



**MOTHER'S DAY SPRING DIP
BB/B/C/Mini Meet
May 8-10, 2009
SANCTION NO. VS-09-03A**

Hosted by
**Burkwood
Aquatic
Club**

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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-03A |
| LOCATION: | Burkwood Swim and Racquet Club. 9111 Burkwood Club Drive, Mechanicsville, VA 23116. Phone: (804) 730-4076. |
| FACILITY: | <ul style="list-style-type: none">8 lane 25 meter outdoor heated pool with non-turbulent lane lines. Three watches per lane. Bleacher seating and ample room for families to setup chairs or blankets.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). |
| MEET DIRECTOR: | Name: Karen Seeber Email: Tech9T2@comcast.net Phone: 804-730-4076 (days); 804-730-8833 (evenings) |
| ELIGIBILITY: | <ul style="list-style-type: none">Open to all USA Swimming/VSI swimmers registered by the first day of the meetOpen to all non-USA Swimming/VSI registered swimmersNon-USA Swimming/VSI registered athletes are eligible to compete only if USA Swimming registered coach is present on deck as their coach.8 & Younger swimmers may participate regardless of classification.Swimmers 9 & Older may compete in any event and relay strokes in which they have a "BB", "B" or "C" or no time.2009-2012 NAG top 16 based times are in effect.Age on May 8, 2009 will determine age for the entire meet. |
| DISABILITY SWIMMERS: | <ul style="list-style-type: none">Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. |
| FORMAT: | <ul style="list-style-type: none">10 & Younger swim in the morning11 & Older swim in the mid-afternoon.12 & Older 1500 distance session on Friday evening.All ages distance session on Saturday afternoon.All events will be timed finals.No time trials will be offered. |
| WARM-UP: | <ul style="list-style-type: none">Friday evening 1500 12 & Older Session: Warm-ups 5:00-5:50 pm. Competition starts at 6:00 pm.Morning 10 & Younger sessions: Warm-ups at 8:00-9:20 am. Competition starts at 9:30 am.Mid-afternoon 11 & Older sessions: Warm-ups no earlier than 12 noon. Competition no earlier than 1:00pm.Saturday all age distance sessions: Warm ups – No earlier than 3:30 pm. The pool will be open for 20 minutes of open warm-ups immediately following the finish of the Saturday mid-afternoon session, with the distance session competition starting 5 minutes thereafter.The actual warm-up and competition start times for the mid-afternoon and Saturday distance sessions will be posted on the Burkwood Aquatic Club (BAC) website (www.bacswim.com) no later than Friday, May 1st, and will also be emailed to the contact person of the participating clubs.Swimmers are responsible for providing one timer and an individual to count laps for the Friday evening distance session and the Saturday afternoon distance session.Lane assignment and warm-up times for individual clubs will be posted on the BAC website no later than Friday, May 1st and will also be emailed to the contact person of the participating clubs. |

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| | <ul style="list-style-type: none"> 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, APRIL 29, 2009</p> <ul style="list-style-type: none"> Entries must be submitted in short course yard times 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 meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. "No Time" (NT) entries will be accepted. Coaches Times (CT) will be accepted for events which a swimmer does not have a time of record. CT may not exceed a "B" time. Swimmers may enter a maximum of 4 individual events and 1 relay event per morning sessions or early afternoon session, one distance event on Friday evening and Saturday afternoon distance sessions for a total of 10 individual events and 2 relay events for the entire meet. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Entries will be processed in the order received. 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, which actions may require reseeding. Email entries to: Jill Bradford at bradfordva@cox.net Mail entries to: Burkwood Aquatic Club P.O. Box 1886 Mechanicsville, VA 23116 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 Relay events: \$4.00</p> <ul style="list-style-type: none"> Checks should be made payable to: Burkwood Aquatic Club Payment must be received by May 9, 2009, the first day of the meet. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. |
| AWARDS: | <ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through tenth place. <ul style="list-style-type: none"> 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups. 11 & 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. Relay events: Ribbons will be awarded for first through fourth place. |
| SEEDING: | <ul style="list-style-type: none"> All events except events #1 & 2 (12&O 1500 Free), #71 & 72 (10&Y 400 Free), #73 & 74 (11&O 400 Free), and #75 & 76 (12&O 800 Free) will be pre-seeded. Swimmers report directly to the blocks for their events. #1 & 2 (12&O 1500 Free), #71 & 72 (10&Y 400 Free), #73 & 74 (11&O 400 Free), #75 & 76 (12&O 800 Free) will require positive check-in to swim. Positive check-in will close 30 minutes before the scheduled start of the Friday evening and Saturday afternoon distance sessions. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. All distant events will be swum slowest to fastest in event order. Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Meet Director or Session Director. |

