



**AMENDED (#2)**  
**VIRGINIA LC SENIOR CHAMPIONSHIP**  
July 9-11, 2005  
SANCTION NO. VS-05-56



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-05-56</b>	
<b>HOST CLUB:</b>	The Virginia Gators in conjunction with Virginia Swimming, Inc.	
<b>LOCATION:</b>	Aquatic and Fitness Center, University of Virginia, Charlottesville, VA	
<b>FACILITY:</b>	Indoor, 50 M long course, 8 lanes, with non-turbulent lane lines. Colorado Automatic Timing System with 8 line scoreboard.	
<b>MEET DIRECTOR:</b>	Peter Maloney, VSI Senior Chair Email: <a href="mailto:swimcoachpeter@yahoo.com">swimcoachpeter@yahoo.com</a> Phone: (540) 371-4369	David Strider, Local Host Coordinator Email: <a href="mailto:dvs7e@virginia.edu">dvs7e@virginia.edu</a> Phone: (H) 434-973-4832 (W) 434-924-9768
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers, and swimmers from invited out-of-LSC clubs, that meet the qualifying time in each event entered.</li><li>• The qualifying period for this meet is May 1, 2004 through July 8, 2005.</li><li>• All swimmers participating in this meet must be registered by the first day of the meet.</li><li>• No on deck registration will be permitted.</li><li>• Age on July 9, 2005 will determine age for the entire meet.</li></ul>	
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• Individual events except the 800 Freestyle and the 1500 Freestyle will be swum as trials and finals. The top 24 qualifiers in the trials of each event will compete in each day's final session (final, consolation and bonus heats).</li><li>• The 800 Free and the 1500 Free will be swum as timed final events. All heats will be swum slowest to fastest, alternating men and women. The starting time for each heat will be scheduled so that the fastest heat of the men is concluded at the start of the finals warm-up. These events will be seeded and the schedule distributed following the close of the positive check-in.</li><li>• All relay events will be timed finals. All heats of the 200 Freestyle Relay and the 200 Medley Relay will be swum in the trials sessions. The fastest 2 heats of the 400 Freestyle relay, the 800 Freestyle relay, and the 400 Medley relay will be swum during the final session with any other heats swum during the trials session.</li><li>• During the preliminary sessions, a ten minute warm-up/warm-down break will be held following events 2, 4, 6, 8, 16, 18, 20, 22, 24, 30, 32, and 34.</li><li>• Preliminary sessions: Warm-ups at 6:30 – 8:20 am; competition starts at 8:40 am (Sat) and 8:30 am (Sun/Mon).<ul style="list-style-type: none"><li>○ 6:30 – 7:50 am: All lanes designated for general warm-up</li><li>○ 7:50 – 8:20 am: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint (Lane 3 will also be designated for sprint on Sunday from the shallow end); Lanes 3 through 6 will remain general (excluding lane 3 on Sunday).</li></ul></li><li>• Final sessions: Warm-ups at 5:00 – 5:50 pm; competition starts at 6:00 pm.<ul style="list-style-type: none"><li>○ 5:00 – 5:25 pm: All lanes designated for general warm-up</li><li>○ 5:25 – 5:50 pm: Lanes 1 and 8 designated for pace; Lanes 2 and 7 designated for sprint (Lane 3 will also be designated for sprint on Sunday from the shallow end); Lanes 3 through 6 will remain general (excluding lane 3 on Sunday).</li></ul></li><li>• 800 and 1500 Freestyle sessions: Warm-ups will begin 45 min prior to the start of the first scheduled heat and will close 5 min prior to the start of the first scheduled heat.</li></ul>	
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JUNE 29, 2005.</b> <ul style="list-style-type: none"><li>• Entries must be submitted in the <b>Actual Course</b> in which the entry time was achieved. <b>Converted times will not be accepted.</b></li><li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>• A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiasswimming.org">www.virginiasswimming.org</a>) with the name of the person to contact</li></ul>	

