



**2009 JEFF ROUSE  
Open Invitational Swim Meet  
May 2-3, 2009  
SANCTION NO. VS-09-55**

Hosted by:

**QDD**  
Swim Team

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-55</b>
<b>LOCATION:</b>	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; The pool will be configured to conduct competition in 10-lanes except as noted.</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 Harrison Phone: (703) 369-7669 Email: <a href="mailto:thebigmahmuh@aol.com">thebigmahmuh@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/Virginia Swimming (as appropriate) swimmers registered prior to the first day of the meet.</li><li>• All teams will be limited to 100 swimmers</li><li>• Please contact the meet director if you'd like to add a "B" team. Additional swimmers on a "B" team will be considered on a space available basis and notification of those entries being accepted will not be provided until the meet entries are closed and time lines have been determined</li><li>• No on deck registration will be permitted.</li><li>• Age on May 2, 2009 will determine the swimmer's age for the 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 12 &amp; Younger swimmers will swim on Saturday and Sunday Morning.</li><li>• All 13 &amp; Older swimmers will swim on Saturday and Sunday Afternoon.</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 7:00, competition starts at 8:10.</li><li>• Afternoon sessions: Warm-ups no earlier than 12:00, competition starts at 1 hour and 10 minutes after the start of warmups.</li><li>• Distance sessions:<ul style="list-style-type: none"><li>○ The approximate start time for the distance sessions will be posted on the QDD Swim Team website (<a href="http://www.qddswim.org">www.qddswim.org</a>) no later than April 28, 2009, and will also be emailed to the contact person of the participating clubs.</li><li>○ The distance sessions will start no earlier than the estimated times.</li><li>○ There will be a 10 minute open warm-up prior to sessions #3 and #5</li></ul></li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the QDD website (<a href="http://www.qddswim.org">www.qddswim.org</a>) no later than April 28, 2009, and will also be emailed to the contact person of the participating clubs.</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 FOR VSI TEAMS IS WEDNESDAY, APRIL 22, 2009</b></p> <ul style="list-style-type: none"><li>• <b>Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, April 23, 2009, if space is available after VSI entries have been accepted.</b></li><li>• Entries must be submitted in <b>LC Meter</b> times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li><li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li></ul>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Coaches Times (CT) will be accepted except where specified for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition.</li> <li>• <b>"No Time" (NT) entries will not be accepted.</b></li> <li>• <b>Swimmers may enter a maximum of 3 individual events per session and 4 individual events per day.</b> If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</li> <li>• Entries will be processed in the order received. This meet will be limited to a total of 750 Swimmers.</li> <li>• Entries in events #27 &amp; #28 (13&amp;O 1500m Free) are limited to those swimmers who have a time of record equal to B or faster time in the 500y Free, 400m Free, 800m Free, 1650y Free or 1500m Free, for their current age group. No Coaches Times.</li> <li>• Entry into events #41 &amp; #42 (12&amp;Y 400m Free) is limited to those swimmers who have a time of record equal to B or faster time in the 500y Free or 400m Free, for their current age group. No Coaches Times.</li> <li>• Events #27 &amp; #28 will each be restricted to the fastest 40 swimmers (5 heats of 8) once positive check-in has closed</li> <li>• Events #41 &amp; #42 will each be restricted to the fastest 50 swimmers (5 heats of 10) once positive check-in has closed.</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>• Email entries to: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a></li> <li>• Send entries to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192</li> <li>• 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.</li> <li>• Refunds will be made to anyone cut from an event by the Meet Director, because of a need to limit competition.</li> <li>• <b>Late entries will be accepted.</b> If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. Additional heats will not be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: <b>\$5.50</b> Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>QDD Swim Team, Inc.</b></li> <li>• Payment must be received by Wednesday, April 29, 2009 for email entries. 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>• <b>Individual events:</b> Ribbons will be awarded for first through 8<sup>th</sup> Place for both divisions.</li> <li>• Age groups receiving ribbons will be: 8 and Under, 9-10, 11-12, 13-14, 15 and Older</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, <b>except</b> Events 25 &amp; 26 (13 and Older 400 IM), 27 &amp; 28 (13 and Older 1500 Free), 41 &amp; 42 (12 &amp; Younger 400 Free) and Events 53 &amp; 54 (13 and Older 400 Free) will be pre-seeded.</li> <li>• Positive check-in is required Events 25 &amp; 26 (13 and Older 400 IM), 27 &amp; 28 (13 and Older 1500 Free), 41 &amp; 42 (12 &amp; Younger 400 Free) and Events 53 &amp; 54 (13 and Older 400 Free).</li> <li>• Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #2 for events 25, 26, 27 &amp; 28.</li> <li>• Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #4 for events 41 &amp; 42.</li> <li>• Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #6 for events 53 &amp; 54.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT</b></li> <li>• Swimmers competing in the 400 Free and 1500 Free <b>are responsible for providing their own lap counters.</b></li> <li>• Events 27 &amp; 28 will be swum fastest to slowest alternating heats between Girls and Boys.</li> <li>• Events 27 &amp; 28 will be swum in 8 lanes leaving the 1 lane for continuous warm-up/warm-down as well as a empty buffer lane between the competitors and the warm-up/warm-down lane.</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 all sessions unless the meet referee does NOT feel this is necessary based on the session timeline.</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: Rick Lisbon</b>  <b>Email: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a></b>  <b>Phone: (703) 491-8210</b></p> <ul style="list-style-type: none"> <li>• Wet Deck Officials at all positions will be needed 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 Andrea Morisi, Email: <a href="mailto:andrea@adameen.com">andrea@adameen.com</a> , by April 30, 2009</li> <li>• Officials will meet in Hospitality 45 minutes before the start of every session</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>
<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 <a href="http://www.qddswim.org">www.qddswim.org</a> no later than Tuesday April 28, 2009, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• <b>Timers must be provided by the swimmer for events 27, 28, 41 and 42</b></li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be sold for \$5.</li> <li>• A Hospitality Suite will be available (refreshments &amp; lunch) for USS officials &amp; coaches.</li> <li>• Concessions snack bar and PRO SHOP will be available.</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 of the buildings not directly associated with this swim meet.</li> <li>• No towels or suits etc. are to be hung on or around the lifeguard stands.</li> <li>• Only coaches, swimmers, and officials are allowed on the competition deck. Swimmers will be allowed to “camp out” in the gymnasium. There will be no “camping out” allowed in the hallways. All others are required to be in the elevated spectator bleachers or the gymnasium.</li> <li>• No cars are to be left in the fire lanes.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>The facility no longer allows parking in the lot adjacent to the facility. Drop off points will be provided for discharging swimmers and directions will be given to the overflow parking lots.</b></li> </ul>	
<b>HOTELS:</b>	<p>The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy 703-335-1300</p> <p>Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) 703-393-9966</p> <p>Springhill Suites by Marriott, Centreville, VA 703-815-7800</p> <p>Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000</p> <p>Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100</p>	<p>Country Inn &amp; Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797</p> <p>Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966</p> <p>Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100</p>

