



**AMENDED**  
**NORTH DISTRICT CHAMPIONSHIP**  
**February 20-22, 2009**  
**SANCTION NO. VS-09-43**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-43</b>
<b>LOCATION:</b>	Regency Park Sports, 6301 Campus Drive, Fredericksburg, VA 22407
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 25 yard, 8 lane indoor pool with non-turbulent lane lines. Two warm-up/warm -down lanes available at all times. Colorado Automatic &amp; Semi-Automatic timing system with scoreboard.</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>	Arturo Weldon Phone: (703) 878-4981 Email: <a href="mailto:wandaarturo@hotmail.com">wandaarturo@hotmail.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered 14 year old and younger swimmers in the North District. Teams in the Northern District are: BASS, PWSC, QDD, RAYS, RPST, SHKS, STAT, TSU, VAST, VSTP, and WST.</li><li>• All swimmers participating in this meet must be registered by the first day of the meet. No on deck registration will be permitted.</li><li>• The qualifying period for this meet is January 1, 2008 through February 19, 2009</li><li>• <b>8 &amp; Younger swimmers may participate regardless of classification in 8 &amp; younger events.</b></li><li>• <b>8 &amp; Younger swimmers entered in 10 and younger events may not have a 10&amp;U "BB" or faster time in the event entered.</b></li><li>• <b>9-14 year old swimmers may compete in any event and relay strokes in which they have a "B" or "C" Time.</b></li><li>• 10 and 12 year-old swimmers aging up from February 21 and February 26, 2009 with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none"><li>○ 10 or 12 year old swimmers who do not qualify in their new age group at Region Championships may enter those event(s).</li><li>○ 10 and 12 year old swimmers aging up between championships will be seeded correctly by time, however, will swim Exhibition only and will not be eligible to receive an award.</li></ul></li><li>• 2009-2012 NAG time standards are in effect.</li><li>• Age on February 20, 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>• 10 &amp; Younger swimmers will swim on Saturday and Sunday morning.</li><li>• 11 &amp; Older swimmers will swim on Saturday and Sunday afternoons.</li><li>• All events will be timed finals</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday distance session: General warm-up from 5:00-5:45 pm. Competition begins at 6:00 pm</li><li>• <b>Saturday morning session: Warm-ups from 6:20-7:40 am (four 20 minute sessions). Competition starts at 8:00 am on Saturday.</b></li><li>• <b>Sunday morning sessions: Warm-ups from 6:30-7:50 am (four 20 minute sessions). Competition starts at 8:00 am</b></li><li>• Afternoon sessions: Warm-ups no earlier than 11:30 am (three 25-minute warm-ups). Competition begins at 1:00 pm.</li><li>• Sunday distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session with the 1650y freestyle competition</li></ul>

	<p>starting five minutes thereafter.</p> <ul style="list-style-type: none"> <li>○ The approximate start time for the distance sessions will be posted on the PWSC website no later than Wednesday, February 18th and will also be e-mailed to the contact person of the participating clubs.</li> <li>○ The distance session will begin no earlier than these estimated times.</li> <li>● Warm-up lane assignments and times for individual clubs will be posted on the PWSC website <a href="http://www.pwcweb.com/pwsc">www.pwcweb.com/pwsc</a> no later than Wednesday, February 18th and will also be e-mailed to the club contact person.</li> <li>● If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 10, 2009.</b></p> <ul style="list-style-type: none"> <li>● Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>.</li> <li>● Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li> <li>● A <b>Team Manager</b> printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> ) 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.</li> <li>● <b>"No Time" (NT) entries WILL NOT be accepted.</b> If a swimmer does not have a time of record the swimmer must be entered with a Coaches Time (CT).</li> <li>● Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>● Swimmers may enter a maximum of <i>3 individual events</i> and <i>1 relay event</i> per day.</li> <li>● Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>● Entries will be processed in the order received.</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 could require reseeding.</li> <li>● <b>Email entries to: <a href="mailto:rhschwalm@verizon.net">rhschwalm@verizon.net</a> Attn: Ross Schwalm</b></li> <li>● <b>Mail entries to: Ross Schwalm 16118 Olmstead Lane Woodbridge, VA 22191 Phone: (703) 680-7673</b></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>● Late entries will be accepted. 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.</li> </ul>
<b>FEES:</b>	<p><b>Individual events: \$4.75</b>  <b>Relay events: \$13.00</b>  <b>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</b>  <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: PWSC.</li> <li>● Payment must be received by Tuesday, February 17, 2009 for email entries. Payment must be included with all mailed entries.</li> <li>● Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>● Individual events will be awarded medals for first through fourth place and ribbons will be awarded for fifth through eighth place. <ul style="list-style-type: none"> <li>○ 8 &amp; Younger events will be given separate awards for 8 year olds and 7 &amp; Younger age</li> </ul> </li> </ul>

