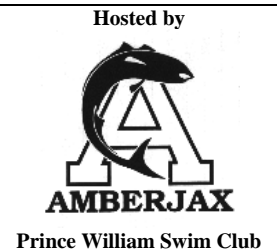




**2009 FALL AQUA-FEST  
A/BB/B/C Mini Meet  
November 7-8, 2009  
SANCTION NO. VS-10-14**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction # <b>VS-10-14</b>
<b>LOCATION:</b>	Freedom Aquatic and Fitness Center, 9100 Freedom Center Blvd. Manassas, VA 20110. Phone: (703) 993-8444
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 25 yard, 10 lane indoor pool with non-turbulent lane lines. Two warmup/warmdown lanes available at all times. Colorado timing system with large scoreboard. Large gym to house swimmers.</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>	Debby Henry Phone: (703)730-6554 Email: <a href="mailto:debby.henry@comcast.net">debby.henry@comcast.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/Virginia Swimming athletes registered by the first day of the meet.</li><li>• No on deck USA Swimming/Virginia Swimming athlete registration will be permitted.</li><li>• <b>8 &amp; younger swimmers entering the 10 &amp; Younger 200y Freestyle event must have at least a provable B time in the 10 &amp; Younger 100y Freestyle.</b></li><li>• <b>13 &amp; older swimmers entering the 400y IM events 51, 52, 53 and 54 must have at least a provable BB time in their age group i.e., 13-14, 15-16 and 17-18, in the 200 IM or a B time in the 400 IM.</b></li><li>• 2009-2012 NAG times are in effect.</li><li>• Age on November 7, 2009 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed but must provide advance notice of desired accommodations to the Meet Director</li><li>• The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competing.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 10 &amp; Younger swimmers will swim on Saturday and Sunday morning.</li><li>• All 11 &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>• <b>Morning warm-ups 7:00-8:00 am. There will be three 20 minute warm-up sessions. Morning competition will begin at 8:10 am.</b></li><li>• <b>Afternoon Warm-ups will start no earlier than 11:15 am; competition will begin no earlier than 12:40 pm. There will be three 25 minute warm-up sessions.</b> Competition starts 10 minutes after the completion of warm-ups</li><li>• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions. The distance session competition will start 5 minutes thereafter.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the PWSC website <a href="http://www.teamunify.com/vapwsc">www.teamunify.com/vapwsc</a> NLT Tuesday, November 3, 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 IS TUESDAY, OCTOBER 27, 2009</b></p> <ul style="list-style-type: none"><li>• <b>Entries from teams outside the North District and VSI LSC will be accepted until 7:00 pm, Wednesday, October 28, 2009, if space is available after North district and VSI entries have been accepted.</b></li><li>• Entries must be submitted in short course yard times using Hy-Tek Team Manager and</li></ul>

	<p>Commlink-2 software, or on a VSI master entry sheet.</p> <ul style="list-style-type: none"> <li>• Teams submit entries as an e-mail attachment</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• Coach's 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.</li> <li>• Swimmers may enter a maximum of three individual events and one relay event per day.</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. Entries are limited to a total of 700 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 &amp; events, which may require reseeding.</li> <li>• <b>Email entries to:</b> <a href="mailto:rhschwalm@verizon.net">rhschwalm@verizon.net</a></li> <li>• <b>Mail entries to:</b> Ross Schwalm 16118 Olmstead Lane Woodbridge, VA, 22191 Phone: (703) 680-7673</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> </ul>
<b>FEES:</b>	<p><b>Individual events: \$4.75</b>  <b>Relay events: \$14.00</b>  <b>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</b></p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: PWSC.</li> <li>• Payment must be received by Wednesday, November 4, 2009, for email entries.</li> <li>• Failure to pay entry fees prior to the actual beginning of the meet could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through tenth place. <ul style="list-style-type: none"> <li>○ 11 &amp; Older events will be given separate awards for 11-12; 13-14 and 15 &amp; older.</li> <li>○ 10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</li> <li>○ 8 &amp; Younger events will be given separate awards for 6 &amp; Younger and 7-8.</li> </ul> </li> <li>• Heat winner ribbons will be awarded for all 10 &amp; Younger individual events.</li> <li>• Relay events: Ribbons will be awarded for first through fifth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except relays, 400y Individual Medley and 500y Freestyle events will be pre-seeded.</li> <li>• 8 &amp; Younger swimmers in the AM session MUST report to the Clerk of Course located on the pool deck at the block end of the pool. They will be escorted to the blocks. Other swimmers will report directly to the blocks for their events.</li> <li>• Swimmers in the afternoon sessions report directly to the blocks for their events.</li> <li>• Events 51, 52, 53 and 54 (400 IM) and 105, 106, 107 and 108 (500 Free) will require a positive check-in to swim.</li> <li>• Positive check-in will close at the end of warm-ups for the session in which the event is scheduled</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN FOR DESIGNATED EVENTS WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></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 marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• 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.</li> <li>• 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.</li> <li>• If the swimmer is representing a club in competition, the fine will be levied on the Club. If the</li> </ul>

