



**AMENDED**  
**5<sup>TH</sup> ANNUAL BAC IRONMAN**  
**Distance Meet**  
**January 24-25, 2009**  
**SANCTION NO. VS-09-35**

Hosted by  
**Burkwood**  
**Aquatic**  
**Club**

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-35</b>
<b>LOCATION:</b>	Burkwood Swim and Racquet Club, 9120 Burkwood Club Drive, Mechanicsville, VA 23116, (804) 730-4076 (BAC office), and (804) 730-2472 (number to call day of the meet)
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 8 lane 25 yard indoor pool with non-turbulent lane lines.</li><li>• Bleacher seating on one side of pool. Ample room for personal chairs on the other side.</li><li>• Colorado timing system will be in use.</li><li>• <b>Continuous warm-up/warm-down is available in a separate 8 lane 25 meter pool. This separate pool is a three minute walk from the meet pool.</b></li><li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTOR:</b>	Karen Seeber Phone: (804) 730-8833 Email: <a href="mailto:Tech9T2@comcast.net">Tech9T2@comcast.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Meet open to all USA Swimming/VSI registered swimmers</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 January 24, 2009 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All events will be timed finals.</li><li>• Morning competition will be split into two sessions on Saturday and Sunday</li><li>• Saturday afternoon competition will have a 20-minute mid-session break.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• <b>Saturday:</b><ul style="list-style-type: none"><li>○ <b>Session 1 (11 &amp; Over Girls): Warm-ups at 6:00 am to 7:20 am; Competition starts at 7:30 am</b></li><li>○ <b>Session 2 (12 &amp; Over Boys): Warm-up will start no earlier than 9:15 am; Competition starts no earlier than 9:50 am</b></li><li>○ <b>Session 3 (All Swimmers): Warm-up at 12:40 pm to 1:20 pm; Competition starts at 1:30 pm.</b><ul style="list-style-type: none"><li>▪ <b>There will be a mid-session break after events #3-4 (Open 500 Free) for 20-minutes.</b></li><li>▪ <b>Warm-up/warm-down will be available in the competition pool during this period.</b></li></ul></li></ul></li><li>• <b>Sunday:</b><ul style="list-style-type: none"><li>○ <b>Session 4 (11 &amp; Over Boys): Warm-up at 6:00 am to 7:20 am; Competition starts at 7:30 am.</b></li><li>○ <b>Session 5 (12 &amp; Over Girls): Warm-up will start no earlier than 8:40 am; Competition will starts no earlier than 9:10 am</b></li></ul></li><li>• <b>If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.</b></li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, JANUARY 18, 2009</b> <ul style="list-style-type: none"><li>• <b>Entries from BAC, CGBD, PSDN, TCAC, VACS, and YGR will have priority acceptance. All other entries will be accepted on a first come, first served basis.</b></li><li>• Entries must be submitted in short course yard times using Hy-Tek Team Manager and</li></ul>