	<p>groups.</p> <ul style="list-style-type: none"> <li>○ The 12 &amp; Younger 500 freestyle will be given separate awards for 11-12 and 10 and Younger age groups.</li> <li>○ 11-14 events will be given separate awards for 11-12, and 13-14</li> <li>○ Heat winner ribbons will be awarded for all individual events for 10 &amp; Younger swimmers.</li> </ul> <ul style="list-style-type: none"> <li>● Relay events will be awarded ribbons for first through fourth place</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>● All events, except events 1, 2, 3, 4, 5, 6, 27, 28, 107, 108 will be pre-seeded. 8 &amp; Younger swimmers in the morning sessions must report to the Clerk of Course and they will be brought to the blocks from there.</li> <li>● 8 &amp; Younger swimmers must report to the Clerk of Course located near lane 1 at the turning end of the pool when their event is called. Other swimmers will report to the blocks in time for their events. Events will be called in the natatorium and gymnasium.</li> <li>● Swimmers in the afternoon sessions should report directly to the blocks for their events.</li> <li>● Events 1, 2, 3, 4 (500 Free), 5, 6 (400 IM), 27, 28 (10 &amp; Y 200 Free), 107, &amp; 108 (1650 Free) will require a positive check-in to swim.</li> <li>● Positive check-in will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Recorder's desk.</li> <li>● <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>● <b>Events 107 and 108 will be swum fastest to slowest and alternate heats of girls and boys.</b></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 used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee.</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: Skip Gaskill</b>  <b>Email: <a href="mailto:gaskills@comcast.net">gaskills@comcast.net</a></b>  <b>Phone: (703) 583-0965</b></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, certified position, and session availability of certified officials to Bruce Benson (703) 680-6792, <a href="mailto:benson_lori@BAH.com">benson_lori@BAH.com</a>, no later than Monday, February 16, 2009.</li> <li>● Officials will meet in the Hospitality Room off the pool deck. Friday meeting time will be at 5:00 pm; Saturday &amp; Sunday morning at 7:00 am; Saturday &amp; Sunday afternoon at 12:00 pm (approx).</li> <li>● General meeting for coaches and key officials will be held at 7:50 am, Saturday, in the Hospitality Room adjacent to the warm-up lane pool deck.</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>● Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>There will be no diving into the pool during warm-ups (either main pool or warm-up/warm-down lanes) except for the in the warm-up sprint lanes</b></li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the PWSC website no later than Wednesday, February 18, 2009, and will also be emailed to the contact person of each of the individual clubs. These assignments will also be posted throughout the venue.</li> <li>• The name(s) and telephone numbers/email addresses of a Timer Coordinator from each club, per session, must be submitted with entries.</li> <li>• It is the responsibility of the club Timer Coordinator to ensure that timers from their club are present when required and that reliefs are arranged ahead of time. Timer Coordinators must check in with Meet Director, Arturo Weldon, prior to each session.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Complimentary lunch and snacks will be served for coaches, deck officials, Timing Judges, Recorders, Clerk of Course, Marshals, Chief Timers and timing system operators.</li> <li>• A concession stand will be available for swimmers and spectators and will be located on the in the lobby area.</li> <li>• Results will be posted in the hallway outside the gym.</li> <li>• Complimentary heat sheets will be provided for officials and coaches. These heat sheets can be obtained from the Clerk of Course. Heat Sheets will be sold to spectators for \$5.00 each and will be available in the concession area.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each club is responsible for supervising the conduct of their swimmers.</li> <li>• Swimmers are not permitted in any room not directly associated with this swim meet.</li> <li>• Swimmers must enter and exit the pool through the locker rooms. Please bring your towels with you to dry off before heading back to the gym area.</li> <li>• Swimmers and spectators are not allowed to eat food in the pool area.</li> <li>• Only water and Gatorade are allowed on the pool deck. No glass containers are allowed.</li> <li>• Coaches only are allowed to sit on the locker room side of the pool deck. All others are required to be in the spectator bleachers in the pool area or in gym.</li> <li>• No diving in the warm-up pool. Feet first entry only.</li> <li>• No cars are to be left in the fire lanes.</li> </ul>
<b>DIRECTIONS:</b>	<p>From I-95 you will take exit 130 (Rt 3) West. Travel approximately 3 miles and take a right turn at the intersection of Rt. 3 and Five Mile Rd (Old Plank). Travel approximately ¼ mile and turn right onto Campus Drive. The building is in the back of the parking lot.</p>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Holiday Inn Select (540) 786-8321</li> <li>• Best Western Fredericksburg (540) 371-5050</li> <li>• WyteStone Suites (540) 891-1112</li> <li>• Wingate Inn (540) 368-8000</li> <li>• Sleep Inn Southpoint (540) 710-5500</li> </ul>

