



AMENDED (25 February 05)
VIRGINIA SC SENIOR CHAMPIONSHIP
 March 11-13, 2005
 SANCTION NO. VS-05-44



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-44	
HOST CLUB:	The Virginia Gators in conjunction with Virginia Swimming, Inc.	
LOCATION:	Aquatic and Fitness Center, University of Virginia, Charlottesville, VA	
FACILITY:	<ul style="list-style-type: none"> • 50 M pool with bulkheads set to provide three separate 25 Y pools: <ul style="list-style-type: none"> ○ Pool 1 (Main Competition Pool): Diving end. 8 lanes. Swum wall to bulkhead. ○ Pool 2 (Warm-up/Warm-down): Middle section. 2 lanes. Swum wall to wall. ○ Pool 3 (Warm-up/Warm-down & Distance Competition): Shallow end. 8 lanes. Swum wall to wall. • Trials and Finals sessions will be held in Pool 1. Timed Finals for the 1000 Y and 1650Y Freestyle will be run simultaneously in Pools 1 and 3, with women in one pool and men in the other pool. Pool 2 will be available for continuous warm-ups and warm-downs during regular warm-up sessions and during the distance sessions, but will be closed during trials competition. Pool 3 will be used for warm-ups and warm-downs except when used for distance competition. • Colorado Automatic Timing System with 10 lane scoreboard for Pool 1 and a single line scoreboard for Pool 3. 	
MEET DIRECTOR:	Peter Maloney, VSI Senior Chair Email: swimcoachpeter@yahoo.com Phone: (540) 371-4369	David Strider, Local Host Coordinator Email: dvs7e@virginia.edu Phone: (H) 434-973-4832 (W) 434-924-9768
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all VSI swimmers and swimmers from invited out-of-LSC clubs meeting the qualifying time in each event entered. • The qualifying period for this meet is January 1, 2004 through March 10, 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 March 11, 2005 will determine age for the entire meet. 	
FORMAT:	<p><u>Thursday</u> No warm-up sessions will be available on Thursday</p> <p><u>Friday</u> Trials: warm-up 6:30 – 8:20 am, competition starts: 8:40 am 1000Y Freestyle: start time adjusted so that the last heat ends at 5:00 pm Finals: warm-up 5:00 – 5:50 pm, competition starts: 6:00 pm</p> <p><u>Saturday</u> Trials: warm-up 6:30 – 8:20 am, competition starts: 8:30 am Finals: warm-up 5:00 – 5:50 pm, competition starts: 6:00 pm</p> <p><u>Sunday</u> Trials: warm-up 6:30 – 8:20 am, competition starts: 8:30 am 1650 Y Freestyle: start time adjusted so that the last heat ends at 3:30 pm Finals: warm-up 3:30 – 4:20 pm, competition starts: 4:30 pm</p> <ul style="list-style-type: none"> • Individual events except the 1000 Y Freestyle and the 1650 Y 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). • The 1000 Y Freestyle and the 1650 Y Freestyle will be swum as timed final events. All heats will be swum slowest to fastest in two courses, with women in one course and men in the other course. The starting time for each heat will be scheduled so that the last heat 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. • All relay events will be timed finals. All heats of the 200 Y Freestyle Relay and the 200 Y Medley Relay will be swum in the trials sessions. The fastest 2 heats of the 400 Y Freestyle 	

