



2010 JEFF ROUSE INVITATIONAL
Closed Invitational Meet
April 30 - May 2, 2010
SANCTION NO. VS-10-65

Hosted by:

QDD
Swim Team

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-65
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
FACILITY:	<ul style="list-style-type: none">• Ten Lane, 50 Meter indoor pool, 13.5 feet deep at the start end and 4 feet deep at the turn end; Non-Turbulent Lane Markers; Colorado Automatic Timing System;• The pool will be configured to conduct competition in 10-lanes except as noted• 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:	Karen Harrison Phone: (703) 369-7669 Email: thebigmahmuh@aol.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet from the following teams: BAC, BASS, NOVA, PWSC, QDD, RPST, SHKS, SMAC, QSTS, TSU, VACS, VAST, VSTP, and WST<ul style="list-style-type: none">○ All teams will be limited to 100 swimmers○ If your team is NOT an invited team and wish to be considered for entry into this meet, please contact the meet director.○ Teams wishing to add a "B" team, please contact the meet director. Additional "B" team swimmers will be considered on a space available basis. Notification of those entries being accepted will be provided after meet entries are closed and time lines have been determined• No on deck USA Swimming athlete registration will be permitted.• No on deck registration will be permitted.• Age on April 30, 2010 will determine the swimmer's age for the 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">• 13 & Older distance events will be on Friday afternoon session• All 9-12 year old non-distance events will be on Saturday and Sunday morning sessions.• 9-12 distance events will be on Sunday during a late morning session.• All 8 & Under events will be on Saturday during a midday session.• All 13 & Older non-distance events will be on Saturday and Sunday afternoon sessions.• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Friday distance session (13 & Older): Warm-ups at 4:00 pm; competition starts at 4:40 pm• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 am.• 8 & Under Saturday Midday session: Warm-ups no earlier than 12:00 pm; competition starts at 40 minutes after the start of warm-ups.• Afternoon sessions: Warm-ups no earlier than 12:00 pm; competition starts at 1 hour and 10 minutes after the start of warm-ups.• Sunday distance session (9-12): There will be a 10 minute warm-up at the conclusion of the Sunday morning session prior to the start of Events 51 & 52.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.• Lane assignment and warm-up times for individual clubs will be posted on the QDD website (www.qddswim.org) no later than April 27, 2010, and will also be emailed to the contact person of the participating clubs.• 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 FOR VSI TEAMS IS WEDNESDAY, APRIL 21, 2010</p> <ul style="list-style-type: none"> • Entries must be submitted in LC Meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries as an e-mail attachment. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Coach's 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. • Swimmers may enter a maximum of 3 individual events per session and 4 individual events per day. If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Entries in events #1 (13&O Girls 800m Free) & #2 (13&O Boys 1500m Free) are limited to those swimmers who have a time of record equal to B or faster time in the 500y Free, 400m Free, 800m Free, 1650y Free or 1500m Free, for their current age group. No Coach's Times. • Entry into events #51 & #52 (9-12 400m Free) is limited to those swimmers who have a time of record equal to B or faster time in the 500y Free or 400m Free, for their current age group. No Coach's Times. • 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: rlylisbon@comcast.net • Send entries to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192 • 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. • Refunds will be made to anyone cut from an event by the Meet Director, because of a need to limit competition. • Late entries will be accepted. 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.
FEES:	<p>Individual events: \$6.00 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: QDD Swim Team, Inc. • Payment must be received by Wednesday, April 28, 2010 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. • Age groups receiving ribbons will be: 8 & Under, 9-10, 11-12, 13-14, 15 & Over
SEEDING:	<ul style="list-style-type: none"> • All events, except Events 1 & 2 (13 & O Girls 800 Free and 13 & O Boys 1500 Free), 37 & 38 (13 and Older 400 IM), 51 & 52 (9-12 400 Free) and Events 63 & 64 (13 & O 400 Free) will be pre-seeded. • Positive check-in is required Events 1 & 2 (13 & O Girls 800 Free and 13 & O Boys 1500 Free), 37 & 38 (13 and Older 400 IM), 51 & 52 (12 & Younger 400 Free) and Events 63 & 64 (13 and Older 400 Free) <ul style="list-style-type: none"> ○ Positive Check-In will close at 4:15 for Events 1 & 2. ○ Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #4 for events 37 & 38.

