 7-8 | 50 Freestyle | 94 |
| 95 | 13-14 | 100 Freestyle | 96 |
| 97 | Senior | 100 Freestyle | 98 |
| 99 | 8-Under | 100 Freestyle Relay | 100 |
| 101 | 13-14 | 200 Free Relay | 102 |
| 103 | Senior | 200 Free Relay | 104 |
| 105 | Senior | 1650 Freestyle | 106 |

## SUNDAY AFTERNOON SESSION

Warm-ups: 1:00-1:50 p.m.
Meet begins at 2:00 p.m.

GIRLS
107
109
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11-12
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EVENTS
200 Freestyle
BOYS

200 Freestyle 110
50 Butterfly 112
100 Butterfly 114
100 Breaststroke 116
50 Breaststroke 118
50 Backstroke 120
100 Backstroke 122
50 Freestyle 124
50 Freestyle 126
200 Individual Medley 128
200 Individual Medley 130
200 Freestyle Relay 132
200 Freestyle Relay 134

