



2005 COMMONWEALTH GAMES OF VIRGINIA
A/BB/B/C Meet
June 23-26, 2005
SANCTION NO. VS-05-55



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-55
HOST CLUB:	Shenandoah Marlins Aquatic Club
LOCATION:	War Memorial Pool, Ridgeview Park, Waynesboro VA, 22980. 540-949-7665
FACILITY:	Outdoor, 8-lane, 50 meter pool with non-turbulent lane lines and deck-anchored starting blocks. No warm-up/cool-down lanes will be available. Colorado timing system will be used.
MEET DIRECTOR:	Jim Dugan Phone: (434) 823-7865 Email: Jimdugan@cville.net .
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 23, 2005 will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">• All events will be timed finals.• Thursday 12 & younger swimmers will swim in the afternoon & 13 & older swimmers will swim in the evening. The following is the warm-up schedule for Thursday:<ul style="list-style-type: none">○ Thursday afternoon: Warm-ups will begin at 10:15 am; competition starts at 11:30 am○ Thursday evening: Warm-ups will begin no earlier than 3:30 pm. Competition starts one hour after warm-ups begin.• Friday, Saturday, & Sunday, 12 & younger will swim in the morning & 13 & older swimmers will swim in the afternoon. The following is the warm-up schedule for those days:<ul style="list-style-type: none">○ Morning sessions: Warm-ups at 6:30 am; competition starts at 8:00 am.○ Afternoon sessions: Warm-ups at 12:00 pm; competition starts at 1:15 pm.• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the Friday and Saturday afternoon sessions, with the distance session competition starting 5 minutes thereafter.<ul style="list-style-type: none">○ The approximate start time for the distance sessions will be posted on the SMAC website (smacswimming.org) no later than June 21, 2005, 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 SMAC website (smacswimming.org) no later than June 21, 2005, 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, JUNE 14, 2005.</p> <ul style="list-style-type: none">• Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software.• 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.• 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.• A swimmer may enter no more than 3 races per day, no more than 9 events for the meet. If a

	<p>swimmer is entered in more than 3 races per day or more than 9 events for the meet, the last event by numerical order will be dropped.</p> <ul style="list-style-type: none"> • Entries will be processed in the order received. This meet may be limited to a total of 750 swimmers. • <i>Proof of time is required for 400 free, 400 IM, and 1500 free. Please submit times in the actual course where the time was achieved (LCM, SCY, SCM).</i> • The 12&Y 400 free may be limited to the fastest 3 heats. 13&O 400 Free and 400 IM's may be limited to the fastest 6 heats. • The 1500's may be limited to the fastest 5 heats and swum 2 per lane. The 1500's will be swum alternating girls and boys fastest heat to slowest heat. Each swimmer in the event must provide a person to lap count and 2 timers. • 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, actions which may require reseeding. • Email entries to: smacrocks@ntelos.net • Mail entries to: Suetta Griffith 648 S Wayne Avenue Waynesboro VA 22980 (540) 942-5107 • 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: \$2.00 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: SMAC. • Payment must be received by June 21, 2005 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals 1st-3rd & ribbons for 4th-8th place for all individual events. • 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups. • 12 & Older events will be given separate awards for 11-12, 13-14, and 15 & Older age groups. • 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups.
SEEDING:	<ul style="list-style-type: none"> • All 100 M or shorter events will be pre-seeded. • All 200 M or longer events will be deck seeded. Coaches will be provided scratch sheets to report any scratches prior to the end of warm-ups of each session. • Events 53, 54 (13&O 400 IM), 55, 56 (12&O 1500 Free), 79, & 80 (13&O 400 Free) will require a positive check-in to swim. Positive check-in will close at 2:30 pm the day of the event. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • All events are timed finals. There will be no clerk of course. Swimmers should report directly to the blocks for their events. • Deck/late entries will not be accepted.
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 the morning sessions, and may be used for the afternoon sessions at the discretion of the Referee. • No-recall false start procedures will be followed