	<ul style="list-style-type: none"> ○ Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #5 for events 51 & 52. ○ Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #7 for events 63 & 64 ● SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT ● Swimmers competing in the 400 Free, 800 Free and 1500 Free are responsible for providing their own lap counters. ● Events 1 & 2 will be swum fastest to slowest alternating heats between Girls and Boys. ● Events 1 & 2 will be swum in 8 lanes leaving the 1 lane for continuous warm-up/warm-down as well as an empty buffer lane between the competitors and the warm-up/warm-down lane.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> ● Swimmer shall be marked as exhibition for 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 for all sessions unless the meet referee does NOT feel this is necessary based on the session timeline. ● In accordance with VSI Policy, only those coaches who have 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: Rick Lisbon Email: rlisbon@comcast.net Phone: (703) 491-8210</p> <ul style="list-style-type: none"> ● Wet Deck Officials at all positions will be needed 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 Andrea Morisi, Email: andrea@adameen.com , by April 30, 2009 ● Officials will meet in Hospitality 45 minutes before the start of every session
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
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 www.qddswim.org no later than Tuesday April 27, 2010, and will also be emailed to the contact person of each of the individual clubs. ● Timers must be provided by the swimmer for events 1, 2, 51 and 52
GENERAL:	<ul style="list-style-type: none"> ● Heat sheets will be sold for \$5. ● A Hospitality Suite will be available (refreshments & lunch) for USS officials & coaches. ● Concessions snack bar and 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 buildings 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. 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. ● No cars are to be left in the fire lanes.

	<ul style="list-style-type: none">• The facility no longer allows parking in the lot adjacent to the facility. Drop off points will be provided for discharging swimmers and directions will be given to the overflow parking lots.
HOTELS:	<ul style="list-style-type: none">• Candlewood Suites Manassas 11220 Balls Ford Rd. Manassas, VA 20109 (703) 530-0550 ext. 7152 for sales Source code: QDD Swim Meet

ORDER OF EVENTS: Highlighted rows indicate positive CHECK-IN required

<u>Session #1</u> Friday Evening, April 30, 2010		
1	13 & Over 800m Free	
	13 & Over 1500m Free	2

<u>Session #2</u> Saturday Morning, May 1, 2010		
Girls	Event Name	Boys
3	9-12 50m Back	4
5	9-12 100m Fly	6
7	11/12 200m Breast	8
9	9-12 100m Free	10
11	11/12 200m Back	12
13	9-12 200m Free	14
15	9-12 50m Breast	16

<u>Session #3</u> Saturday Midday, May 1, 2010		
Girls	Event Name	Boys
17	8 & Under 100m Free	18
10 Minute Break		
19	8 & Under 50m Fly	20
10 Minute Break		
21	8 & Under 50m Back	22
10 Minute Break		
23	8 & Under 50m Breast	24
10 Minute Break		
25	8 & Under 50m Free	26

<u>Session #4</u> Saturday Afternoon, May 1, 2010		
Girls	Event Name	Boys
27	13 & Over 100m Free	28
29	13 & Over 200m Breast	30
31	13 & Over 100m Fly	32
33	13 & Over 200m Free	34
35	13 & Over 100m Back	36
37	13 & Over 400m IM	38

<u>Session #5</u> Sunday Morning, May 2, 2010		
Girls	Event Name	Boys
39	9-12 50m Free	40
41	9-12 100m Back	42
43	11/12 200m Fly	44
45	9-12 100m Breast	45
47	9-12 200m IM	46
49	9-12 50m Fly	50

<u>Session #6</u> Sunday Late Morning, May 2, 2010		
Girls	Event Name	Boys
51	9-12 400m Free	52

<u>Session #7</u> Sunday Afternoon, May 2, 2010		
Girls	Event Name	Boys
53	13 & Over 50m Free	54
55	13 & Over 200m Back	56
57	13 & Over 200m Fly	58
59	13 & Over 100m Breast	60
61	13 & Over 200m IM	62
63	13 & Over 400m Free	64