



**RPST A/BB/B/C Meet
October 25-26, 2008
SANCTION NO. VS-09-11**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-11
LOCATION:	Regency Park Sports, 6301 Campus Drive, Fredericksburg VA 22407
FACILITY:	Eight Lane 25 yard indoor pool; Non-Turbulent Lane Markers; Colorado Automatic & Semi-Automatic Timing System. Dolphin timing system with Dolphin watches. Two additional Lanes will be available for continuous warm-up and cool down.
MEET DIRECTOR:	Name: Ali Antinozzi Email: aarainbow92@aol.com Phone: (540) 220-6444
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 October 25, 2008 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 12 & Under swimmers will swim on Saturday and Sunday Morning. These swimmers will have a distance session following the Saturday morning session.• All 13 & Older swimmers will swim on Saturday and Sunday afternoon. These swimmers will have a distance session following the Sunday afternoon session.• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 am, competition starts at 8:10 am.• Afternoon sessions: Warm-ups will begin no earlier than 12 noon and will run for 1 hour, competition starts 10 minutes after the completion of the final afternoon warm-up session.• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the Saturday morning and the Sunday afternoon sessions, with the distance session competition starting 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the Regency Park Swim Team's (www.swimrpst.org) website no later than Wednesday, October 22, 2008, and will also be emailed to the contact person of the participating clubs.• The afternoon and distance sessions will start no earlier than the estimated times.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 15, 2008</p> <ul style="list-style-type: none">• Entries from teams outside the North District and VSI LSC will be accepted until 6pm, Thursday, October 16, 2008, if space is available after North District and VSI entries have been accepted.• 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.• 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 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• Swimmers may enter a maximum of 4 individual events and 1 relay event per day. If a swimmer exceeds the maximum number of swims, their last event will be dropped.

	<ul style="list-style-type: none"> Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Entries will be processed in the order received. This meet will be limited to a total of 700 swimmers. 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: rpstcoach@verizon.net, attention: Jill Rhyne & Andy Baciocco Mail entries to: RPST 6105 N. Danford St Fredericksburg, VA 22407 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: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Late Entry Fee: Accepted the day of the meet will be charged an additional \$10.00 per event per swimmer.</p> <ul style="list-style-type: none"> Checks should be made payable to: RPST, LLC. Payment must be received by Wednesday, October 22, 2008 for email entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> 13 & Older events will be given separate awards for 13-14, and 15 & Older age groups. 12 & under events will be given separate awards for 11-12, 9-10, and 8 & Under age groups Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events, except events 21 & 22 (12 & Under 500 Free), 23 & 24 (13 & Over 400 IM), and 69 & 70 (13 & Over 500 Free) will be pre-seeded. Events 21, 22, 23, 24, 69 & 70 will require a positive check-in to swim. Positive check-in will close at 10:00 am on Saturday for events 21 & 22. Positive check-in will close at 12:30 pm on Saturday for events 23 & 24. Positive check-in will close at 3:00 pm on Sunday for events 69 & 70. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 21, 22, 69 & 70 will be swum fastest to slowest and alternating heats of girls and boys. Late entries will be accepted. Late entries will be accepted if time and swimmer limits have not been exceeded. <ul style="list-style-type: none"> 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. Late entries will be accepted during the meet in the order received to the extent that open lanes are available. Additional heats will not be added.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. 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. 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. 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.
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 meet. In accordance with VSI Policy, only those coaches who display current, valid USA Swimming

	<p>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.</p>
OFFICIALS:	<p>Meet Referee: Jim Frye Email: jamfrye@comcast.net Phone: (540) 840-8947</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Ali Antinozzi (officials' coordinator), Email: aarainbow92@aol.com, no later than Monday, October 15, 2008. • Officials will meet in Hospitality 45 minutes before each session begins.
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:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the Regency Park Swim Team's website no later than Wednesday, October 22, 2008, and will also be emailed to the contact person of each of the individual clubs. • Swimmers for distance events 21, 22, 69 & 70 (500 Free) are responsible for providing their own timers and Counters
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be sold for \$5. • A hospitality suite will be provided for Officials and Coaches. • Concessions will be available. • Sport Fair will be in attendance for all your swimming apparel/equipment.
FACILITY RULES:	<ul style="list-style-type: none"> • 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. • Only water and Gatorade are allowed on the pool deck. No glass containers are allowed. • Swimmers and spectators are not allowed to eat food in the pool area. • Teams are responsible for cleaning up their team areas. • Coaches only are allowed to sit on the locker room side of the pool. • Coaches are responsible for the behavior of their swimmers at all times. • No diving in the warm-up pool. Feet first entry only. • No parking in the fire lane. • No towels allowed to be placed over the blocks during competition.
DIRECTIONS:	<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 5 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>
HOTELS:	<ul style="list-style-type: none"> • Holiday Inn Select (540) 786-8321 • Best Western Fredericksburg (540) 371-5050 • WyteStone Suites (540) 891-1112 • Wingate Inn (540) 368-8000 • Sleep Inn Southpoint (540) 710-5500

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Events

Morning Session Warm-up: 7:00 am; Start: 8:10 am			Morning Session Warm-up: 7:00 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & U 200 IM	2	35	12 & U 200 Free	36
3	8&U 25 Free	4	37	8&U 25 Breast	38
5	12 & U 100 Free	6	39	12 & U 100 Breast	40
7	12 & U 50 Breast	8	41	11-12 100 Back	42
9	11-12 200 Breast	10	43	8&U 25 Fly	44
11	8&U 25 Back	12	45	12 & U 50 Fly	46
13	12 & U 50 Back	14	47	11-12 200 Fly	48
15	11-12 200 Back	16	49	12 & U 50 Free	50
17	12 & U 100 Fly	18	51	12 & U 100 IM	52
19	12 & U 200 Free Relay	20	53	12 & U 200 Medley Relay	54

Distance Session Warm-up: 15 min. immediately after am session		
21	12 & Under 500 Free	22

Afternoon Session Warm-up: 12:00 noon; Start: 1:10 pm			Afternoon Session Warm-up: 12:00 noon; Start: 1:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
23	13&O 400 IM	24	55	13 & O 200 IM	56
25	13&O 100 Back	26	57	13&O 50 Free	58
27	13&O 200 Fly	28	59	13&O 200 Back	60
29	13&O 100 Breast	30	61	13&O 100 Fly	62
31	13&O 200 Free	32	63	13&O 200 Breast	64
33	13&O 200 Medley Relay	34	65	13&O 100 Free	66
			67	13&O 200 Free Relay	68

Events In Blue Require Positive Check-In		Distance Session Warm-up: 15 min. immediately after pm session	
		69	13&O 500 Free
			70