



**5<sup>TH</sup> ANNUAL JEFF ROUSE  
OPEN INVITATIONAL SWIM MEET  
May 7-8, 2005  
SANCTION NO. VS-05-51**

Hosted by:  
**QDD**  
Swim Team

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-05-51</b>
<b>LOCATION:</b>	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
<b>FACILITY:</b>	Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; The pool will be configured to conduct competition in 10-lanes except as noted.
<b>MEET DIRECTOR:</b>	Karen Harrison Phone: (703) 369-7669 Email: <a href="mailto:thebigmahmuh@aol.com">thebigmahmuh@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers</li><li>• Age on May 7, 2005 will determine the swimmer's age for the meet</li><li>• All swimmers participating in this meet must be registered with USA Swimming and their LSC by the first day of the meet.</li><li>• No on deck registration will be permitted.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 12 &amp; Younger swimmers will swim on Saturday and Sunday morning.</li><li>• All 13 &amp; Older swimmers will swim on Saturday and Sunday afternoon.</li><li>• All events will be timed finals.</li><li>• Morning sessions: Warm-ups at 6:30, competition starts at 8:10.</li><li>• Afternoon sessions: Warm-ups at 12:00, competition starts at 1:40.</li><li>• Distance sessions: Warm-ups at 5:00, competition starts at 5:45. The approximate start time for the distance sessions will be posted on the QDD Swim Team website no later than May 5th, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the QDD website no later than May 3rd, and will also be emailed to the contact person of the participating clubs.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES FOR VSI TEAMS IS 6:00 PM, WEDNESDAY, APRIL 27, 2005</b></p> <ul style="list-style-type: none"><li>• <b>Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, April 28, 2005, if space is available after VSI entries have been accepted.</b></li><li>• Entries must be submitted in <b>LC Meter</b> times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li><li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>• 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.</li><li>• 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.</li><li>• <b>No Time (NT) entries will not be accepted.</b></li><li>• <b>Swimmers may enter a maximum of 3 individual events per session and 4 individual events per day.</b> If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</li><li>• Entries will be processed in the order received. This meet will be limited to a total of 750 Swimmers.</li></ul>

	<ul style="list-style-type: none"> <li>○ Sessions #1 #2, #4 and #5 (SAT &amp; SUN Mornings and Afternoons) are limited to a maximum of 350 swimmers per session.</li> <li>○ Entries in events #49 &amp; #50 (11&amp;O 1500m Free) are limited to a maximum of 3 hours.</li> <li>○ Entry into events #49 &amp; #50 is limited to those swimmers who have a time of record equal to BB or faster time in the 200 Free, for their current age group.</li> <li>● 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.</li> <li>● Email entries to: <a href="mailto:QDDswim@erols.com">QDDswim@erols.com</a></li> <li>● Send entries to: Bill Shaw 9446 Taney Road Manassas VA 20110</li> <li>● 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.</li> <li>● Refunds will be made to anyone cut from an event by the Meet Director, because of a need to limit competition.</li> <li>● <b>Late entries will be accepted.</b> 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. Additional heats will not be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$4.10 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>● <b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</li> <li>● Checks should be made payable to: <b>QDD Swim Team, Inc.</b></li> <li>● Payment must be received by Tuesday, May 3, 2005 for email entries. Payment must be included with all mailed entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>● Individual events: Ribbons will be awarded for first through 8<sup>th</sup> Place.</li> <li>● 11 &amp; Older events will be given separate awards for 11-12, 13-14, and 15 &amp; Older age groups.</li> <li>● 10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>● All events, except events 45, 46, 47, 48 (400 IM), 49, 50 (1500 Free), 73, 74, 93, 94, 95, &amp; 96 (400 Free) will be pre-seeded</li> <li>● <b>Positive check-in is required for all events 400m and longer.</b> <ul style="list-style-type: none"> <li>○ Session #2: <b>By 1:00 pm SAT</b>, May 7<sup>th</sup> for #45, #46, #47, #48.</li> <li>○ Session #3: <b>Due 10 minutes</b> after SAT evening warm-up begins, for #49 &amp; #50.</li> <li>○ Session #4: <b>by 9:00 am SUN</b>, May 8<sup>th</sup> for #73 &amp; #74.</li> <li>○ Session #5: <b>By 1:00 pm SUN</b>, May 8<sup>th</sup> for #95, #96, #97, #98.</li> <li>○ Coaches' packets will contain the check-in reports for each event (listed above). Coaches are required to update the check-in reports for each session and return the reports to the Clerk of Course by the above deadlines.</li> </ul> </li> <li>● <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT</b></li> <li>● Events 49, 50 (1500 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.</li> <li>● Competition will be conducted in 9 lanes for events #49 &amp; #50, leaving ONE lane open for continuous warm-up &amp; cool-down.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>● <b>Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>● <b>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.</b></li> <li>● <b>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.</b></li> </ul>