	<p>in case of questions must accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> <li>• A swimmer may enter any number of individual events and all relays, but may swim only 6 individual events in the meet, no more than 3 per day.</li> <li>• Relay teams must be designated A or B, if more than one per club is entered per event. Teams may submit two (2) relays per event.</li> <li>• The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>• The Meet Director reserves the right to eliminate heats of any event if necessary.</li> <li>• <b>Proof of entry times is required for individual and relay events.</b> 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.</li> <li>• Proof of entry times for relays must also be provided either as an actual relay time achieved by 4 swimmers entered in the meet or a Team Manager generated composite. All times used for relays must have been achieved by swimmers currently entered in the meet. "No Time" relay entries except for the 200 Y Medley Relay will not be accepted.</li> <li>• <b>Incomplete entries not resolved prior to the meet entry deadline will be considered late entries and late fees will be charged accordingly.</b></li> <li>• Times of swimmers not making the meet qualifying time will be checked and the club notified if there is a problem.</li> <li>• Additional proof of ENTRY time, if requested, must be provided to the Senior Chairman, Peter Maloney, 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.</li> <li>• Email entries to: Michael Coppola, email: <a href="mailto:meetentries@earthlink.net">meetentries@earthlink.net</a></li> <li>• Mail entries to: David Strider 2121 Tarleton Drive Charlottesville, VA 22901-2936 Phone: 434-973-4832</li> <li>• <b>IMPORTANT:</b> 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.</li> <li>• <b>Late entries will be accepted.</b> All late entries must submit proof of time.</li> <li>• Late entries may not be used to improve the seed time of an earlier entry.</li> <li>• Late entries at the meet will only be accepted for events for which the scratch box has not yet closed.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$8.00 Relay events: \$25.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> 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"> <li>• Checks should be made payable to: Virginia Gators</li> <li>• Payment must be received by July 6, 2005, for email entries. Payment must be included with all mailed entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Scoring <ul style="list-style-type: none"> <li>○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1.</li> <li>○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</li> </ul> </li> <li>• Team: Women's High Point, Men's High Point, Combined High Point. (Virginia teams only)</li> <li>• Individual: First through ninth place. Women's High Point, Men's High Point</li> <li>• Relay: First through third place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All long course meter times will be seeded first, followed by short course meters, followed by short course yards.</li> <li>• All timed finals and trials events will be seeded following the close of the scratch and positive check-in periods as listed in the "RULES" section below.</li> <li>• The 800 Freestyle and 1500 Freestyle require positive check-in for seeding. <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> </ul>

