



PHOENIX ICE BREAKER INVITATION
A/BB/B/C Meet
December 13-14, 2008
SANCTION NO. VS-09-26



SANCTION:	To Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-26
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
FACILITY:	10 lane, 50 meter indoor pool; Non-turbulent Lane Markers; Colorado Automatic Timing System; set up to conduct competition in a 25 yard pool. At least 3 lanes will be available throughout the meet for continuous warm-up cool down.
MEET DIRECTOR:	Jessica De Jong E-mail: jepdejong@comcast.net Phone: (540) 545 8124
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.• 11 & 12 year old swimmers must have at least a "BB" time in 200 IM or a "B" time in the 400 IM to compete in the 11 & over 400 IM (Events 25 & 26).• 10 & under swimmers must have at least a "BB" time in the 100 the breaststroke to compete in the 200 breaststroke (Events 33 & 34)• 11 & 12 year old swimmers must have at least a "BB" time in the 200 freestyle to compete in the 11 & over 500 freestyle (Events 27 & 28)• 11 & 12 year old swimmers must have at least a "BB" time in the 500 freestyle to compete in the 11 & over 1000 freestyle (Events 67 & 68)• 10 & under swimmers must have at least a "BB" time in the 200 freestyle or "B" time in the 500 freestyle to compete in the 500 freestyle (Events 71 & 72)• 10 & under swimmers must have at least a "BB" time in the 100 the butterfly to compete in the 200 butterfly (Events 73 & 74)• 10 & under swimmers must have at least a "BB" time in the 100 the backstroke to compete in the 200 Backstroke (Events 77 & 78)• 2009-2012 NAG times are in effect.• Age on December 13, 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 13 & older swimmers will swim a preliminary session in the morning session. The top 16 swimmers in the 13-14 & the top 16 swimmers in the 15 & O will swim the final session each day• All 12 & younger swimmers will swim timed finals in the afternoon session.
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 6:30-7:45 am; competition starts at 8:00 am.• Afternoon sessions: Warm-ups at 1:30 pm; competition starts at 2:40 pm.• Finals session: Warm-ups at 5:00-5:50 pm; competition starts at 6:00 pm• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the morning sessions, with the distance session competition starting 5 minutes thereafter.<ul style="list-style-type: none">○ The approximate start time for the distance sessions will be emailed to the contact person of the participating clubs no later than Wednesday, December 10, 2008○ The distance sessions will start no earlier than the estimated times.• Lane assignment and warm-up times for individual clubs will be emailed to the contact person of

	<p>the participating clubs no later than Wednesday, December 10, 2008</p> <ul style="list-style-type: none"> • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, DECEMBER 3, 2008.</p> <ul style="list-style-type: none"> • Entries from teams outside of the North District and VSI LSC will be accepted until 6:00 pm, Thursday, December 4, 2008 if space is available after North District and VSI LSC entries have been accepted. • Entries must be submitted in 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 Times (CT) 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. • "No Time" (NT) entries will not be accepted. • No time trials will be permitted. • 12 & younger swimmers may enter a maximum of 4 individual events and 1 relay event per day. 13 & older swimmers may enter a maximum of 3 individual events and 1 relay event per day. • 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. • 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. • The maximum swimmers for the meet may not exceed 850. • Email entries to: afergus@su.edu • Mail entries to: Andrea Fergus 293 Robinson Drive Winchester, VA 22602 • 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. • No late entries will be accepted
FEES:	<p>Individual events: \$6.50 Relay events: \$16.00 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: VSTP. • Payment must be received by Wednesday December 12th, 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 8th place. <ul style="list-style-type: none"> ○ 13 & Older events will be given separate awards for 13-14 and 15 & Over age groups. ○ 11 & Older events will be given separate awards for 11-12, 13-14, and 15 & Older age groups. ○ 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. • Relay events: Ribbons will be awarded for first through 6th place.
SEEDING:	<ul style="list-style-type: none"> • All events, except events 25, 26, 27, 28, 67, 68, 69 & 70 will be pre-seeded. Swimmers should report directly to the blocks for their events. • Events 25, 26, 27, 28, 67, 68, 69 & 70 will require a positive check-in to swim. • Positive check in will close 10:00 am Saturday for events 25, 26, 27, 28 • Positive check-in will close at 10:00 am Sunday for events 67, 68, 69, 70

	<ul style="list-style-type: none"> • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • All relay events for 13 & older swimmers will be timed finals & will be conducted during preliminary session. • The fastest heat of each event in both morning sessions will be swum during finals session each day.
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. • 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. • Scratch procedures listed in current USA Swimming Rules and Regulations, Article 207.12.6 sections D and E only will be in effect. The scratch rule regarding Finals will apply to heats, finals and consolations excluding relays and distance events, i.e. 500, 1000 and 1650.
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 Debbie Moss, dhm528@comcast.net no later than Wednesday December 10th. • There will be an officials meeting in hospitality 45 minutes prior to the start of each session. • There will be a coaches meeting in the hospitality area 1 hour prior to the start of sessions 1, 3, 5, & 7.
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 each session. The number of timers required per club and their lane assignments will be emailed to the contact person of each of the individual clubs.</p>
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be sold for \$7 with finals heat sheets at no cost with coupon. Final heat sheets will be \$2 without coupon. • A Hospitality Suite will be available (refreshments & lunch) for USS officials & coaches. • Concessions snack bar and Sport Fair pro shop will be available.
FACILITY RULES:	<ul style="list-style-type: none"> • Each club is responsible for supervising the conduct of their swimmers • Swimmers are not permitted in any room of the building not directly associated with this swim meet. • No towels or suits etc. are to be hung on or around the lifeguard stands. • Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the gym.

