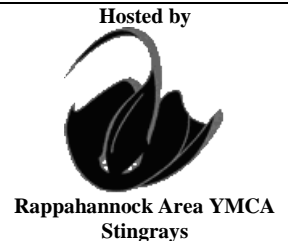




LAKE ANNA OPEN WATER SWIM
May 22, 2010
SANCTION NO. VS-10-67



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-67
LOCATION:	Lake Anna, Group Camping area, Christopher Run Campground, 7149 Zachary Taylor Hwy, Mineral, VA 23117, Phone: (540) 894-4744
FACILITY:	<ul style="list-style-type: none">• There will a beach start at the start/finish line.• Open water: The race course will consist of a 500M loop marked with large orange buoys.• All swimmers who have not completed the course during the prescribed time limit will be asked to retire.• 200M RACE will swim 100M parallel to the shore out and back marked with red and yellow colored buoys.• Finish Banner marks finish line.• Manual watches used for timing system• Details of race course with landmarks will be available at check-in.
MEET DIRECTOR:	Leonard Philippart Email: leo106@cox.net Phone: (540) 841-9902
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes age 7 and older registered prior to the first day of the meet.• Must be registered USA swimmer to enter. Single day event membership available for an additional \$12 (registration form can be found on the last page of this announcement.• All swimmers who are registered with a USA Swimming Club may enter a relay if they are entered in an individual event. .• No at location registration will be permitted.• Age on May 22, 2010 will determine age for the entire meet.• Race day entries will be accepted with prior USA Swimming registration.
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">• Morning session will be for Open, 13-14, and 15-18 5K and 3K events (#1-8)• Afternoon session will be for Open and 11-12 2K events (#9-12).• Late Afternoon session will be for Open and 7-12 500m events, 8&U 200m event, and relay events (#17-38).
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 9:00 AM; competition starts at 10:00 AM.• Mid-morning session : Warm-ups at 10:15 AM competition starts at no earlier than 11:30 AM• Afternoon sessions: Warm-ups at 11:30 AM competition starts at no earlier than 12:45 PM.• Meet Director reserves the right to change seeding and start times if large number of entries warrants changes
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, MAY 7, 2010</p> <ul style="list-style-type: none">• Entries must be submitted in LCM 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.• Coach's Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer

	<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 3 <i>individual events</i> and 2 <i>relay events</i> 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. This meet will be limited to a total of 400 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: sweemfaster@aol.com • Mail entries to: Mike Clesner 6818 Violet Dr. Fredericksburg, VA 22407 Phone: (540) 786-7212 • 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. • Deck entries will be accepted in the order received for swimmers to the extent that they can be processed prior to check-in.
FEES:	<p>Individual events: \$16 per individual events Relay events: \$20 per relay Swimmer Surcharge: \$17.50 (entered in any capacity in the meet includes cap and t-shirt)</p> <ul style="list-style-type: none"> • All entries received after that date requires a \$5 late fee per swimmer. • Those entering after May 7, 2010, may or may not receive a T-shirt. THERE WILL BE NO REDUCTION IN FEE • Checks should be made payable to: RAYS. • Payment must be received by May 15, 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"> • Age Group Individual Events: Medals will be awarded to first to third place for each age group/gender event. Ribbons for fourth to eighth place by age group/gender. Events 19 and 20 will be divided out and scored by 8 & U, 9-10 and 11-12. • Age Group Relays: Medals will be awarded to first to third place only. • Open Individual Events: Medals will be awarded for first to third place for each open event by gender. Ribbons for fourth to eighth place by gender. • Open Relay: Medals will be awarded to first to third place only. • Team Trophies will be awarded for first to third place. Scoring is as follows: <ul style="list-style-type: none"> ○ Individual events will be scored first to eighth place with the following points: 10-8-6-5-4-3-2-1. ○ Relay events will be scored first to eighth place with the following points: 20-16-12-10-8-6-4-2.
SEEDING:	<ul style="list-style-type: none"> • All like-distances will be seeded as a single event, without regard to a swimmer's age or gender. Places, awards, and published results will be separate for each event, age group, and gender. • Positive check-in for each event is listed on the Descript of Events and Schedule page (page #6). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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. 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: Stephanie Suhling Email: ssuhling@yahoo.com Phone: (540) 903-7164 (cell)</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Officials that are comfortable and want to be out on the water, please state so in your request. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Stephanie Suhling no later than May 15, 2010. Officials meeting will be at 9:00 AM at the hospitality tent.
SAFETY:	<ul style="list-style-type: none"> Virginia Swimming Meet Safety Procedures will be in effect Safety boats will monitor the entire course, lifeguards will be on location, and First Aid station available in hospitality tent.
TIMERS:	Timers will be provided by the host team.
GENERAL:	<ul style="list-style-type: none"> This event is on the public side of Lake Anna and will be held rain or shine. Event may be delayed or cancelled due to lightning. No refunds. Average water temperature is expected to be in the high 60's - low 70s Extra T-shirts for coaches and spectators may be ordered on your registration form for \$10 each. Hospitality tent will be set up by the lake with water coolers available for swimmers. COACHES & OFFICIALS must pre-order lunch for hospitality. FRIDAY EVENING: Open air movie at dark. Free to those who are camping NO CONCESSIONS will be available. Please pack yourself a picnic and come enjoy the fresh air. There are no fast food restaurants close.
FACILITY RULES:	<ul style="list-style-type: none"> There is a \$10 parking fee per car for non-camping participants and coaches collected by the campground at the gate day of the event. We highly recommend you carpool or sign up to camp. Facility Rules: http://www.christopherruncampground.com/rules.html No alcohol can be consumed by any swimmers, coach or spectator before or during the competition on race day.
VOLUNTEERS	Anyone wishing to help with registration check-in, body marking, on the water drink station, event check-in, water safety personnel or first aid station, please contact Leonard Philippart at leo106@cox.net .
DIRECTIONS:	www.chriswtopherruncampground.com
LODGING:	<ul style="list-style-type: none"> CAMPING Group site is already reserved for our event. <ul style="list-style-type: none"> Group Area has on site tent camping available for \$8 per person. There are an additional 10 sites with water/electricity for an extra \$66. There are 21 sites with electricity for an additional \$32. Teams will be assigned tent camping areas based on numbers of campers. Bathhouse is within walking distance. Portable toilets are close to pavilion. Camping is only available until we run out of sites on a first reserve basis. Christopher Run Campground has spaces for RV's, several cabins, rental RV's and lodges for rent. Please see their website to book directly from them for anything other than the group area. www.chriswtopherruncampground.com. Private Residences for rent: www.vrbo.com. www.vacationrentals.com, Lake Anna State Park also has cabins and campsites www.lakeannaonline.com/statepark.html Ramada Inn South, 5324 Jefferson Davis Hwy, Fredericksburg, VA 22408, (540) 898-1102 Lake Anna Lodge (at the lake), 5152 Rt. 208, Spotsylvania, VA, 22553 (540) 895-5844 High Point Marina and Lighthouse Inn (at the lake), 4634 Courthouse Rd, Spotsylvania, VA, (540) 895-5249