<b>TIME TRIALS:</b>	<ul style="list-style-type: none"> <li>• At the conclusion of each day's preliminaries session, time permitting, time trials will be offered to any swimmer entered in an individual event in the meet. Each day's events will be offered in order, on the following schedule: <ul style="list-style-type: none"> <li>○ Saturday: Saturday's events, Sunday's events, Monday's events.</li> <li>○ Sunday: Sunday's events, Monday's events, Saturday's events.</li> <li>○ Monday: Monday's events, Saturday's events, Sunday's events.</li> <li>○ Cost: \$10.00 per event.</li> </ul> </li> <li>• The Meet Referee, at his discretion, to save time, may reorder the day's scheduled events or combine events into a single heat.</li> <li>• A swimmer desiring a time trial must inform the Meet Referee, or his designee, not later than 10:00 am of the day the time trial is desired. Each swimmer participating in these events should provide a timer and/or a counter.</li> <li>• Time Trials are included as events in the three event per day limit.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>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.</b></li> <li>• 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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The 2005 USA Swimming Rules and Regulations will apply.</li> <li>• The scratch procedures listed in <i>2005 USA Swimming Rules and Regulations</i>, Article 207.7.9 <b>sections D and E</b> will apply with the following modifications: <ul style="list-style-type: none"> <li>○ The General Meeting will be held at 8:20 am on <b>Saturday</b>. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.</li> <li>○ Scratches from Trials and Timed Finals (Including 800 Freestyle, 1500 Freestyle, and all Relays) <ul style="list-style-type: none"> <li>▪ Scratches for Saturday's events are due by 7:30 am Saturday. (The Saturday Trials heat sheet will be prepared following the scratch deadline)</li> <li>▪ Scratches for Sunday's events are due by 6:30 pm Saturday</li> <li>▪ Scratches for Monday's events are due by 6:30 pm Sunday</li> </ul> </li> <li>○ Positive check-in <ul style="list-style-type: none"> <li>▪ Positive check-in for the 800 Freestyle is due by 7:30 am Saturday</li> <li>▪ Positive check-in for the 1500 Freestyle is due by 6:30 pm Sunday</li> </ul> </li> <li>○ Swimmers having events not scratched through the scratch box, which if swum would put them in violation of either the 3 event per day rule or the 6 events in the meet, will not be permitted to swim the event or events which would be the in violation of the Meet Invitation. The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation. No other penalty will be applied.</li> </ul> </li> <li>• <b>The scratch rule regarding finals will apply to all three 3 heats (Final, Consolation, Bonus) excluding the relays, the 800 Free, and the 1500 Free.</b></li> <li>• The Meet Referee in accordance with 102.11.2 in the <i>USA Swimming Rules and Regulations</i> will appoint a Meet Jury.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Kevin Hogan</b>  <a href="mailto:kevinhogan56@earthlink.net">kevinhogan56@earthlink.net</a>  <b>434-964-1944</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Officials must have been certified for a year in the positions in which they are planning to work.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified</li> </ul>

	<p>officials to Kevin Hogan no later than July 2, 2005. Applications to officiate are also available on the VSI website at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>.</p> <ul style="list-style-type: none"> <li>• This meet has been approved for achieving National Officials Certification. The requirements are to (i) satisfactorily work, in the opinion of the Referee or Chief Judge, a minimum of 3 sessions in the position for which certification is desired, (ii) attend the associated pre-session briefings, (iii) be a non-athlete member of USA Swimming, and (iv) fill-out an application form.</li> <li>• Briefings will be held 1 hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	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.
<b>TIMERS:</b>	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 VSI website at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> no later than July 7, 2005, and will also be emailed to the contact person of each of the individual clubs.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Athletes' Social:</b> An athletes' social will be held on Monday afternoon at the conclusion of the Trials session. Light snacks, drinks and quiet entertainment will be provided.</li> <li>• <b>Hospitality:</b> A light breakfast, lunch, and dinner will be provided for coaches and officials.</li> <li>• <b>Meet Program:</b> A Psych Sheet for the entire meet will be available for \$10.00. The Psych Sheet will contain coupons for a copy of each Trials and Finals program. The Finals programs will be available for \$2.00 without a coupon.</li> <li>• <b>Meet Event Shirts:</b> Meet event shirts will be available for purchase in T.J.'s Locker, located in the AFC.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or at other needed volunteer positions.</li> <li>• Spectators are restricted to the AFC lobby area and the bleachers overlooking the pool.</li> <li>• Spectators may not sit in the aisles and may not reserve blocks of seats.</li> <li>• Food and drink is restricted to the snack bar and lobby area, it is not allowed in the bleachers.</li> <li>• Glass containers are not allowed on deck.</li> <li>• Food is not allowed on deck.</li> <li>• The whirlpool, warm water pool, sauna, and family changing room are strictly off limits.</li> <li>• The indoor track, basketball courts, and indoor workout areas are strictly off limits.</li> <li>• Tape for postings must be obtained from AFC personnel. Postings using any other tape will be removed without warning.</li> <li>• Team banners may be hung with approval from AFC personnel.</li> <li>• Clubs are responsible for keeping their areas of the deck clean. Bags will be provided in which to gather trash.</li> <li>• <b>Marshals will enforce the facility rules and can, with the concurrence of the Referee, remove any person from the venue for failure to adhere to the rules.</b></li> </ul>
<b>DIRECTIONS:</b>	Directions to the pool and parking information will be posted on the Senior Championships Meet Information page of the VSI website at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> .
<b>HOTELS:</b>	A listing of area hotels with approximate distances to the AFC is posted on the Senior Championships Meet Information page of the VSI website at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> .

