



**2009 SNOWFLAKE CLASSIC SWIM MEET**  
**A/BB/B/C Mini Meet**  
**January 24-25, 2009**  
**SANCTION NO. VS-09-31**

Hosted by:

**QDD**  
Swim Team

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-31</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; setup to conduct competition in a 25 yard venue</li><li>• At least 3 lanes will be available throughout the meet for continuous warm-up and cool down.</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 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 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 9-10 and 13 and Older swimmers will swim on Saturday and Sunday morning – Sessions 1 &amp; 4.</li><li>• All 11-12 and 8 &amp; Younger swimmers will swim on Saturday and Sunday afternoon – Sessions 3 &amp; 6.</li><li>• Session 2 will be 13 and Older 400 IM and 13 and Older 1000 Free and will begin after a 10 minute break following the completion of Session 1.</li><li>• Session 5 will be 13 and Older 500 Free and 12 and Under 500 Free which will begin after a 10 minute break following the completion of Session 4.</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 7:00-7:50 am, competition starts at 8:00 am.</li><li>• Afternoon sessions:<ul style="list-style-type: none"><li>○ Warm-ups will begin no earlier than 12:00 and will run for 65 minutes. There will be 2 25-minute warm-ups for the 11-12 years olds followed by 15 minutes of warm-up for the 8 year old &amp; under swimmers.</li><li>○ Competition starts 10 minutes after the completion of warm-ups.</li></ul></li><li>• If a session runs late, the next session warm-ups will begin immediately after the 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 Tuesday January 20th, and will also be emailed to the contact person of the participating clubs.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 14, 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, January 15, 2009, if space is available after VSI entries have been accepted.</b></li><li>• Entries must be submitted in <b>short course yards</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><li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>• Coaches Times (CT) and No Time (NT) entries will be accepted for events in which a swimmer</li></ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>• <b>Swimmers may enter a maximum of 4 individual events per day and 1 relay event per day. If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</b></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. Meet will be limited to 750 Swimmers.</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:rllisbon@comcast.net">rllisbon@comcast.net</a></li> <li>• Send entries to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192</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>• <b>Late entries will be accepted unless the meet is full.</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>\$4.75</b> Relay events: <b>\$15.00</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 Tuesday, January 20, 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>• The meet will be divided into a BB+ division and a B/C division based on seed times.</li> <li>• <b>Individual events:</b> Ribbons will be awarded for first through 8<sup>th</sup> Place for both divisions.</li> <li>• Relay events: Ribbons will be awarded for first through 4<sup>th</sup> place.</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 27 &amp; 28 (13 and Older 400 IM), 29 &amp; 30 (13 and Older 1000 Free), Events 85 &amp; 86 (13 and Older 500 Free) and Events 87 &amp; 88 (12 and Under 500 Free) will be pre-seeded.</li> <li>• All 8 &amp; Younger swimmers should report to the Clerk of Course for their INDIVIDUAL events and will be escorted to the blocks from there. The coaches are responsible for organizing their 8 &amp; Younger relays and getting them to the blocks.</li> <li>• All other swimmers should report directly to the starting blocks for their events.</li> <li>• Positive check-in is required for Events 27 &amp; 28 (13 and Older 400 IM), 29 &amp; 30 (13 and Older 1000 Free), Events 85 &amp; 86 (13 and Older 500 Free), 87 &amp; 88 (12 and Under 500 Free).</li> <li>• Positive Check-In will close at 10:00 AM on Saturday for events 27, 28, 29 &amp; 30. Positive Check-In will close at 10:00 AM on Sunday for events 85, 86, 87 &amp; 88.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT</b></li> <li>• Swimmers competing in the 500 Free and 1000 Free <b>are responsible for providing their own lap counters.</b></li> <li>• Events 29 &amp; 30 will be swum Fastest to Slowest alternating heats between Girls and Boys.</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> </ul>