	<ul style="list-style-type: none"> • No cars are to be left in fire lanes. • Absolutely no shaving is to take place in the facility. 	
DIRECTIONS:	Directions are available on the Virginia Swimming website.	
HOTELS:	<p>The Courtyard Marriott, Manassas, VA (at I-66, exit #47) 10701 Battleview Parkway (703) 335-1300</p> <p>Springhill Suites by Marriott, Centerville, VA (703) 815-7800</p>	<p>Marriott's Fairfield Inn, Manassas, VA (at I-66, exit #47) (703) 393-9966</p> <p>Best Western Battlefield 10820 Balls Fall Road, Manassas, VA (703) 361-8000</p>

Order of Events
PHOENIX ICE BREAKER INVITATIONAL
SATURDAY, DECEMBER 13, 2008

Session 1		
Saturday December 13, 2008		
Morning Prelims		
Girls	Events	Boys
1	13-14 200 Freestyle	2
3	15 & Over 200 Freestyle	4
5	13-14 200 Backstroke	6
7	15 & Over 200 Backstroke	8
9	13-14 100 Breaststroke	10
11	15 & Over 100 Breaststroke	12
13	13-14 200 Butterfly	14
15	15 & Over 200 Butterfly	16
17	13-14 50 Freestyle	18
19	15 & Over 50 Freestyle	20
21	13-14 400 Medley Relay	22
23	15 & Over 400 Medley Relay	24

Session 3		
Saturday December 13, 2008		
12 & Younger Timed Finals		
Girls	Events	Boys
29	12 & Under 50 Freestyle	30
31	12 & Under 100 Backstroke	32
33	12 & Under 200 Breaststroke	34
35	12 & Under 50 Breaststroke	36
37	12 & Under 100 Butterfly	38
39	12 & Under 100 Individual Medley	40
41	10 & Under 200 Medley Relay	42
43	11-12 200 Medley Relay	44

Session 2		
Saturday December 13, 2008		
Distance Session		
Girls	Events	Boys
25	11 & Over 400 IM	26
27	11 & Over 500 Freestyle	28

Session 4		
Saturday December 13, 2008		
Evening Finals		
Girls	Events	Boys
1	13-14 200 Freestyle	2
3	15 & Over 200 Freestyle	4
5	13-14 200 Backstroke	6
7	15 & Over 200 Backstroke	8
9	13-14 100 Breaststroke	10
11	15 & Over 100 Breaststroke	12
13	13-14 200 Butterfly	14
15	15 & Over 200 Butterfly	16
17	13-14 50 Freestyle	18
19	15 & Over 50 Freestyle	20

Order of Events
PHOENIX ICE BREAKER INVITATIONAL
SUNDAY, DECEMBER 14, 2008

Session 5		
Sunday December 14, 2008		
Morning Prelims		
Girls	Events	Boys
45	13-14 100 Freestyle	46
47	15 & Over 100 Freestyle	48
49	13-14 100 Backstroke	50
51	15 & Over 100 Backstroke	52
53	13-14 200 Breaststroke	54
55	15 & Over 200 Breaststroke	56
57	13-14 100 Butterfly	58
59	15 & Over 100 Butterfly	60
61	13-14 200 Individual Medley	62
63	15 & Over 200 Individual Medley	64
65	13-14 400 Freestyle Relay	66
67	15 & Over 400 Freestyle Relay	68

Session 7		
Sunday December 14, 2008		
12 & Younger Timed Finals		
Girls	Events	Boys
73	12 & Under 200 Butterfly	74
75	12 & Under 100 Freestyle	76
77	12 & Under 200 Backstroke	78
79	12 & Under 100 Breaststroke	80
81	12 & Under 50 Butterfly	82
83	12 & Under 200 Freestyle	84
85	12 & Under 50 Backstroke	86
87	12 & Under 200 Individual Medley	88
89	11-12 200 Freestyle Relay	90
91	11-12 200 Freestyle Relay	92

Session 6		
Sunday December 14, 2008		
Distance Session		
Girls	Events	Boys
69	11 & over 1000 Freestyle	70
71	10 & Under 500 Freestyle	72

Session 8		
Sunday December 14, 2008		
Evening Finals		
Girls	Events	Boys
45	13-14 100 Freestyle	46
47	15 & Over 100 Freestyle	48
49	13-14 100 Backstroke	50
51	15 & Over 100 Backstroke	52
53	13-14 200 Breaststroke	54
55	15 & Over 200 Breaststroke	56
57	13-14 100 Butterfly	58
59	15 & Over 100 Butterfly	60
61	13-14 200 Individual Medley	62
63	15 & Over 200 Individual Medley	64