



AMENDED
VIRGINIA AGE GROUP CHAMPIONSHIP
July 28-31, 2005
SANCTION NO. VS-05-59

Hosted by:
HARGRAVE
AQUATICS

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-59
LOCATION:	Hargrave Military Academy, 200 Military Drive Chatham VA, (434) 432-2681
FACILITY:	50 meter, 8 lanes, with non-turbulent lane lines, Colorado timing system, indoor
MEET DIRECTOR:	James Wolfle, VSI Age Group Chair Jeanette Abbott, Host Coordinator Phone: (757) 393-1799 Phone: (434) 432-2681 Email: Wolfle@aol.com Email: jabbott@halifax.k12.va.us
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all 14 and younger USA Swimming/VSI registered swimmers that meet the qualifying time in each event entered.• The qualifying period for this meet is May 1, 2004 through July 28, 2005• 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 July 28, 2005 will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">• All 10 & Younger swimmers will swim timed finals in the afternoon session.<ul style="list-style-type: none">○ There will be a break after each boy's events to award medals for the previous set of events. If there are no awards to be given there will still be a break.○ The competition pool will be closed except for one break midway through the session.• All 11-14 swimmers will swim a preliminary session in the morning session. The top 16 swimmers in 11-12 and the top 16 swimmers in 13-14 will swim the final session each day.• Thursday night session: Warm-ups at 4:30 pm; competition stats at 6:00 pm.• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:30 am.• Afternoon sessions: Warm-ups at 1:00 pm; competition starts at 2:00 pm.• Finals sessions: Warm-ups at 5:00pm; competition starts at 6:15pm.• The 400 Freestyle for 10 & younger and 11-12 will be swum as Timed Final events swimming slowest to fastest (regular order). Swimmers are expected to provide their own timers and lap counters.• The 1500 freestyle will be swum fastest to slowest, alternating girls then boys. The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters.• The 800 freestyle will be swum slowest to fastest, alternating girls then boys, with the final heat of boys to be completed at 4:15 pm on Sunday.<ul style="list-style-type: none">○ The alternating of heats will begin with the fastest heats and work backwards, and the first heat of boys and girls may be combined.○ Swimmers are expected to provide their own timers and lap counters.• All relay events will be Timed Finals. The fastest heat of the 200 Medley, 200 Free and 400 Medley relays for 11-12 and 13-14 year old age groups will swim during the finals session each day. All remaining heats will be swum during the Preliminary session.<ul style="list-style-type: none">○ All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session.○ Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has less than eight teams.• Breaks will be given during finals session after every 4th event for short warm-up/warm downs and awards.• Lane assignment and warm-up times for individual clubs will be posted on the Hargrave website no later than July 26, 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 TUESDAY, JULY 19, 2005.</p> <ul style="list-style-type: none"> • Entries must be submitted in the Actual Course in which the entry time was achieved 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 VSI meet summary sheet (available at VSI website, www.virginiawimming.org) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • 12 and younger swimmers may enter a maximum of 8 individual events, no more than 3 per day. 13-14 swimmers may enter a maximum of 7 events, no more than 3 per day. • Relay teams must be designated A or B, if more than one per club is entered per event. Teams may submit no more than two (2) relays per event. • All relays, entered and swum, must contain at least two swimmers that are entered in at least one individual event in the meet. ALL relay swimmers must appear on the master entry, and pay the applicable surcharge. • 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. • All long course meters times will be seeded first, followed by short course meters, followed by short course yards. Converted times will not be accepted. • Incomplete entries not resolved prior to the meet entry deadline will be considered late entries and late fees will be charged accordingly. • Times of swimmers not making the meet qualifying time will be checked and the club notified if there is a problem. • 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: Scott Bowser bowsers@hargrave.edu • Mail entries to: Scott Bowser 200 Military Drive Chatham VA, 24531 • 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: \$3.25 Relay events: \$12.00 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: Hargrave Military Academy (HMA) • Payment must be received by July 26, 2005 (three days prior to meet start) for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded medals for first through eighth place. • Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place. • Team awards will be given. The winning team will receive a banner. The teams placing second through sixth will receive a plaque. • Scoring <ul style="list-style-type: none"> ○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1. ○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded with the exception of the following events that will require a positive check-in at the Clerk of Course: <ul style="list-style-type: none"> ○ Thursday evening events by 4:30 pm.