	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The 2004 USA Swimming Rules and Regulations will apply.</li> <li>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.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Debbie Moseley</b>  <b>Email: <a href="mailto:DBMoseley@aol.com">DBMoseley@aol.com</a></b>  <b>Phone: (703) 791-3201</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required for this meet.</li> <li>Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Steve Swanson, Email: <a href="mailto:swanson01@comcast.net">swanson01@comcast.net</a> or Phone: (703) 680-6015 by April 25th.</li> <li>Officials will meet in Hospitality 45 minutes before the start of every session</li> </ul>
<b>SAFETY:</b>	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.
<b>TIMERS:</b>	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 <a href="http://www.pwcweb.com/gddsims">www.pwcweb.com/gddsims</a> no later than May 3rd, and will also be emailed to the contact person of each of the individual clubs.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat sheets will be sold for \$5.</li> <li>A Hospitality Suite will be available (refreshments &amp; lunch) for USS officials &amp; coaches.</li> <li>Concessions snack bar and PRO SHOP will be available.</li> <li>Refreshments, lunch and evening snacks will be provided for USS officials &amp; coaches</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Each club is responsible for supervising the conduct of their swimmers.</li> <li>Swimmers are not permitted in any room of the buildings not directly associated with this swim meet.</li> <li>No towels or suits etc. are to be hung on or around the lifeguard stands.</li> <li>Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the hallway.</li> <li>Contact the Freedom Center Staff, (703) 993-8444, to request group rate use of the entire facility for your non swimming children/adults (\$3/person)</li> <li>No cars are to be left in the fire lanes.</li> </ul>

**HOTELS:**

**Our Host Hotel is the Marriott Courtyard (At I-66 exit #47)**

**Marriott Hotels of Northern Virginia are proud to be a sponsor of QDD Swim Team. Our three hotels are all easy to get to and from Freedom Aquatics Center. All surrounded by shopping and delicious restaurants to choose from! We value the business you bring to us and we are offering discounted rates to those visiting Freedom Aquatics Center at the participating hotels!**

**When you stay at Marriott you will have a restful nights sleep in order to be in your best condition for your swimming tournament. You will also be able to start your day off right with our delicious breakfasts served daily! Our exceptional customer service will exceed your expectations. Come on! We're waiting for you!**

**Participating Hotels**

**Courtyard Manassas 703-335-1300**

**Springhill Suites Centreville 703-815-7800**

**Fairfield Inn Manassas 703-393-9966**

**Rates range from \$60-\$90 a night on weekends  
based upon availability**

**All rates do not include taxes and are based on availability.**

**Do you have a group coming in? Contact Chris Gachko at 703-318-6201 or email at**

**[christopher.gachko@marriott.com](mailto:christopher.gachko@marriott.com)**

**for additional hotel discounts**

**Please visit Marriott's customized website for the Freedom Aquatics Center!**

**<http://stayatmarriott.com/FreedomAquatics>**

**Courtyard by Marriott (5.5 miles to pool)**

**10701 Battleview Pkwy**

**(703) 335-1300**

Best Western Battlefield (5 miles to pool) (123 rooms open to exterior)

10820 Balls Ford Rd

(703) 361-8000

Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway)

7350 Williamson Blvd

(703) 686-1100

Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway)

10810 Battleview Pkwy

(703) 393-9797

Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway)

6950 NOVA Way

(703) 393-9966

Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway)

7295 Williamson Blvd

(703) 369-1100

Holiday Inn (5.3 miles to pool) (158 rooms open to interior hallway)

10800 Vandor Ln

(703) 335-0000

**ORDER OF EVENTS: Highlighted rows indicate positive CHECK-IN required**

<u>Session #1</u> Saturday Morning, May 7th			<u>Session #4</u> Sunday Morning, May 8th		
Girls	Event Name	Boys	Girls	Event Name	Boys
1	11/12 100m Fly	2	51	11/12 100m Back	52
3	10&Y 100m Fly	4	53	10&Y 100m Back	54
5	11/12 200m Breast	6	55	11/12 200m Fly	56
7	10&Y 50m Back	8	57	10&Y 50m Free	58
9	11/12 50m Back	10	59	11/12 50m Free	60
11	10&Y 100m Free	12	61	10&Y 100m Breast	62
13	11/12 100m Free	14	63	11/12 100m Breast	64
15	10&Y 50m Breast	16	65	10&Y 50m Fly	66
17	11/12 50m Breast	18	67	11/12 50m Fly	68
19	11/12 200m Back	20	69	10&Y 200m IM	70
21	10&Y 200m Free	22	71	11/12 200m IM	72
23	11/12 200m Free	24	73	11/12 400m Free	74

<u>Session #2</u> Saturday Afternoon, May 7th			<u>Session #5</u> Sunday Afternoon, May 8th		
Girls	Event Name	Boys	Girls	Event Name	Boys
25	13/14 50m Free	26	75	13/14 200m Back	76
27	15&O 50m Free	28	77	15&O 200m Back	78
29	13/14 200m Breast	30	79	13/14 100m Free	80
31	15&O 200m Breast	32	81	15&O 100m Free	82
33	13/14 100m Back	34	83	13/14 200m Fly	84
35	15&O 100m Back	36	85	15&O 200m Fly	86
37	13/14 200m Free	38	87	13/14 100m Breast	88
39	15&O 200m Free	40	89	15&O 100m Breast	90
41	13/14 100m Fly	42	91	13/14 200m IM	92
43	15&O 100m Fly	44	93	15&O 200m IM	94
45	13/14 400m IM	46	95	13/14 400m Free	96
47	15&O 400m IM	48	97	15&O 400m Free	98

<u>Session #3</u> Saturday Evening, May 7th		
Girls	Event Name	Boys
49	11&O 1500m Free	50