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| PENALTIES: | Penalties for entries using fraudulent and/or non-verifiable entry times: <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. • 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 current USA Swimming Rules and Regulations will apply. • 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. • Overhead starts will be used for all sessions. |
| OFFICIALS: | Meet Referee: Bob Rustin, Phone: (804) 276-9220, Email: bob.a.rustin@usa.dupont.com <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 Mike Sullivan at msulliva@simon.com or (804) 550-5328 no later than April 28, 2009. • Friday evening official's meeting will take place at 5:20pm. • Official's meeting will occur at 8:50 am for the morning sessions. Subsequent officials meetings will take place 40 minutes prior to warm-ups. There will be a coaches meeting on Saturday and Sunday morning at 9:20 am. |
| SAFETY: | <ul style="list-style-type: none"> • 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. • Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet |
| TIMERS: | <ul style="list-style-type: none"> • BAC will provide the majority of the timers required for the meet. • Participating teams will be asked to provide a limited amount of timers. • Swimmers participating in the Friday evening and Saturday afternoon distance sessions are expected to provide one timer (and a counter). |
| GENERAL: | <ul style="list-style-type: none"> • 100% of net profits will be donated to the BAC Benevolence Fund. This fund has been set up to help those families who are experiencing financial difficulties due to the current economic situation, unforeseen medical costs, and similar situations that would prevent a swimmer from continued participation in the sport of swimming due to financial distress. • Heat sheets will be sold at a cost of \$1.00. • A concession stand will be on premises. • A hospitality tent will be provided for the officials and coaches. • There are bleachers and ample space for parents and swimmers to bring their own chairs and blankets. • Bathrooms and locker rooms are located in the basement of the clubhouse. The doors are to you left as you are walking through the gate to the pool. |
| FACILITY RULES: | <ul style="list-style-type: none"> • Please do not go inside the roped off area surrounding the upper pool. This is for your own safety. |
| DIRECTIONS: | From I-295, take exit 41A (301 North towards Hanover). Fifth stoplight takes a right onto Shady Grove. First stoplight makes a left onto Studley Road. Studley Road veers to the left. Follow for approximately ¼ mile. Right onto Burkwood Club Drive (just after the church). Go to the end of the drive and park to the far right hand side of the clubhouse. Use the gravel pathway to the right of the clubhouse to access the pool. |

MOTHER'S DAY SPRING DIP

MAY 8-10, 2009

Friday Evening Distance 12 & Older

Warm Up: 5:00 pm Meet Start: 6:00 pm

| Girls | Event | Boys |
|-------|----------------------------|------|
| 1 | 12 & Older 1500 Meter Free | 2 |

Saturday Morning 10 & Younger

Warm Up: 8:30 am Meet Start: 9:30 am

| Girls | Event | Boys |
|-------|------------------------------|------|
| 3 | 9-10 50 Freestyle | 4 |
| 5 | 7-8 25 Freestyle | 6 |
| 7 | 6 & Younger 25 Freestyle | 8 |
| 9 | 9-10 200 Butterfly | 10 |
| 11 | 9-10 100 Butterfly | 12 |
| 13 | 8 & Younger 50 Butterfly | 14 |
| 15 | 9-10 100 IM | 16 |
| 17 | 8 & Younger 100 IM | 18 |
| 19 | 9-10 50 Breaststroke | 20 |
| 21 | 7-8 25 Breaststroke | 22 |
| 23 | 6 & Y 25 Breaststroke | 24 |
| 25 | 9-10 200 Backstroke | 26 |
| 27 | 9-10 100 Backstroke | 28 |
| 29 | 8 & Younger 50 Backstroke | 30 |
| 31 | 9-10 200 Freestyle | 32 |
| 33 | 8 & Younger 200 Free | 34 |
| 35 | *9-10 100 Fr Mixed Sex Relay | 35 |
| 36 | *8&Y 100 Fr Mixed Sex Relay | 36 |

