



2010 SNOWFLAKE CLASSIC SWIM MEET
A/BB/B/C Mini Meet
January 23-24, 2010
SANCTION NO. VS-10-38

Hosted by:

QDD
Swim Team

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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-38 |
| 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; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in a 25 yards, starting from the deep end (13.5" feet deep) and swimming into a bulkhead (6 feet deep).• At least 3 lanes will be available throughout the meet for continuous warm-up and 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: | 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.• No on deck USA Swimming athlete registration will be permitted.• Age on January 23, 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">• All 9-10 and 13 and Older swimmers will swim on Saturday and Sunday morning – Sessions 1 & 4.• All 11-12 and 8 & Younger swimmers will swim on Saturday and Sunday afternoon – Sessions 3 & 6.• Session 2 will be 13 and Older 400 IM and 13 and Older 1000 Free and will begin after a 10 minute break following the completion of Session 1.• Session 5 will be 13 and Older 500 Free and 12 and Under 500 Free which will begin after a 10 minute break following the completion of Session 4.• All events will be timed finals. |
| WARM-UPS: | <ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00-7:50 am, competition starts at 8:00 am.• Afternoon sessions:<ul style="list-style-type: none">○ Warm-ups will begin no earlier than 12:00 and will run for 65 minutes. There will be 2 25-minute warm-ups for the 11-12 years olds followed by 15 minutes of warm-up for the 8 year old & under swimmers.○ Competition starts 10 minutes after the completion of warm-ups.• If a session runs late, the next session warm-ups will begin immediately after the session ends.• Lane assignment and warm-up times for individual clubs will be posted on the QDD website (www.qddswim.org) no later than Tuesday January 19th, and will also be emailed to the contact person of the participating clubs. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 13, 2010</p> <ul style="list-style-type: none">• Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, January 14, 2010, if space is available after 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 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Coach's Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer |

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| | <p>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.</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 4 individual events per day and 1 relay event per day. If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped. • 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 and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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: rlisbon@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. • Late entries will be accepted unless the meet is full. 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: \$4.50 Relay events: \$13.00 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 Tuesday, January 19, 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"> • The meet will be divided into a BB+ division and a B/C division based on seed times. • Individual events: Ribbons will be awarded for first through eighth place for both divisions. <ul style="list-style-type: none"> ○ Age groups receiving ribbons will be: 8 and Under, 9-10, 11-12, 13-14, 15 and Over. ○ 13 & Older individual events will be given separate awards for 13-14 and 15 & Over age groups ○ 12 & Under individual events will be given separate awards for 11-12, 9-10, and 8 and 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 27 & 28 (13 and Older 400 IM), 29 & 30 (13 and Older 1000 Free), Events 85 & 86 (13 and Older 500 Free) and Events 87 & 88 (12 and Under 500 Free) will be pre-seeded. • All 8 & Younger swimmers should report to the Clerk of Course for their INDIVIDUAL events and will be escorted to the blocks from there. The coaches are responsible for organizing their 8 & Younger relays and getting them to the blocks. • All other swimmers should report directly to the starting blocks for their events. • Positive check-in is required for Events 27 & 28 (13 and Older 400 IM), 29 & 30 (13 and Older 1000 Free), Events 85 & 86 (13 and Older 500 Free), 87 & 88 (12 and Under 500 Free). • Positive Check-In will close at 10:00 AM on Saturday for events 27, 28, 29 & 30. Positive Check-In will close at 10:00 AM on Sunday for events 85, 86, 87 & 88. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT • Swimmers competing in the 500 Free and 1000 Free are responsible for providing their own lap counters. • Events 29 & 30 will be swum Fastest to Slowest alternating heats between Girls and Boys. |
| 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. |

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| | <ul style="list-style-type: none"> • 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 Referees: 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 January 19, 2010 • 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 January 19, 2010, and will also be emailed to the contact person of each of the individual clubs. • Swimmers swimming in Events 27 & 28 (13 and Older 400 IM), 29 & 30 (13 and Older 1000 Free), Events 85 & 86 (13 and Older 500 Free) and Events 87 & 88 (12 and Under 500 Free) are responsible for supplying their own timers. | | | | | | | | | | |
| 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. • Meet T-Shirts will be available at the Pro Shop. | | | | | | | | | | |
| 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. | | | | | | | | | | |
| HOTELS: | <table border="0"> <tr> <td>The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy 703-335-1300</td> <td>Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797</td> </tr> <tr> <td>Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) 703-393-9966</td> <td>Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966</td> </tr> <tr> <td>Springhill Suites by Marriott, Centreville, VA 703-815-7800</td> <td>Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100</td> </tr> <tr> <td>Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000</td> <td></td> </tr> <tr> <td>Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100</td> <td></td> </tr> </table> | The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy 703-335-1300 | Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797 | Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) 703-393-9966 | Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966 | Springhill Suites by Marriott, Centreville, VA 703-815-7800 | Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100 | Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000 | | Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100 | |
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ORDER OF EVENTS: Highlighted rows indicate positive CHECK-IN required