	swimmer is unattached, the fine will be levied on the swimmer.
<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 the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee.</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 and will be required to leave the deck area.</li> </ul>
<b>OFFICIALS</b>	<p><b>Meet Referee: Skip Gaskill</b>  <b>E-mail: <a href="mailto:gaskills6@verizon.net">gaskills6@verizon.net</a></b>  <b>Phone: (703) 583-0965</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required for this meet.</li> <li>Team Officials Chairpersons should submit the names, certified position and session availability of officials, as well as the names and session availability of trainees to Bruce Benson, (703) 680-6792, <a href="mailto:brucebenson@verizon.net">brucebenson@verizon.net</a>, no later than Wednesday, November 4, 2009.</li> <li>Officials will meet 45 minutes prior to the beginning of competition for each session.</li> <li><b>There will be a coaches meeting at 7:30 am. An assistant coach or team representative may attend in case the head coach is still conducting warm-ups.</b></li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs are 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.teamunify.com/vapwsc">www.teamunify.com/vapwsc</a> NLT Tue. Nov 3, 2009, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Bleachers are for viewing only. No camping is permitted in bleachers. No coolers, bags, blankets, etc are permitted on bleachers. No reserving seats in bleachers. Please watch your events and leave so that others may also watch their events and leave.</li> <li>Heat sheets will be sold for \$5.00</li> <li>Complimentary heat sheets will be provided for officials and coaches see Meet Director for them.</li> <li>Complimentary lunch will be served for coaches, deck officials, Timing Judges, Recorders, Clerk of Course, Marshals, Chief Timers and Timing System Operators.</li> <li>A concession stand will be available for swimmers and spectators.</li> <li>Pro Shop (Sport Fair) will be selling swim items in racquetball court</li> <li>Swim Results will be posted in the hallway outside the pool.</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 any university building 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. All others are required to be in the elevated spectator bleachers or in the hallway.</li> <li>No camping in the hallway. Swimmers must be housed in the gym.</li> <li><b>PARKING: The facility no longer allows parking in the lot adjacent to the pool. Drop off points will be provided for discharging swimmers and directions will be given to the overflow parking lots. No parking on grass, Fire Lanes, and obey all parking signs.</b></li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>Freedom Aquatic &amp; Fitness Center is located on Prince William campus of George Mason University.</li> <li>From Interstate 95-North on Route 234, Exit (152) Dumfries-Manassas. Proceed towards Manassas approximately 15 miles to University Boulevard (this is approximately one mile north of VA Route 28). Proceed ½ mile and follow signs into Freedom Aquatic and Fitness Center.</li> <li>From Interstate 66-South on Route 234, Exit (44) (Prince William Parkway). Proceed approx. 4 miles to University Boulevard. Turn left &amp; follow directions in preceding paragraph.</li> <li>Directions are also available on the Virginia Swimming web site <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>.</li> </ul>

<b>HOTELS:</b>	<ul style="list-style-type: none"><li>• Best Western Manassas, 8640 Mathis Ave., Manassas, VA , (703) 368-7070</li><li>• Comfort Suites of Manassas, 9350 Williamson Blvd, Manassas, VA, (703) 686-1100</li><li>• Hampton Inn, Manassas, 7295 Williamson Blvd, Manassas, VA (703) 369-1100</li><li>• Days Inn Manassas, 10653 Balls Ford Road, Manassas, VA (703) 368-2800</li><li>• Holiday Inn Manassas, 10800 Vendor Lane, Manassas, VA (703) 335-0000</li></ul>
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## Order of Events

Saturday, November 7, 2009

### AM Session

Warm-up 7:00-8:00 am Start 8:10am

Girls	Events	Boys
1	9-10 50y Freestyle	2
3	8 & Y 25y Freestyle	4
5	9-10 100 Butterfly	6
7	8 & Y 50y Butterfly	8
9	9-10 100y IM	10
11	8 & Y 100y IM	12
13	9-10 50y Breaststroke	14
15	8 & Y 25y Breaststroke	16
17	9-10 100y Backstroke	18
19	8 & Y 50y Backstroke	20
21	10 & Y 200 Freestyle	22
23	8 & Y 100y Free Relay	24
25	10 & Y 200y Free Relay	26

### PM Session

Warm-up 11:15-12:30pm Start 12:40pm

Girls	Events	Boys
27	11-12 100y Freestyle	28
29	13&O 100y Freestyle	30
31	11-12 50y Butterfly	32
33	13 & O 200y Butterfly	34
35	11-12 200y IM	36
37	13 & O 200y IM	30
39	11-12 50y Breaststroke	40
41	13&O 200y Breaststroke	42
43	11-12 100y Backstroke	44
45	13&O 100y Backstroke	46
47	11-12 200y Free Relay	48
49	13&O 200y Free Relay	50
51	11-12 400y IM	52
53	13&O 400y IM	54

Sunday, November 8, 2009

### AM Session

Warm-up 7:00-8:00 am Start 8:10am

Girls	Events	Boys
55	9-10 100y Freestyle	56
57	8 & Y 50y Freestyle	58
59	9-10 50y Butterfly	60
61	8 & Y 25y Butterfly	62
63	9-10 200y IM	64
65	8 & Y 50y Breaststroke	66
67	9-10 100 Breaststroke	68
69	8 & Y 25y Backstroke	70
71	9-10 50y Backstroke	72
73	8 & Y 100y Freestyle	74
75	9-10 200y Medley Relay	76
77	8 & Y 100 Medley Relay	78

### PM Session

Warm-up 11:15-12:30 pm Start 12:40 pm

Girls	Events	Boys
79	11-12 200 y Freestyle	80
81	13&O 200y Freestyle	82
83	11-12 100y Butterfly	84
85	13&O 100y Butterfly	86
87	11-12 100y IM	88
89	13&O 100y Breaststroke	90
91	11-12 100y Breaststroke	92
93	13&O 200y Backstroke	94
95	11-12 50y Backstroke	96
97	13&O 50y Freestyle	98
99	11-12 50y Freestyle	100
101	13&O 200y Medley Relay	102
103	11-12 200y Medley Relay	104
<b>Distance Session</b>		
105	13&O 500y Freestyle	106
107	11-12 500y Freestyle	108