** Minimum of one boy and one girl on a relay.*

Saturday Early Afternoon 11 & Older

Warm Up: No earlier than 12 noon
Meet Start: No earlier than 1:00 pm

| Girls | Event | Boys |
|-------|------------------------------|------|
| 41 | 11-12 100 Freestyle | 42 |
| 43 | 13 & Older 100 Freestyle | 44 |
| 45 | 11-12 50 Butterfly | 46 |
| 47 | 11 & Older 200 Butterfly | 48 |
| 49 | 11-12 200 IM | 50 |
| 51 | 13 & Older 200 IM | 52 |
| 53 | 11-12 50 Breaststroke | 54 |
| 55 | 11 & Older 200 Breaststroke | 56 |
| 57 | 11-12 100 Backstroke | 58 |
| 59 | 13 & Older 100 Backstroke | 60 |
| 61 | 11 & 12 200 Freestyle Relay | 62 |
| 63 | 13 & Older 200 Freestyle Rel | 64 |
| | 11 & Over T-shirt Relay | |
| | <i>(t-shirt provided)</i> | |

Saturday Afternoon Distance

Warm Up: No earlier than 3:30 pm

Meet Start: No earlier than 3:55 pm

| Girls | Event | Boys |
|-------|--------------------------|------|
| 71 | 10 & under 400 freestyle | 72 |
| 73 | 11 & Older 400 freestyle | 74 |
| 75 | 12 & Older 800 freestyle | 76 |

Sunday Morning 10 & Younger

Warm Up: 8:30 am Meet Start: 9:30 am

| Girls | Event | Boys |
|-------|------------------------------|------|
| 81 | 9-10 200 IM | 82 |
| 83 | 8 & Younger 50 Freestyle | 84 |
| 85 | 9-10 50 Butterfly | 86 |
| 87 | 7-8 25 Butterfly | 88 |
| 89 | 6 & Younger 25 Butterfly | 90 |
| 91 | 8 & Younger 50 Breaststroke | 92 |
| 93 | 9-10 200 Breaststroke | 94 |
| 95 | 9-10 100 Breaststroke | 96 |
| 97 | 7-8 25 Backstroke | 98 |
| 99 | 6 & Younger 25 Backstroke | 100 |
| 101 | 9-10 50 Backstroke | 102 |
| 103 | 8 & Younger 100 Freestyle | 104 |
| 105 | 9-10 100 Freestyle | 106 |
| 107 | 8&Y Mixed Sex Kicking Relay | |
| 108 | 9-10 Mixed Sex Kicking Relay | |

** Minimum of one boy and one girl on a relay.*

Sunday Early Afternoon 11 & Older

Warm Up: No earlier than 12 noon
Meet Start: No earlier than 1:00 pm

| Girls | Event | Boys |
|-------|-----------------------------|------|
| 121 | 11 - 12 200 Freestyle | 122 |
| 123 | 13 & older 200 Freestyle | 124 |
| 125 | 11 - 12 100 Butterfly | 126 |
| 127 | 13 & older 100 Butterfly | 128 |
| 129 | 11 - 12 100 Breaststroke | 130 |
| 131 | 13 & older 100 Breaststroke | 132 |
| 133 | 11 - 12 50 Backstroke | 134 |
| 135 | 11& older 200 Backstroke | 136 |
| 137 | 11 -12 50 Freestyle | 138 |
| 139 | 13 & older 50 Freestyle | 140 |
| 141 | 11 - 12 100 IM | 142 |
| 143 | 13 & older 200 Med Relay | 144 |
| 145 | 11 - 12 200 Medley Relay | 146 |