| Session 1, Saturday Morning January 23, 2010 | | |
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| 9-10 and 13 & Over year olds | | |
| Women | Event | Men |
| 1 | 9-10 200 IM | 2 |
| 3 | 13 & Over 200 Free | 4 |
| 5 | 9-10 100 Free | 6 |
| 7 | 13 & Over 200 Breast | 8 |
| 9 | 9-10 100 Breast | 10 |
| 11 | 13 & Over 100 Back | 12 |
| 13 | 9-10 100 Back | 14 |
| 15 | 13 & Over 100 Fly | 16 |
| 17 | 9-10 50 Fly | 18 |
| 19 | 13 & Over 50 Free | 20 |
| 21 | 9-10 50 Free | 22 |
| 23 | 13 & Over 200 Free Relay | 24 |
| 25 | 9-10 200 Free Relay | 26 |

| Session 4, Sunday Morning January 24, 2010 | | |
|---|----------------------------|------------|
| 9-10 and 13 & Over year olds | | |
| Women | Event | Men |
| 61 | 13 & Over 100 Free | 62 |
| 63 | 9-10 200 Free | 64 |
| 65 | 13 & Over 100 Breast | 66 |
| 67 | 9-10 50 Breast | 68 |
| 69 | 13 & Over 200 IM | 70 |
| 71 | 9-10 100 IM | 72 |
| 73 | 13 & Over 200 Back | 74 |
| 75 | 9-10 50 Back | 76 |
| 77 | 13 & Over 200 Fly | 78 |
| 79 | 9-10 100 Fly | 80 |
| 81 | 13 & Over 200 Medley Relay | 82 |
| 83 | 9-10 200 Medley Relay | 84 |

| Session 2, Saturday, January 23, 2010 | | |
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| 13 & Over Distance | | |
| Women | Event | Men |
| 27 | 13 & Over 400 IM | 28 |
| 29 | 13 & Over 1000 Free | 30 |

| Session 5, Sunday, January 24, 2010 | | |
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| 13 & Over and 12 & Under Distance | | |
| Women | Event | Men |
| 85 | 13 & Over 500 Free | 86 |
| 87 | 12 and Under 500 Free | 88 |

| Session 3, Saturday Afternoon, January 23, 2010 | | |
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| 8 & Under and 11-12 year olds | | |
| Women | Event | Men |
| 31 | 11-12 100 Free | 32 |
| 33 | 8 & Under 100 Free | 34 |
| 35 | 11-12 200 Breast | 36 |
| 37 | 8 & Under 100 Breast | 38 |
| 39 | 11-12 200 IM | 40 |
| 41 | 8 & Under 25 Free | 42 |
| 43 | 11-12 50 Free | 44 |
| 45 | 8 & Under 50 Back | 46 |
| 47 | 11-12 100 Back | 48 |
| 49 | 8 & Under 25 Breast | 50 |
| 51 | 11-12 50 Breast | 52 |
| 53 | 8 & Under 50 Fly | 54 |
| 55 | 11-12 100 Fly | 56 |
| 57 | 8 & Under 100 Free Relay | 58 |
| 59 | 11-12 200 Free Relay | 60 |

| Session 6, Sunday Afternoon January 24, 2010 | | |
|---|----------------------------|------------|
| 8 & Under and 11-12 year olds | | |
| Women | Event | Men |
| 89 | 11-12 200 Free | 90 |
| 91 | 8 & Under 50 Free | 92 |
| 93 | 11-12 100 IM | 94 |
| 95 | 8 & Under 100 IM | 96 |
| 97 | 11-12 50 Back | 98 |
| 99 | 8 & Under 25 Back | 100 |
| 101 | 11-12 200 Fly | 102 |
| 103 | 8 & Under 100 Fly | 104 |
| 105 | 11-12 100 Breast | 106 |
| 107 | 8 & Under 50 Breast | 108 |
| 109 | 11-12 50 Fly | 110 |
| 111 | 8 & Under 25 Fly | 112 |
| 113 | 11-12 200 Back | 114 |
| 115 | 8 & Under 100 Back | 116 |
| 117 | 11-12 200 Medley Relay | 118 |
| 119 | 8 & Under 100 Medley Relay | 120 |