	<p>relay, the 800 Y Freestyle relay, and the 400 Y Medley relay will be swum during the final session with any other heats swum during the trials session.</p>
WARM-UPS:	<ul style="list-style-type: none"> • Swimmers must start warm-up procedures from the start end of the pool. No entry or exit is permitted from the sides of the pool, and no entry is permitted at the turn end of the pool. Swimmers must not cut across lanes to exit the pool. Entry shall be feet first only, unless the lane has been designated for one-way sprints. All sprint lanes are one-way only and the swimmer must exit at the opposite end of the pool. During sprints, backstroke swimmers must be allowed to complete their start and to clear the area before any swimmer steps onto the block. • Morning warm-up periods in Pools 1 and 3: 6:30 am: All lanes designated general 7:10 am: Lane 1 opens for pace, lane 2 opens for sprint, lanes 3-8 remain general 7:20 am: Lane 8 opens for pace, lane 7 opens for sprint, lanes 3-6 remain general 8:20 am: Warm-ups close • Finals warm-up periods in Pools 1 and 3: 5:00 pm (3:30 pm Sun): All lanes designated general 5:25 pm (3:55 pm Sun): Lanes 1 & 8 open for pace, lanes 2 & 7 open for sprint, lanes 3-6 general 5:50 pm (4:20 pm Sun): Warm-ups close • Distance (1000/1650) warm-up periods in Pools 1 and 3: The pools will open for general warm-ups 45 min prior to the start of the first scheduled heat and each pool will close 5 min prior to the start of the first scheduled heat. • If lanes 2 and 7 are overcrowded during one-way sprints, the Meet Director or Meet Referee may designate lane 3 and/or lane 6 as sprint lanes. • Except during trials and finals competition, Pool 2 will be open for general warm-ups (Pool 2 will be available during all warm-up sessions and during the 1000/1650 Y Freestyle). • Except when the 1000 Y and 1650 Y freestyle are being contested, Pool 3 will be open for general warm-ups during the trials and finals competition.
TIME TRIALS:	<ul style="list-style-type: none"> • 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"> ○ Friday: Friday's events, Saturday's events, Sunday's events. ○ Saturday: Saturday's events, Sunday's events, Friday's events. ○ Sunday: Sunday's events, Friday's events, Saturday's events. ○ Cost: \$10.00 per event. • The Meet Referee, at his discretion, to save time, may reorder the day's scheduled events or combine events into a single heat. • 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. Time Trials are included as events in the three event per day limit.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, FEBRUARY 28, 2005.</p> <ul style="list-style-type: none"> • Entries must be submitted in the Actual Course in which the entry time was achieved. All short course yards times will be seeded first, followed by long course meters, followed by short course meters. Converted times will not be accepted. • Teams may submit entries as an e-mail attachment (preferred) or on a 3 1/2" computer disk. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawswimming.org) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • 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 session. • 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. • The Meet Director reserves the right to combine heats and events, which actions may require reseeding. • The Meet Director reserves the right to eliminate heats of any event if necessary.

	<ul style="list-style-type: none"> • 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. • 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. • 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 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. • Email entries to: Jessica Simons (jrsimons@adelphia.net) • Mail entries to: Jessica Simons 109 Reynard Drive Charlottesville, VA 22901 Phone: (434) 295-1582 • 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. • Qualifying entries achieved after February 28, 2005 will be accepted without a late fee as long as they are received no later than Monday, March 7, 2005. If these entries are received after this date, they will be handled as late entries. • Late entries at the meet will only be accepted for events for which the scratch box has not yet closed.
FEES:	<p>Individual events: \$5.25 Relay events: \$18.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • 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. • Checks should be made payable to: Virginia Gators • Payment must be received by March 8, 2005 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> • 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 • Team: Women's High Point, Men's High Point, Combined High Point. (Virginia teams only) • Individual: 1st – 9th place. Women's High Point, Men's High Point • Relay: 1st – 3rd place.
SEEDING:	<ul style="list-style-type: none"> • All short course yards times will be seeded first, followed by long course meters, followed by short course meters. • All timed finals and trials events will be seeded following the close of the scratch period as listed in the "RULES" section below. • The 1000 Y Freestyle and 1650 Y Freestyle require positive check-in for seeding. Swimmers failing to check-in will be seeded at the minimum qualifying time.
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

