



Rappahannock Area YMCA Stingrays
Area 4 14&Y BB/B/C & 15-18 A/BB/B/C Meet
November 6-7, 2004
SANCTION NO. VS-05- 11



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-11
LOCATION:	Freedom Aquatic and Fitness Center in Manassas, VA Phone 703-993-8444.
FACILITY:	10-lane, 25 yard pool. Colorado Timing System will be utilized. Huge blacktopped parking area and spacious bleachers and hallway to accommodate participants and spectators.
MEET DIRECTOR:	Stu Weinstein Email: Sdw1957@aol.com Phone: (540) 891-1729
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Area 4. Teams in Area 4 are: BASS, DC, FAST, PWSC, QDD, RAYS, WST, VAST, QS, & TSU• All swimmers participating in this meet must be registered prior to the first day of the meet.• No on deck registration will be permitted.• Swimmers 14 & Younger may compete in any event and relay strokes in which they have a "BB", "B", or "C" Time.• 15-18 year old swimmers may compete in any event and relay strokes in which they have an "A or higher", "BB", "B", or "C" Time.• 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">• All 13-18 year old swimmers will swim on Saturday and Sunday morning.• All 12 & Younger swimmers will swim on Saturday and Sunday afternoon.• 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-up times and session start times will be determined after all team entries have been received and timelines have been established.• Lane assignment and warm-up times for individual clubs will be posted on the our website, www.swimstingrays.org no later than Wednesday, November 3, 2004, and will also be emailed to the contact person of the participating clubs.• 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 27, 2004 <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 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) 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.• Swimmers may enter a maximum of 4 individual events and 1 relay event per day.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.• 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.

	<ul style="list-style-type: none"> Email entries to: pomerovbam@aol.com Mail entries to: Angela Pomeroy P O Box 674 Fredericksburg, VA 22404 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: \$3.10 Relay events: \$12.40 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: STINGRAYS Payment must be received by November 3, 2004 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through tenth place. 13-18 events will be given separate awards for 13-14 and 15-18 age groups. Relay events: Ribbons will be awarded for first through fifth place.
SEEDING:	<ul style="list-style-type: none"> All events 200 yards or less in length will be pre-seeded. Events 400 yards or greater will require a positive check-in to swim Swimmers should report directly to the blocks for their events. Positive check-in will close at the end of warm-ups for session in which the check-in event will be held. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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: Wally Hunt Email: hunt66@highstream.net Phone: (540) 834-0415</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 Wally Hunt no later than October 20, 2004. Officials meeting will be 45 minutes prior to the scheduled start time of each session
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 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 our website, www.swimstingrays.org no later than Wednesday, November 3, 2004, and will also be emailed to the contact person of each of the individual clubs.</p>
GENERAL:	<ul style="list-style-type: none"> Each club is responsible for supervising the conduct of its swimmers. Swimmers are not permitted in any room of the building not directly associated with the meet.

	<ul style="list-style-type: none">• Concessions with food and heat sheets will be provided.• Only swimmers, coaches and officials can be on deck. All spectators are required to be in the elevated bleachers or in the hallway.• Sports Fair will sale equipment and apparel at the meet.
DIRECTIONS:	Directions to the Freedom Center are posted on the RAYS website at www.swimstingrays.org
HOTELS:	All hotels listed below are within a six mile radius of the pool facility. <ul style="list-style-type: none">• Best Western Battlefield Inn (703) 361-8000• Courtyard Manassas (703) 335-1300• Hampton Inn Manassas (703) 369-1100• Fairfield Country Inn (703) 393-9797

SESSION I
SATURDAY AM, NOVEMBER 6, 2004

WOMEN'S #	EVENT	MEN'S #
1	13-14 200 Back	2
3	15-18 200 Back	4
5	13-14 200 Free	6
7	15-18 200 Free	8
9	13-14 100 Fly	10
11	15-18 100 Fly	12
13	13-14 200 Breast	14
15	15-18 200 Breast	16
17	13-14 50 Free	18
19	15-18 50 Free	20
21	13-14 200 IM	22
23	15-18 200 IM	24
25	13-14 200 Free Relay	26
27	15-18 200 Free Relay	28
29	13-18 1000 Free	30

SESSION II
SATURDAY PM, NOVEMBER 6, 2004

WOMEN'S #	EVENT	MEN'S #
31	10&U 200 Med. Relay	32
33	11-12 200 Med. Relay	34
35	10&U 200 Free	36
37	11-12 200 Free	38
39	10&U 50 Back	40
41	11-12 50 Back	42
43	10&U 100 IM	44
45	11-12 100 IM	46
47	10&U 50 Breast	48
49	11-12 50 Breast	50
51	10&U 100 Fly	52
53	11-12 100 Fly	54
55	10&U 50 Free	56
57	11-12 50 Free	58

SESSION III
SUNDAY AM, NOVEMBER 7, 2004

WOMEN'S #		EVENT	MEN'S #
59	13-14	100 Free	60
61	15-18	100 Free	62
63	13-14	200 Fly	64
65	15-18	200 Fly	66
67	13-14	100 Breast	68
69	15-18	100 Breast	70
71	13-14	500 Free	72
73	15-18	500 Free	74
75	13-14	100 Back	76
77	15-18	100 Back	78
79	13-14	200 Medley Relay	80
81	15-18	200 Medley Relay	82
83	13-18	400 IM	84

SESSION IV
SUNDAY PM, NOVEMBER 7, 2004

WOMEN'S #		EVENT	MEN'S #
85	10&U	200 Free Relay	86
87	11-12	200 Free Relay	88
89	10&U	200 IM	90
91	11-12	200 IM	92
93	10&U	100 Back	94
95	11-12	100 Back	96
97	10&U	100 Free	98
99	11-12	100 Free	100
101	10&U	50 Fly	102
103	11-12	50 Fly	104
105	10&U	100 Breast	106
107	11-12	100 Breast	108
109	10&U	500 Free	110
111	11-12	500 Free	112