**ORDER OF EVENTS: Highlighted rows indicate positive CHECK-IN required**

<u>Session #1</u> Saturday Morning, May 2nd		
Girls	Event Name	Boys
1	12&Y 50m Back	2
3	12&Y 100m Fly	4
5	11/12 200m Breast	6
7	12&Y 100m Free	8
9	11/12 200m Back	10
11	12&Y 200m Free	12
13	12&Y 50m Breast	14

<u>Session #4</u> Sunday Morning, May 3rd		
Girls	Event Name	Boys
29	12&Y 50m Free	30
31	12&Y 100m Back	32
33	11/12 200m Fly	34
35	12&Y 100m Breast	36
37	12&Y 200m IM	38
39	12&Y 50m Fly	40

<u>Session #2</u> Saturday Afternoon, May 2nd		
Girls	Event Name	Boys
15	13&O 50m Free	16
17	13&O 200m Breast	18
19	13&O 100m Fly	20
21	13&O 200m Free	22
23	13&O 100m Back	24
25	13&O 400m IM	26

<u>Session #5</u> Sunday Late Morning, May 3rd		
Girls	Event Name	Boys
41	12&Y 400m Free	42

<u>Session #3</u> Saturday Late Afternoon, May 2nd		
Girls	Event Name	Boys
27	13&O 1500m Free	28

<u>Session #6</u> Sunday Afternoon, May 3rd		
Girls	Event Name	Boys
43	13&O 200m Back	44
45	13&O 100m Free	46
47	13&O 200m Fly	48
49	13&O 100m Breast	50
51	13&O 200m IM	52
53	13&O 400m Free	54