



AMENDED #2
VSI REGIONAL SUMMER AWARDS
July 15-17, 2005
SANCTION NO. VS-05-58

Hosted by:
QDD
Swim Team

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-58
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
FACILITY:	Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System;
MEET DIRECTOR:	Karen Harrison (morning sessions) Aimee Nuar (afternoon sessions) Phone: (703) 369-7669 Phone: Email: thebigmahmuh@aol.com Email: Alnuar@famlink.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers from the following teams: BASS, FAST, PWSC, QDD, QS, RAYS, TSU, VAST, WST, DC, RACE, NOVA, BSF, CCA, CYAC, GATR, HA, HMCH, LASO, LY, RATS, RTSC, SCAT, SMAC, SWAT, SVFY, UVA, VT, WSC.• The qualifying period for this meet is May 1, 2004 through July 15, 2005• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 14 and younger swimmers may compete in any event in which they have a time that is slower than the age group championship qualifying time.• 15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time.• Swimmers may not swim a relay in an event in which they possess an Age Group Championship (14 and younger) or Senior Championship (15&O) qualifying time.• Age on July 15, 2005 will determine age for the entire meet.• 10, 12, & 14 year old swimmers aging up between July 16 and July 28, 2005, with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none">○ Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event.○ Any 14 year swimmer who does not qualify for Senior Champs may enter the event○ 10, 12, & 14 year old swimmers aging up between championships will be seeded correctly by time, however will swim exhibition only, and will not be eligible to receive an award.
FORMAT:	<ul style="list-style-type: none">• All Events will be timed finals. 12 & Younger swimmers will swim in the morning sessions, 13 and older swimmers will swim in the afternoon sessions• Morning sessions: Warm-ups at 7:00-8:00 am; competition starts at 8:15 am.• Afternoon sessions: Warm-ups at 12:15-1:15 pm; competition starts at 1:30 pm.• 800 and 1500 freestyles:<ul style="list-style-type: none">○ The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the relay events, with the competition starting 5 minutes thereafter.○ The approximate start time for the distance sessions will be posted on the QDD website, www.pwcweb.com/qddsims, no later than Monday, July 11th, and will also be emailed to the contact person of the participating clubs.○ The distance sessions will start no earlier than the estimated times.• Lane assignment and warm-up times for individual clubs will be posted on the QDD website, www.pwcweb.com/qddsims, no later than Monday, July 11th, 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 TUESDAY, JULY 5, 2005. <ul style="list-style-type: none">• Entries must be submitted in Long Course Meter times using Hy-Tek Team Manager and

	<p>Commlink-2 software, or on a VSI master entry sheet.</p> <ul style="list-style-type: none"> 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 VSI meet summary sheet (available at VSI website, www.virginiasswimming.org) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Swimmers may enter a maximum of 9 individual events, no more than 3 per day. 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. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Teams may submit no more than three (3) relays per event. The Meet Director reserves the right to combine heats and events, which actions may require reseeding. Proof of entry times is required for individual and relay events. Entries must include a report showing the date and the meet each swimmer's entry times were achieved. Entries without proof of time will be considered incomplete and will not be processed. Incomplete entries not resolved prior to the meet entry deadline will be considered late entries and late fees will be charged accordingly. Additional proof of ENTRY time, if requested, must be provided to the Age Group Chairman within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed. Email entries to: QDDswim@erols.com Mail entries to: Bill Shaw 9446 Taney Road Manassas VA 20110 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. Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$5.50 Relay events: \$14.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> Checks should be made payable to: QDD Swim Team, Inc. Payment must be received by Monday July 11th for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> Individual events in the A/BB category will be awarded medals for first through fourth, and ribbons for fifth through eighth place. Individual events in the B/C category will be awarded ribbons for first through eighth place. The 800 and 1500 freestyles will be awarded as 13-14 and 15 & older. Relay events will be awarded ribbons for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events, except the 400, 800 and 1500 freestyles, and the 400 IMs will be pre-seeded. The above events will require a positive check-in to swim. Positive check-in will close at 1 pm Friday for events 45-48. Positive check-in will close at 9 am Saturday for events 65-66. Positive check-in will close at 1 pm Saturday for events 77-80 and events 93-94. Positive check-in will close at 9 am Sunday for events 113-114. Positive check-in will close at 1 pm Sunday for events 135-136. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM

	<p>THE EVENT.</p> <ul style="list-style-type: none"> Events 93, 94, 135 and 136 (800 and 1500 Freestyles) will be swum fastest to slowest and alternating heats of girls and boys.
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 2005 USA Swimming Rules and Regulations will apply. The overhead start procedure will be used for all sessions. 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: Debbie Moseley Email: DBMoseley@aol.com Phone: (703) 791-3201</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 Steve Swanson, Email: swanson01@comcast.net or Phone: (703) 680-6015 no later than July 4th. The following meetings will take place each prior to each session: <ul style="list-style-type: none"> Coaches' Meeting at 8:00 am (Friday only) Officials' Meeting at 7:30 am and 12:45 pm (each day) Timers' Meeting at 7:45 am and 1:00 pm (each day)
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 www.pwcweb.com/qddsims no later than July 11th, and will also be emailed to the contact person of each of the individual clubs.</p>
GENERAL:	<ul style="list-style-type: none"> Heat sheets will be sold for \$10. A Hospitality Suite will be available (refreshments & lunch) for USS officials & coaches. Concessions snack bar and PRO SHOP will be available. Refreshments, lunch and evening snacks will be provided for USS officials & coaches
FACILITY RULES:	<ul style="list-style-type: none"> Each club is responsible for supervising the conduct of their swimmers. Swimmers are not permitted in any room of the buildings not directly associated with this swim meet. No towels or suits etc. are to be hung on or around the lifeguard stands. 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. 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) No cars are to be left in the fire lanes.
DIRECTIONS:	<p>Directions to pool are: posted on the QDD website at: www.pwcweb.com/qddswim</p>

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

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

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Order of Events

<u>Girls</u>	<u>Friday Morning</u>	<u>Boys</u>	<u>Girls</u>	<u>Friday Afternoon</u>	<u>Boys</u>
1	11-12 50m Breast	2	29	13-14 100m Breast	30
3	9-10 50m Breast	4	31	15&O 100m Breast	32
5	8&Y 50m Breast	6	33	13-14 200m Free	34
7	11-12 200m Back	8	35	15&O 200m Free	36
9	8&Y 100m Free	10	37	13-14 100m Fly	38
11	9-10 100m Free	12	39	15&O 100m Fly	40
13	11-12 100m Free	14	41	13-14 200m IM	42
15	8&Y 50m Fly	16	43	15&O 200m IM	44
17	9-10 50m Fly	18	45	13-14 400m Free	46
19	11-12 50m Fly	20	47	15&O 400m Free	48
21	10&Y 200m IM	22	49	13-14 400m Medley Rel	50
23	11-12 200m IM	24	51	15&O 400m Medley Rel	52
25	10&Y 200m Free Relay	26			
27	11-12 200m Free Relay	28			

<u>Girls</u>	<u>Saturday Morning</u>	<u>Boys</u>	<u>Girls</u>	<u>Saturday Afternoon</u>	<u>Boys</u>
53	11-12 50m Back	54	73	13-14 50m Free	74
55	9-10 50m Back	56	75	15&O 50m Free	76
57	8&Y 50m Back	58	77	13-14 400m IM	78
59	11-12 200m Breast	60	79	15&O 400m IM	80
61	10&Y 100m Fly	62	81	13-14 100m Back	82
63	11-12 100m Fly	64	83	15&O 100m Back	84
65	10&Y 400m Free	66	85	13-14 200m Breast	86
67	11-12 200m Free	68	87	15&O 200m Breast	88
69	10&Y 200m Medley Rel	70	89	13-14 200m Free Relay	90
71	11-12 200m Medley Rel	72	91	15&O 200m Free Relay	92
			93	13&O 1500m Free (G)	
				13&O 800m Free (B)	94

<u>Girls</u>	<u>Sunday Morning</u>	<u>Boys</u>	<u>Girls</u>	<u>Sunday Afternoon</u>	<u>Boys</u>
95	11-12 50m Free	96	119	13-14 200m Fly	120
97	9-10 50m Free	98	121	15&O 200m Fly	122
99	8&Y 50m Free	100	123	13-14 100m Free	124
101	11-12 200m Fly	102	125	15&O 100m Free	126
103	10&Y 100m Back	104	127	13-14 200m Back	128
105	11-12 100m Back	106	129	15&O 200m Back	130
107	10&Y 100m Breast	108	131	13-14 400m Free Relay	132
109	11-12 100m Breast	110	133	15&O 400m Free Relay	134
111	10&Y 200m Free	112	135	13&O 800m Free (G)	
113	11-12 400m Free	114		13&O 1500m Free (B)	136
115	10&Y 400m Free Relay	116			
117	11-12 400m Free Relay	118			