



RAPPAHANNOCK AREA YMCA STINGRAYS
March Madness Pentathlon Invitation Meet
March 14-15, 2009
SANCTION NO. VS-09-48



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-48
LOCATION:	Spotsylvania YMCA, 5700 Smith Station Road, Fredericksburg, VA 22407
FACILITY:	<ul style="list-style-type: none"> Indoor 8 Lane Short Course Yards Pool, with non-turbulent lane lines. Dolphin Semi-automatic timing system will be used. One warm-up lane will be available for continuous warm-up/cool down. 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: Leonard Philippart Email : leo106@cox.net Phone: (540) 841-9902
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming registered swimmers All swimmers participating in this meet must be registered by the first day of the meet. No on deck registration will be permitted. Age on March 14, 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"> All events will be timed finals. The meet will consist of 2 sessions. <ul style="list-style-type: none"> Session one: 13 and over age groups Saturday night Session two: 12 and under age groups Sunday morning This is a pentathlon meet. All swimmers are expected to compete in Back, Breast, Fly, Free and Individual medley events. Individual ranking will be based on the HY-TEK Points system. If an athlete is scratched, No Shows, or is disqualified, the athlete will get zero points for those events.
WARM-UPS:	<ul style="list-style-type: none"> Saturday night: Warm-ups will be from 6:00-7:00 PM. Competition will start at 7:10 PM Sunday morning: Warm-ups will be from 6:30-7:30 AM. Competition will start at 7:40 AM
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, MARCH 3, 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Coaches Time (CT) and No Time (NT) entries will be accepted for events in which a swimmer USA Swimming sanctioned, approved, or observed competition. 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. Swimmers may enter a maximum of 5 <i>individual events for the meet</i> Entries will be processed in the order received. This meet is limited to a total of 400 swimmers per session. An e-mail will be sent confirming receipt of the teams' entries. 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: downs.leslie@yahoo.com Mail entries to: Leslie Downs 8001 Sourwood Ct.

	<p>Spotsylvania, VA 22551-2761</p> <ul style="list-style-type: none"> • 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: \$4.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: RAYS • <i>Payment must be received by March 12, 2009, for email entries. Payment must be included with all mailed entries.</i> • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Award trophies will be given for the 3 top swimmers with the most points in their age group; medals will be awarded for the 4-8 point rankings for their age group; ribbons will be awarded for top 9-16 point rankings for their age group. • Age group for this meet are 8 and Under, 9-10, 11-12, 13-14, 15-16, and 17 and over age groups. • Awards will NOT be given for individual events.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. • All swimmers report directly to the blocks for their events. • 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 Clerk-of-Course on the provided forms.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • The overhead start procedure will be used at the discretion of the Referee. • 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.
OFFICIALS:	<p>Meet Referee: Stephanie Suhling, Email: ssuhling@yahoo.com Phone: (540) 720-1474</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Officials meeting will be held at one hour before start of meet sessions.
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:	<p>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in the meet. Timer assignments will be posted on the Rays website www.swimrays.org by Saturday, Mar. 7, 2009.</p>
GENERAL:	<ul style="list-style-type: none"> • Concession will be available in the Lobby • Heat sheets will be made available for \$5 each. • Point standings will be posted in the hallway by concessions on the wall with the sea mural ASAP after each event.
FACILITY RULES:	<ul style="list-style-type: none"> • Enter the pool area from outside and exit the pool on left hand side of the facility. • Gym is available for swimmers and parents to set up chairs. • Wet Swimmers must enter and exit through the locker rooms. • Please park in the Elementary parking lot and the lot to the left off the facility. • All spectators must be in the stands, the gym or the lobby/concession area. • No glass containers on deck. • No food on deck.
DIRECTIONS:	<ul style="list-style-type: none"> • See RAYS website under facilities for map: www.swimrays.org.

LODGING:	Comfort Inn Southpoint 5422 Jefferson Davis Hwy Fredericksburg, VA 22407 Ph (540) 898-5550	Sleep Inn South Point 5400 South Point Blvd. Fredericksburg, VA 22407 Ph (540) 710-5500	Wyte Stone Suites 4615 South Point Pkwy Fredericksburg, VA 22407 Ph (540) 891-1112
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ORDER OF EVENTS

Saturday Evening Session 1 – 13 and Over Warm-up at 6:00 PM; Start at 7:10 PM

Girls	Event Description	Boys
1	13-14 100 yd Freestyle	2
3	15-16 100 yd Freestyle	4
5	17 & Over 100 yd Freestyle	6
7	13-14 100 yd Backstroke	8
9	15-16 100 yd Backstroke	10
11	17 & Over 100 yd Backstroke	12
13	13-14 100 yd Breaststroke	14
15	15-16 100 yd Breaststroke	16
17	17 & Over 100 yd Breaststroke	18
19	13-14 100 yd Butterfly	20
21	15-16 100 yd Butterfly	22
23	17 & Over 100 yd Butterfly	24
25	13-14 200 yd Ind. Medley	26
27	15-16 200 yd Ind. Medley	28
29	17 & Over 200 yd Ind. Medley	30

Sunday Morning Session 2 – 12 and Under Warm-up at 6:30 AM; Start at 7:40 AM

Girls	Event Description	Boys
31	8 & Under 50 yd Freestyle	32
33	9-10 50 yd Freestyle	34
35	11-12 50 yd Freestyle	36
37	8 & Under 50 yd Backstroke	38
39	9-10 50 yd Backstroke	40
41	11-12 50 yd Backstroke	42
43	8 & Under 50 yd Breaststroke	44
45	9-10 50 yd Breaststroke	46
47	11-12 50 yd Breaststroke	48
49	8 & Under 50 yd Butterfly	50
51	9-10 50 yd Butterfly	52
53	11-12 50 yd Butterfly	54
55	8 & Under 100 yd Individual Medley	56
57	9-10 100 yd Individual Medley	58
59	11-12 100 yd Individual Medley	60