	<p>Commlink-2 software, or on a VSI master entry sheet.</p> <ul style="list-style-type: none"> <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 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.</li> <li>• Coaches Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• "No Time" (NT) entries will not be accepted.</li> <li>• Entry limits: Swimmers may participate in three individual events and one relay on Saturday and one individual event on Sunday for a maximum of five events for the meet.</li> <li>• 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.</li> <li>• <b>Email entries to: <a href="mailto:bacgeorge@live.com">bacgeorge@live.com</a></b></li> <li>• Mail entries to: Burkwood Aquatic Club P.O. Box 1886 Mechanicsville, VA 23116</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> </ul>
<b>FEES:</b>	<p>Individual events: \$5.00 Relay events: \$5.00 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>BURKWOOD AQUATIC CLUB</b></li> <li>• Payment must be received by the first day of the meet. Payment must be included with all mailed entries.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Medals will be awarded for 1<sup>st</sup> – 8<sup>th</sup> place. Ribbons will be awarded for 9<sup>th</sup> – 16<sup>th</sup> place. Ribbons will be awarded for relays 1<sup>st</sup> – 4<sup>th</sup> place.</li> <li>• Separate awards will be given for 8&amp;U, 9-10, 11-12, 13-14, and 15-18 age groups.</li> <li>• Plaques will be awarded to the top two finishers with the lowest combined time in each age category and gender for the following: <ul style="list-style-type: none"> <li>• 11 year olds – 500 free, 1000 free, 400 IM</li> <li>• 12 year olds – 500 free, 1000 free, 1650 free, 400 IM</li> <li>• 13 -14 year olds – 500 free, 1000 free, 1650 free, 400 IM</li> <li>• 15 -18 year olds – 500 free, 1000 free, 1650 free, 400 IM</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events require positive check-in.</li> <li>• There will be positive check-in up to ½ hour before the morning sessions and Saturday afternoon session begins.</li> <li>• Swimmers in all sessions should report directly to the blocks for their events.</li> <li>• Events will run slowest to fastest. Girls then boys on Saturday. Boys then girls on Sunday.</li> <li>• Deck entries will be accepted in the order received to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the official's table.</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 current USA Swimming Rules and Regulations will apply.</li> <li>• The overhead start procedure will be in effect.</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: Bob Griffin</b>  <b>Phone:</b> (804) 744-6944  <b>Email:</b> <a href="mailto:bob.griffin3@verizon.net">bob.griffin3@verizon.net</a></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• 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 <a href="mailto:mikesmall52@gmail.com">mikesmall52@gmail.com</a> no later than January 19, 2009.</li> <li>• There will be an officials meeting at <b>7:00 am</b> on Saturday and Sunday mornings, and one no earlier than <b>1:00 pm</b> on Saturday afternoon.</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>• VSI Safety and Warm-up procedures will be in effect.</li> <li>• 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.</li> <li>• During the competition, swimmers must enter the warm-up lane from the far end of the pool (opposite the starting blocks), jumping in feet first or using the steps.</li> <li>• Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.</li> </ul>
<b>TIMERS:</b>	Clubs may be required to provide timers. If required, this information will be sent to the participating clubs by Wednesday, January 21, 2009
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Enter the meet through the side doors on the left of the building. Please do not use the front doors.</li> <li>• Heat sheets will be posted on walls around the pool and a limited number will be passed out to the spectators.</li> <li>• Hospitality room will be open to coaches and certified officials</li> <li>• No glass containers, smoking or alcohol is permitted in the pool area.</li> </ul>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>• <b>PLEASE DO NOT PARK IN FRONT OF THE BUILDING.</b> Park in the large parking lot on the right side behind the pine trees.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• Go to <a href="http://www.bacswim.com">www.bacswim.com</a>, under Team Info, and click on the icon for Mapquest to get specific directions from your location.</li> <li>• From I-295, take exit 41A (301 North towards Hanover). Fifth stoplight right onto Shady Grove. First stop light left onto Studley Road. Studley Road veers to the left. Follow for approximately ¼ mile. Right onto Burkwood Club Drive (just after the church). First building on the left.</li> </ul>

# BAC IRONMAN DISTANCE MEET

**SATURDAY, JAN 24TH**

Girls	<b>Distance - Session One</b>	Boys
	<b>Warm-ups: 6:00 am</b>	
	<b>Meet Start: 7:30 am</b>	
1	<b>11 &amp; Over 1000 Free</b>	

	<b>Distance - Session Two</b>	
	<b>Warm-ups: No earlier than 9:15 am</b>	
	<b>Meet Start: No earlier than 9:50 am</b>	
	<b>12 &amp; Over 1650 Free</b>	2

Girls	<b>Distance - Session Three</b>	Boys
	<b>Warm-ups: 12:40-1:20 pm</b>	
	<b>Meet Start: 1:30 pm</b>	
3	<b>Open 500 Free</b>	4
	<b>Midsession break - 20 minute warm-up/cool-down</b>	
5	<b>11&amp;O 400 IM</b>	6
7	<b>10&amp;U 200 IM</b>	8
9	<b>12 &amp; U 800 Medley Relay</b>	10
11	<b>13 &amp; O 800 Medley Relay</b>	12

**SUNDAY, JAN 25TH**

	<b>Distance - Session Four</b>	
	<b>Warm-ups: 6:00 am</b>	
	<b>Meet Start: 7:30 am</b>	
Girls	<b>11 &amp; Over 1000 Free</b>	Boys 14

	<b>Distance - Session Five</b>	
	<b>Warm-ups: No earlier than 8:40 am</b>	
	<b>Meet Start: No earlier than 9:10 am</b>	
15	<b>12 &amp; Over 1650 Free</b>	

“Pain is weakness leaving the body.  
It is never a question of how much more  
You can take, but how much more you can give.  
Just when you’re ready to quit, your mind says  
Push harder, you listen. Sensing an inner strength  
That wasn’t there before, and suddenly, you discover,  
You no longer feel the pain. Now you have succeeded.”  
- U.S. Marines

“Every morning when the sun comes up  
a fish wakes up knowing that it must swim faster  
than the fastest shark or it will be eaten and die.  
  
Every morning when the sun comes up a shark wakes up  
knowing that it must swim faster than the slowest fish or  
it will starve to death.  
  
The moral of the story is, when the sun comes up, you  
better be swimming fast!”  
- Anonymous