**SCHEDULE OF EVENTS**  
**2005 VIRGINIA LONG COURSE SENIOR CHAMPIONSHIPS**

Please use the time standards listed below.

WOMEN	Qualifying Times			SATURDAY	Qualifying Times			MEN
	SCY	SCM	LCM		LCM	SCM	SCY	
1	1:13.19	1:20.89	1:24.09	<b>100 M BREAST</b>	1:17.19	1:13.29	1:06.29	2
3	2:05.99	2:19.19	2:23.19	<b>200 M FREE</b>	2:13.19	2:07.89	1:55.79	4
5	1:04.09	1:10.79	1:12.69	<b>100 M FLY</b>	1:06.19	1:04.09	57.99	6
7	2:22.19	2:37.09	2:41.09	<b>200 M IM</b>	2:30.59	2:23.69	2:09.99	8
9				<b>800 M FREE REL</b>				10
11	11:25.99	10:00.39	10:15.19	<b>800 M/1000 Y FREE *</b>	9:39.39	9:23.79	10:44.19	12

\* requires positive check in to swim

Order of finals:

1, 2, 3, 4, Awards (11, 12, 1, 2), 5, 6, 7, 8, Awards (3-6), 9, 10, Awards (7-8)

WOMEN	Qualifying Times			SUNDAY	Qualifying Times			MEN
	SCY	SCM	LCM		LCM	SCM	SCY	
13				<b>200 M FREE REL</b>				14
15	2:20.49	2:35.19	2:37.79	<b>200 M FLY</b>	2:25.89	2:22.29	2:08.79	16
17	26.99	29.89	30.89	<b>50 M FREE</b>	28.09	26.89	24.29	18
19	2:37.79	2:54.39	3:00.59	<b>200 M BREAST</b>	2:46.99	2:38.99	2:23.89	20
21	1:04.89	1:11.69	1:14.99	<b>100 M BACK</b>	1:08.69	1:04.89	58.79	22
23	5:33.79	4:52.19	4:59.19	<b>400 M/500 M FREE</b>	4:41.09	4:32.79	5:11.69	24
25				<b>400 M MED REL</b>				26

Order of Finals (All heats of 13 & 14 are swum in trials):

15, 16, Awards (9-10), 17,18, Awards (13-16), 19, 20, 21, 22, Awards (17-20), 23, 24, 25, 26, Awards (21-24)

WOMEN	Qualifying Times			MONDAY	Qualifying Times			MEN
	SCY	SCM	LCM		LCM	SCM	SCY	
27				<b>200 M MED REL</b>				28
29	2:19.79	2:34.49	2:40.29	<b>200 M BACK</b>	2:27.89	2:20.49	2:07.09	30
31	58.59	1:04.69	1:06.69	<b>100 M FREE</b>	1:01.39	58.69	53.09	32
33	5:00.99	5:32.59	5:41.69	<b>400 M IM</b>	5:16.19	5:06.09	4:37.09	34
35				<b>400 M FREE REL</b>				36
37	19:08.99	19:02.29	19:37.19	<b>1500 M/1650 Y FREE *</b>	18:34.49	17:54.69	18:00.99	38

\* requires positive check in to swim

Order of Finals (All heats of 27 & 28 are swum in trials):

29, 30, Awards (25-28), 31, 32, Awards (29-30, 37-38), 33, 34, 35, 36, Awards (31-36)

All time standards are 15-16 Top 16 Based AA (2005-2008 NAG Motivational Times)