	<ul style="list-style-type: none"> ○ 400 Freestyle, 400 IM, and the 400 yard relays by 9:30 a.m. the day the event is to be swum. ○ 200 yard relays by 8:00 am the day the event is to be swum. ○ 10 and younger relays 30 minutes before the beginning of the session on the day the event is to be swum. ○ 800 freestyle by 9:30 am Sunday <ul style="list-style-type: none"> ● 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 2005 USA Swimming Rules and Regulations will apply. ● The scratch procedures listed in <i>2005 USA Swimming Rules and Regulations</i>, Article 207.7.9 sections D and E will apply with the following modifications: The scratch rule regarding finals will apply to both heat's, final and consolation, excluding the relays, the 800 Free, and the 1500 Free. ● 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: Cathy Rudolph, clrtarheel@yahoo.com, 757-496-3622.</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 Janie Olp email theolps@yahoo.com (officials coordinator) no later than July 21, 2005. ● Announce any officials meetings, length, and time
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 the Hargrave website no later than July 26, 2005, and will also be emailed to the contact person of each of the individual clubs.</p>
GENERAL:	<ul style="list-style-type: none"> ● Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Smoking is prohibited on the Hargrave campus. Please help keep your area clean of waste. ● Team Banners: Cables are strung on the wall above the bleachers. Please attach all banners to these cables. ● Heat Sheets: Trial Heat Sheets will be sold for \$10.00 and will include coupons for Finals Heat Sheets. Finals Heat Sheets will be sold for \$2.00 without coupons. ● Snack Bar: Concession will be available throughout the competition. ● Swim Supplies: Provided by Swim Shop Ect. out of Roanoke VA ● Hospitality for Coaches & Officials: Breakfast, lunch, and evening snacks will be provided
DIRECTIONS:	<p>List directions can be found on the Hargrave website</p>
HOTELS:	<ul style="list-style-type: none"> ● Courtyard By Marriott, 2136 Riverside Drive, (434) 791-2661 ● Holiday Inn Express, 2121 Riverside Drive, (434) 793-4000 ● Innkeeper West, 3020 Riverside Drive, (434) 799-1200 ● Innkeeper North, 1030 Piney Forest Road, (434) 836-1700

Virginia Swimming 2005 Long Course Age Group Championships

Order of Events

Thursday Timed Finals

Women		Men
1	10&under 400 free	2
3	11-12 400 free	4
5	13-14 1500 free	6

G Friday Preliminaries B

7	11-12 200 Medley Relay(*)	8
9	13-14 200 Medley Relay(*)	10
11	11-12 50 Breaststroke	12
13	13-14 100 Breaststroke	14
15	11-12 200 Freestyle	16
17	13-14 200 Freestyle	18
19	11-12 100 Butterfly	20
21	13-14 100 Butterfly	22
23	11-12 200 Backstroke	24
25	13-14 400 IM	26

(*) Timed Final – final heat to swim during finals session

G Saturday Preliminaries B

37	13-14 200 Free Relay (*)	38
39	11-12 200 Free Relay (*)	40
41	13-14 200 Butterfly	42
43	11-12 200 Butterfly	44
45	13-14 50 Freestyle	46
47	11-12 50 Freestyle	48
49	13-14 200 Breaststroke	50
51	11-12 100 Breaststroke	52
53	13-14 100 Backstroke	54
55	11-12 50 Backstroke	56
57	13-14 400 Freestyle	58
59	11-12 200 IM	60
61	13-14 400 Medley Relay(*)	62
63	11-12 400 Medley Relay(*)	64

(*) Timed Final – final heat to swim during finals session

G Sunday Preliminaries B

75	11-12 200 Breaststroke	76
77	13-14 200 Backstroke	78
79	11-12 100 Backstroke	80
81	13-14 100 Freestyle	82
83	11-12 100 Freestyle	84
85	13-14 200 IM	86
97	11-12 50 Butterfly	88
89	13-14 400 Free Relay (*)	90
91	11-12 400 Free Relay (*)	92
93	13-14 800 Freestyle (**)	94

(*) Timed Final – all heats to swim in preliminary session

(**) Timed Final – heats alternated slow to fast, women/men to end at 4:15pm

G Friday Timed Finals B

27	10&u 200 Medley Relay	28
29	10&u 50 Breaststroke	30
31	10&u 200 Freestyle	32
33	10&u 100 Butterfly	34
35	10&u 50 Backstroke	36