	<ul style="list-style-type: none"> 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: Suetta Griffith Email: suetta@cfw.com Phone: (540) 943-2698.</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 David Bihl, email: davidbihl@yahoo.com or phone: (434) 817-0051, by Monday, June 13, 2005 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 any persons from the venue if necessary for the failure to follow the safety rules.
TIMERS:	<ul style="list-style-type: none"> 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 smacswimming.org no later than Tuesday, June 21, 2005, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Heat sheets will be available for \$10. Concessions, vendors and meet T-shirts will be available. Lunches will be provided for coaches and officials. Vendors will be set up in the baby pool area.
FACILITY RULES:	<ul style="list-style-type: none"> THE BABY POOL IS OFF LIMITS TO SWIMMERS AND SPECTATORS. No smoking or glass containers in pool area. Please do not use any tape in pool area. Swimmers, coaches, and/or teams may be held responsible for any damages. Tarps will be allowed outside pool area only. Park closes at dark or upon completion of the evening sessions. No vehicles or participants allowed in the park boundaries after hours. No alcoholic beverages allowed in park. Please clean your team area before leaving park.
DIRECTIONS:	Take exit 94 off I-64 onto 340 North (Rosser Ave.) into Waynesboro. Go to the about two miles and turn right at the stoplight onto Thirteenth St. Take the first right onto Linden Ave. which will take you to the grassy parking area at the pool.
HOTELS:	<p>Days Inn: (540) 943-1101 Hampton Inn: (540) 885-3762 Hampton Inn: (540) 213-9500 Holiday Inn: (540) 932-7170 Super 8: (540) 943-3888</p> <p>Additional hotels can be found along the I-81 & I-64 corridors in Staunton, Harrisonburg, Lexington and Charlottesville.</p> <p>RV and camping sites available near Crozet at Misty Mountain Camp Resort: 888-647-8900</p>

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June 23-26, 2005

Order of Events

**Session 1
Thursday Afternoon**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 100 Free	2
3	10&U 100 Free	4
5	11-12 200 Back	6
7	10&U 100 Fly	8
9	11-12 100 Fly	10
11	10&U 50 Breast	12
13	11-12 50 Breast	14

**Session 2
Thursday Evening**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
15	13&O 50 Back	16
17	13-14 100 Free	18
19	15&O 100 Free	20
21	13-14 100 Breast	22
23	15&O 100 Breast	24
25	13-14 200 Fly	26
27	15&O 200 Fly	28

**Session 3
Friday Morning**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
29	11-12 100 Back	30
31	10&U 100 Back	32
33	11-12 200 Breast	34
35	10&U 200 Free	36
37	11-12 200 Free	38
39	10&U 50 Fly	40
41	11-12 50 Fly	42

**Session 4
Friday Afternoon**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
43	13&O 50 Breast	44
45	13-14 200 Back	46
47	15&O 200 Back	48
49	13-14 200 Free	50
51	15&O 200 Free	52
53	13&O 400 IM	54

**Session 5
Friday evening**

55	12&O 1500 Free	56
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**Session 6
Saturday Morning**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
57	10&U 50 Back	58
59	11-12 50 Back	60
61	10&U 400 Free	62
63	11-12 400 Free	64
65	10&U 100 Breast	66
67	11-12 100 Breast	68

**Session 7
Saturday Afternoon**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
69	13&O 50 Fly	70
71	13-14 100 Back	72
73	15&O 100 Back	74
75	13-14 200 Breast	76
77	15&O 200 Breast	78

**Session 8
Saturday Evening**

79	13&O 400 Free	80
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**Session 9
Sunday Morning**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
81	11-12 200 Fly	82
83	10&U 200 IM	84
85	11-12 200 IM	86
87	10&U 50 Free	88
89	11-12 50 Free	90

**Session 10
Sunday Afternoon**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
91	13-14 100 Fly	92
93	15&O 100 Fly	94
95	13-14 200 IM	96
97	15&O 200 IM	98
99	13-14 50 Free	100
101	15&O 50 Free	102

Commonwealth Games 2005

June 23 – 26, 2005

Meet Entry Check List and Summary Form

Mail in with entries:

- Team Manager printout of entries
- Check for entries payable to: SMAC
- Meet Entry Check List and Summary Form

Name of Team: _____ Team Code: _____

Total number of swimmers: _____ x \$2.00 = \$ _____

Total number of individual entries: _____ x \$2.00 = \$ _____

Total Amount Enclosed = \$ _____

- Send Meet Entries Check to: Commonwealth Games 2005
c/o SMAC – Waynesboro YMCA
648 South Wayne Avenue
Waynesboro, VA 22980
Phone: (540) 942-5107
Email: Jimdugan@cville.net

Meet Entry Deadline:

Email entries to: smacrocks@ntelos.net by Tuesday, June 14, 2005

Person to contact in case there are questions or problems with the entries:

Name: _____

Email: _____

Telephone (day): _____

Telephone (night): _____

Team coordinator for Officials _____ Phone _____

Officials working meet:
(please include Marshall's)

Name	Days	Position	Phone
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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