**Order of Events:**

**Friday, February 20, 2009**

**Warm-ups: 5:00 PM; Competition Starts at 6:00 PM**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 500 Freestyle	2
3	12 and younger 500 Freestyle	4
5	13-14 400 IM	6

**Saturday, February 21, 2009**

**Morning Session - Warm-ups: 6:20 AM; Competition Starts at 8:00 AM**

**Afternoon Session – Warm-ups: 11:30AM; Competition Starts at 1:00 PM**

<b>Morning Session</b>			<b>Afternoon Session</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9 - 10 50 Freestyle	8	33	11 - 12 100 Freestyle	34
9	8 & Younger 25 Freestyle	10	35	13 - 14 100 Freestyle	36
11	9 - 10 100 Butterfly	12	37	11 - 12 50 Butterfly	38
13	8 & Younger 50 Butterfly	14	39	11 - 14 200 Butterfly	40
15	9 - 10 100 IM	16	41	11 - 12 200 IM	42
17	8 & Younger 100 IM	18	43	13 - 14 200 IM	44
19	9 - 10 50 Breaststroke	20	45	11 - 12 50 Breaststroke	46
21	8 & Younger 25 Breaststroke	22	47	11 - 14 200 Breaststroke	48
23	9 - 10 100 Backstroke	24	49	11 - 12 100 Backstroke	50
25	8 & Younger 50 Backstroke	26	51	13 - 14 100 Backstroke	52
27	10 & Younger 200 Freestyle	28	53	11 - 12 200 Free Relay	54
29	8 & Younger 100 Free Relay	30	55	13 - 14 200 Free Relay	56
31	9 - 10 200 Free Relay	32			

**Sunday, February 22, 2009**

**Morning Session – Warm-ups: 6:30 AM; Competition Starts at 8:00 AM**

**Afternoon Session - Warm-ups: 11:30 AM; Competition Starts at 1:00 PM**

<b>Morning Session</b>			<b>Afternoon Session (not earlier than 1:45 pm)</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	9 - 10 100 Freestyle	58	81	11 - 12 200 Freestyle	82
59	8 & Younger 50 Freestyle	60	83	13 - 14 200 Freestyle	84
61	9 - 10 50 Butterfly	62	85	11 - 12 100 Butterfly	86
63	8 & Younger 25 Butterfly	64	87	13 - 14 100 Butterfly	88
65	9 - 10 200 IM	66	89	11 - 12 100 IM	90
67	8 & Younger 50 Breaststroke	68	91	13 - 14 100 Breaststroke	92
69	9 - 10 100 Breaststroke	70	93	11 - 12 100 Breaststroke	94
71	8 & Younger 25 Backstroke	72	95	11 - 14 200 Backstroke	96
73	9 - 10 50 Backstroke	74	97	11 - 12 50 Backstroke	98
75	8 & Younger 100 Freestyle	76	99	13 - 14 50 Freestyle	100
77	9 - 10 200 Medley Relay	78	101	11 - 12 50 Freestyle	102
79	8 & Younger 100 Med. Relay	80	103	13 - 14 200 Medley Relay	104
			105	11 - 12 200 Medley Relay	106
				<b>20-Minute Break</b>	
			107	13 - 14 1650 Freestyle	108