G Saturday Timed Finals B

65	10&u 200 Free Relay	66
67	10&u 50 Freestyle	68
69	10&u 200 IM	70
71	10&u 100 Breaststroke	72
73	10&u 400 Medley Relay	74

G Sunday Timed Finals B

95	10&u 100 Backstroke	96
97	10&u 100 Freestyle	98
99	10&u 50 Butterfly	100
101	10&u 400 Freestyle Relay	102

2005 Long Course Age Group Championship Qualifying Times

July 28 – 31, 2005 -- Hargrave Military Academy

10 and younger girls

<i>SCM</i>	<i>YARDS</i>	<i>LCM</i>
35.69	32.15	36.49
1:19.89	1:12.29	1:21.89
2:52.79	2:36.39	2:58.69
5:57.39	6:48.39	6:09.69
42.19	38.19	43.69
1:30.89	1:22.19	1:35.29
46.49	41.99	48.29
1:43.19	1:33.39	1:47.09
41.19	37.28	42.09
1:35.79	1:26.69	1:38.69
3:14.49	2:55.99	3:20.59

10 and younger boys

<i>LCM</i>	<i>YARDS</i>	<i>SCM</i>
36.19	31.88	35.29
1:20.59	1:10.79	1:18.19
2:52.39	2:31.89	2:47.89
6:06.79	6:44.59	5:54.09
44.19	38.39	42.39
1:33.69	1:21.69	1:30.19
48.49	42.49	46.89
1:45.99	1:32.69	1:42.39
40.99	36.29	40.29
1:37.19	1:25.69	1:34.69
3:18.89	2:55.29	3:13.69

11-12 girls

<i>SCM</i>	<i>YARDS</i>	<i>LCM</i>
31.69	28.54	32.49
1:09.49	1:02.60	1:11.09
2:32.79	2:17.65	2:35.99
5:21.99	6:07.94	5:28.39
37.89	34.29	38.69
1:21.39	1:13.32	1:22.59
2:53.59	2:37.09	2:57.49
41.09	37.02	42.09
1:30.79	1:21.79	1:32.79
3:16.29	2:57.69	3:21.49
35.59	32.06	36.29
1:21.29	1:13.41	1:22.89
2:56.49	2:39.63	2:59.99
2:51.99	2:34.94	2:55.19

11-12 boys

<i>LCM</i>	<i>YARDS</i>	<i>SCM</i>
32.59	28.59	31.59
1:10.59	1:02.15	1:08.99
2:34.19	2:16.02	2:30.89
5:26.89	6:04.69	5:19.19
38.29	33.69	37.29
1:22.59	1:12.29	1:19.89
3:00.29	2:33.79	2:49.99
43.09	37.59	41.49
1:33.59	1:21.09	1:29.59
3:21.19	2:52.99	3:11.09
36.59	32.39	35.79
1:22.09	1:12.19	1:19.79
3:00.89	2:38.29	2:54.89
2:56.09	2:35.75	2:52.29

13-14 girls

<i>SCM</i>	<i>YARDS</i>	<i>LCM</i>
30.19	27.20	30.99
1:05.79	59.27	1:07.39
2:21.49	2:07.47	2:24.69
5:00.79	5:44.19	5:07.19
10:27.19	11:57.07	10:39.99
20:00.79	20:00.77	20:24.79
1:17.09	1:10.53	1:19.49
2:42.79	2:29.18	2:47.99
1:26.09	1:17.55	1:28.09
3:05.69	2:47.55	3:09.99
1:15.19	1:07.73	1:16.59
2:44.19	2:28.45	2:47.59
2:41.99	2:25.93	2:45.19
5:47.29	5:12.87	5:53.69

13-14 boys

<i>LCM</i>	<i>YARDS</i>	<i>SCM</i>
30.19	26.47	29.39
1:05.59	57.64	1:03.99
2:22.99	2:05.79	2:18.99
5:01.59	5:37.91	4:55.19
10:23.99	11:39.14	10:11.19
19:59.39	19:29.49	19:22.69
1:15.09	1:04.89	1:11.69
2:41.59	2:19.49	2:34.19
1:23.59	1:12.29	1:19.89
3:02.39	2:36.29	2:52.69
1:11.99	1:03.39	1:10.09
2:39.89	2:20.79	2:35.59
2:40.19	2:21.43	2:36.69
5:42.79	5:02.39	5:34.19