



AMENDED
RAPPAHANNOCK AREA YMCA STINGRAYS
2005 LC A/BB/B/C Meet
June 4-5, 2005
SANCTION NO. VS-05-53



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-53
LOCATION:	Freedom Aquatic and Fitness Center, Manassas, VA; (703) 993-8444
FACILITY:	50 meters, 10 lanes, with non-turbulent lane lines, Colorado Timing System; indoor.
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.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• Age on June 4th will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">• All 12 & Younger swimmers will swim on Saturday and Sunday morning.• All 13 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.• Morning sessions: Warm-ups at 6:30; competition starts at 8:00.• Afternoon sessions: Warm-ups no earlier than 11:30. Information will be posted on the RAYS' website, www.swimstingrays.org, by Wednesday, June 1st.• Distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session, with the distance session competition starting 5 minutes thereafter. The approximate start time for the distance sessions will be posted on the RAYS' website by Wednesday, June 1st, 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 RAYS' website by Wednesday, June 1st, 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:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, MAY 25, 2005</p> <ul style="list-style-type: none">• Entries must be submitted in long course 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 (http://www.virginiawimming.org/Meets/Meet%20Hosting/Meet%20Hosting%20Information.htm) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• 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.• Swimmers may enter a maximum of three <i>individual events</i> per day.• Entries will be processed in the order received. This meet will be limited to a total of 750 Swimmers.• 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.• Email entries to: zcndj@peoplepc.com.• Mail entries to: John Karlovich, 102 Ivy Creek Lane, Fredericksburg, VA 22405• 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: \$4.10 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity) <ul style="list-style-type: none"> • Checks should be made payable to: STINGRAYS. • Payment must be received by May 25, 2005 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 & Older events will be given separate awards for 13-14 and 15 & Over age groups. • 9-12 events will be given separate awards for 9-10 and 11-12 age groups. • 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. • Heat winner ribbons will be awarded for all 10 & Younger individual events.
SEEDING:	<ul style="list-style-type: none"> • All events, except events 47, 48, 49, 50 (400 IM), 51, 52 (800 Free), 73, 74 (400 Free), 75, & 76 (400 IM) will be pre-seeded. Swimmers should report directly to the blocks for their events. • Events 47, 48, 49, 50, 51, 52, 73, 74, 75, & 76 will require a positive check-in to swim. • Positive check-in will close at the conclusion of that session's warm-ups. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times: <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 2005 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:	Meet Referee: Wally Hunt, Email: hunt66@highstream.net, Phone: (540) 834-0415 <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 May 18th. • There will be an officials' meeting approximately 45 minutes prior to the start of each session.
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 the RAYS' website no later than Wednesday, June 1st and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	Concessions with food and heat sheets will be provided. Sports Fair will sell equipment and apparel.
FACILITY RULES:	<ul style="list-style-type: none"> • Swimmers are not permitted in any room of the building not directly associated with the meet. • Only swimmers, coaches, and officials can be on deck. All spectators are required to be in the elevated bleachers or in the hallway. • Each club is responsible for conducting the conduct of its swimmers.
DIRECTIONS:	Directions to the Freedom Center are posted on the RAYS' website.
HOTELS:	Best Western Battlefield Inn (703) 361-8000 Courtyard Manassas (703) 335-1300 Hampton Inn Manassas (703) 369-1100 Fairfield Country Inn (703) 393-9797

ORDER OF EVENTS

SATURDAY AM SESSION

SATURDAY PM SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>		<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 50 Free	2		27	13-14 100 Breast	28
3	10 & U 100 Back	4		29	15 & O 100 Breast	30
5*	11-12 50 Back	6*	* Choose one of the events, not both	31	13-14 200 Free	32
7*	11-12 200 Back	8*		33	15 & O 200 Free	34
9	10 & U 50 Fly	10		35	13-14 100 Fly	36
11	11-12 100 Fly	12		37	15 & O 100 Fly	38
13	10 & U 200 IM	14		39	13-14 200 Back	40
15	11-12 200 IM	16		41	15 & O 200 Back	42
17	10 & U 100 Free	18		43	13-14 50 Free	44
19	11-12 200 Free	20		45	15 & O 50 Free	46
21	10 & U 50 Breast	22		47	13-14 400 IM	48
23	11-12 100 Breast	24		49	15 & O 400 IM	50
25	10 & U 200 Free	26				

SATURDAY EVENING SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
51	13 & O 800 Free	52

- All teams please bring your own LAP COUNTERS
- Must have at least a BB time in your age group

SUNDAY AM SESSION

SUNDAY PM SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>		<u>Girls</u>	<u>Event</u>	<u>Boys</u>
53*	11-12 50 Fly	54*	* Choose one of the events, not both	77	13-14 200 Fly	78
55*	11-12 200 Fly	56*		79	15 & O 200 Fly	80
57	10 & U 100 Fly	58		81	13-14 100 Back	82
59	11-12 100 Back	60		83	15 & O 100 Back	84
61	10 & U 50 Back	62		85	13-14 200 IM	86
63*	11-12 50 Breast	64*	* Choose one of the events, not both	87	15 & O 200 IM	88
65*	11-12 200 Breast	66*		89	13-14 400 Free	90
67	10 & U 100 Breast	68		91	15 & O 400 Free	92
69	11-12 100 Free	70		93	13-14 200 Breast	94
71	10 & U 50 Free	72		95	15 & O 200 Breast	96
73*	9-12 400 Free	74*	* Choose one of the events, not both	97	13-14 100 Free	98
75*	9-12 400 IM	76*		99	15 & O 100 Free	100