	<p>first day of the meet may be fined \$100 per swimmer in each event so entered.</p> <ul style="list-style-type: none"> 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 2004 USA Swimming Rules and Regulations will apply. The scratch procedures listed in <i>2004 USA Swimming Rules and Regulations</i>, Article 207.7.9 will apply with the following modifications: The General Meeting will be held at 8:20 am on Friday. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance. SCRATCHES FROM TRIALS AND TIMED FINALS <ul style="list-style-type: none"> INDIVIDUAL EVENTS (including distance events) <ul style="list-style-type: none"> Scratches for Friday's events will be due by 7:30 am Friday. (The Friday Trials heat sheet will be prepared following the scratch deadline) Scratches for Saturday's events will be due by 6:30 pm Friday Scratches for Sunday's events will be due by 6:30 pm Saturday RELAY EVENTS <ul style="list-style-type: none"> Relay events will be scratched through the scratch box following the schedule listed above. DISTANCE EVENTS (1000 Y FREE AND 1650 Y FREE) <ul style="list-style-type: none"> Scratches will be made through the scratch box following the above schedule. Positive check-in for seeding must be accomplished before the scratch deadlines listed above or swimmer will be seeded at minimum qualifying time. SCRATCHES FROM FINALS: <ul style="list-style-type: none"> INDIVIDUAL EVENTS (excluding distance events): The scratch rule regarding finals will apply to all 3 heats (Final, Consolation, and Bonus) 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 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. The Meet Referee in accordance with 102.11.2 in the <i>USA Swimming Rules and Regulations</i> will appoint a Meet Jury. 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: Kevin Hogan E-mail: kevinhogan56@earthlink.net Phone: 434-964-1944</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Officials must have been certified for a year in the positions in which they are planning to work. Team Officials Chairpersons should submit the names and session availability of certified officials to Kevin Hogan no later than March 7, 2005. Applications to officiate are also available on the VSI website (www.virginiaswimming.org). 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, and (iii) fill-out an application form. Briefings will be held 1 hour prior to the start of each session.
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 VSI website (www.virginiaswimming.org) no later than March 9, 2005 and will</p>

	also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Athletes' Social: An athletes' social will be held on Sunday afternoon at the conclusion of the Trials session. Light snacks, drinks and quiet entertainment will be provided. • Hospitality: A light breakfast, lunch, and dinner will be provided for coaches and officials. • Meet Program: 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. • Meet Event Shirts: Meet event shirts will be available for purchase in T.J.'s Locker, located in the AFC. • VSI Athlete Representative Election: <ul style="list-style-type: none"> ○ Friday (8:20 am – 8:35 am): Election overview (Lauren Fraley and Brian Pinkston) ○ Saturday (6:30 am – 8:30 am): Election ○ Sunday (6:30 am – 8:30 am): Run-off election if necessary
FACILITY RULES:	<ul style="list-style-type: none"> • 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. • Spectators are restricted to the AFC lobby area and the bleachers overlooking the pool. • Spectators may not sit in the aisles and may not reserve blocks of seats. • Food and drink is restricted to the snack bar and lobby area, it is not allowed in the bleachers. • Glass containers are not allowed on deck. • Food is not allowed on deck. • The whirlpool, warm water pool, sauna, and family changing room are strictly off limits. • The indoor track, basketball courts, and indoor workout areas are strictly off limits. • Tape for postings must be obtained from AFC personnel. Postings using any other tape will be removed without warning. • Team banners may be hung with approval from AFC personnel. • Except during the 1000 Y Freestyle and 1650 Y Freestyle, the bulkhead will be restricted to event staff and meet officials only. Coaches actively coaching in the 1000/1650 Y Freestyle will be allowed on the bulkhead, but athletes will not be allowed on the bulkhead at any time. • Clubs are responsible for keeping their areas of the deck clean. Bags will be provided in which to gather trash. • 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.
DIRECTIONS:	Directions to the pool and parking information is posted on the Senior Championships Meet Information page of the VSI website at www.virginiawimming.org .
HOTELS:	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 www.virginiawimming.org .

SCHEDULE OF EVENTS
SHORT COURSE SENIOR CHAMPIONSHIPS – 2005

Please use the time standards listed below.

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

* requires positive check in for seeding

Order of finals:

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

SATURDAY

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

SUNDAY

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

* requires positive check in for seeding

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)