	<ul style="list-style-type: none"> <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 Referees: Jim Frye</b>  <b>Email: <a href="mailto:jamfrye@comcast.net">jamfrye@comcast.net</a></b>  <b>Phone: (540) 840-8947</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 January 20, 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 January 22, 2008, and will also be emailed to the contact person of each of the individual clubs.</li> <li><b>Swimmers swimming in Events 27 &amp; 28 (13 and Older 400 IM), 29 &amp; 30 (13 and Older 1000 Free), Events 85 &amp; 86 (13 and Older 500 Free) and Events 87 &amp; 88 (12 and Under 500 Free) are responsible for supplying their own timers.</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> <li>Meet T-Shirts will be available at the Pro Shop.</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>										
<b>HOTELS:</b>	<table> <tr> <td>The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy 703-335-1300</td> <td>Country Inn &amp; Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797</td> </tr> <tr> <td>Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) 703-393-9966</td> <td>Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966</td> </tr> <tr> <td>Springhill Suites by Marriott, Centreville, VA 703-815-7800</td> <td>Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100</td> </tr> <tr> <td>Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000</td> <td></td> </tr> <tr> <td>Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100</td> <td></td> </tr> </table>	The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy 703-335-1300	Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797	Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) 703-393-9966	Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966	Springhill Suites by Marriott, Centreville, VA 703-815-7800	Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100	Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000		Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100	
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**ORDER OF EVENTS:** Highlighted rows indicate positive CHECK-IN required

<b>Session 1, Saturday Morning January 24, 2009</b>		
<b>9-10 and 13 &amp; Over year olds</b>		
<b>Women</b>	<b>Event</b>	<b>Men</b>
1	9-10 200 IM	2
3	13 & Over 100 Free	4
5	9-10 100 Free	6
7	13 & Over 200 Breast	8
9	9-10 100 Breast	10
11	13 & Over 100 Back	12
13	9-10 100 Back	14
15	13 & Over 100 Fly	16
17	9-10 50 Fly	18
19	13 & Over 50 Free	20
21	9-10 50 Free	22
23	13 & Over 200 Free Relay	24
25	9-10 200 Free Relay	26

<b>Session 4, Sunday Morning January 25, 2009</b>		
<b>9-10 and 13 &amp; Over year olds</b>		
<b>Women</b>	<b>Event</b>	<b>Men</b>
61	13 & Over 200 Free	62
63	9-10 200 Free	64
65	13 & Over 100 Breast	66
67	9-10 50 Breast	68
69	13 & Over 200 IM	70
71	9-10 100 IM	72
73	13 & Over 200 Back	74
75	9-10 50 Back	76
77	13 & Over 200 Fly	78
79	9-10 100 Fly	80
81	13 & Over 200 Medley Relay	82
83	9-10 200 Medley Relay	84

<b>Session 2, Saturday, January 24, 2009</b>		
<b>13 &amp; Over Distance</b>		
<b>Women</b>	<b>Event</b>	<b>Men</b>
27	13 & Over 400 IM	28
29	13 & Over 1000 Free	30

<b>Session 5, Sunday, January 25, 2009</b>		
<b>13 &amp; Over and 12 &amp; Under Distance</b>		
<b>Women</b>	<b>Event</b>	<b>Men</b>
85	13 & Over 500 Free	86
87	12 and Under 500 Free	88

<b>Session 3, Saturday Afternoon, January 24, 2009</b>		
<b>8 &amp; Under and 11-12 year olds</b>		
<b>Women</b>	<b>Event</b>	<b>Men</b>
31	11-12 100 Free	32
33	8 & Under 100 Free	34
35	11-12 200 Breast	36
37	8 & Under 100 Breast	38
39	11-12 200 IM	40
41	8 & Under 25 Free	42
43	11-12 50 Free	44
45	8 & Under 50 Back	46
47	11-12 100 Back	48
49	8 & Under 25 Breast	50
51	11-12 50 Breast	52
53	8 & Under 50 Fly	54
55	11-12 100 Fly	56
57	8 & Under 100 Free Relay	58
59	11-12 200 Free Relay	60

<b>Session 6, Sunday Afternoon January 25, 2009</b>		
<b>8 &amp; Under and 11-12 year olds</b>		
<b>Women</b>	<b>Event</b>	<b>Men</b>
89	11-12 200 Free	90
91	8 & Under 50 Free	92
93	11-12 100 IM	94
95	8 & Under 100 IM	96
97	11-12 50 Back	98
99	8 & Under 25 Back	100
101	11-12 200 Fly	102
103	8 & Under 100 Fly	104
105	11-12 100 Breast	106
107	8 & Under 50 Breast	108
109	11-12 50 Fly	110
111	8 & Under 25 Fly	112
113	11-12 200 Back	114
115	8 & Under 100 Back	116
117	11-12 200 Medley Relay	118
119	8 & Under 100 Medley Relay	120