Description of EVENTS and SCHEDULE:

Event #	Gender	Age	Distance	Age	Gender	Event #
1	Women	Open	5K	Open	Men	2
3	Women	15-18	5K	15-18	Men	4
5	Women	Open	3K	Open	Men	6
7	Girls	13-14	3K	13-14	Boys	8
9	Women	Open	2K	Open	Men	10
11	Girls	11-12	2K	11-12	Boys	12
13	Women	Open	1K	Open	Men	14
15	Girls	9-10	1K	9-10	Boys	16
17	Women	Open	500M	Open	Men	18
19	Girls	7-12	500M	7-12	Boys	20
21	Girls	8 & U	200M	8 & U	Boys	22
23	Mixed	Open	4X200M relay	15-18	Mixed	24
25	Women	15-18	4X200M relay	15-18	Men	26
27	Women	13-14	4X200M relay	13-14	Men	28
29	Girls	11-12	4X200M relay	11-12	Boys	30
31	Girls	9-10	4X200M relay	9-10	Boys	32
33	Mixed	7-12	4x200M relay	8 and Under	Mixed	34
35	Girls	7-12	4X200M relay	7-12	Boys	36
37	Girls	Graduated	4X200M relay	Graduated	Boys	38

5K: The race will consist of 10 times around a 500m loop marked with large orange buoys. The race will end 2 hours after the start. All swimmers who have not completed the course will be asked to retire. Check-in: 9:00 AM; Pre-race Meeting: 9:45 AM; Event starts: 10:00 AM.

3K: The race will consist of 6 times around a 500m loop marked with large orange buoys. The race will end 90 minutes after the start. All swimmers who have not completed the course will be asked to retire. Check-in: 10:05 AM; Pre-race Meeting: 11:15 AM; Event starts: No earlier than 11:30 AM.

2K: The race will consist of 4 times around a 500m loop marked with large orange buoys. The race will end 60 minutes after the start. All swimmers who have not completed the course will be asked to retire. Check-in: 11:35 AM; Pre-race Meeting: 12:30 PM; Event start: No earlier than 12:45 PM.

1K: The race will consist of 2 times around a 500m loop marked with large orange buoys. The race will end 30 minutes after the start. All swimmers who have not completed the course will be asked to retire. Check-in: 11:00 AM; Pre-race Meeting: 12:00 Noon; Event start: No earlier than 1:30 PM

1/2 K: The race will consist of a 500m swim. The course will be a 500M marked with large orange buoys. Check-in: 12:30 PM; Pre-race meeting: 1:15 PM; Event start: No earlier than 1:45 PM

200M: This race will consist of a straight 100m swim out and back. Check-in 1:00 PM; Pre-race meeting: 1:30 PM; Event start: No earlier than 2:00 PM.

Relays: All relays will swim 4 X 200m with a beach start/finish. Mixed relays must contain at least 1 swimmer of each sex. Graduated Relay must contain 1 swimmer from each age group: 10 and U, 11-12, 13-14, 15-18. Relays members must touch their teammate prior to the next swimmer leaving the starting line.

Registration forms must be signed and sent to:

Stephanie Suhling
 6 Daventry Place
 Stafford, VA 22554
 e-mail: ssuhling@yahoo.com

One needed for each swimmer. Do not wait on your coach to mail in your form.

Name: _____
 Age as of May 22, 2010: _____ Gender: Male Female
 Check the box if you are you registered with USA-S? USMS? YMCA? USAT? NONE?
 Registration Number (required if USA-S): _____
 USA Swimming Club: _____ LSC: _____
 Street Address: _____
 City: _____
 State: _____ Zip: _____
 E-mail: _____ Phone: _____

Make checks payable to: **RAYS**

T-Shirt Size (**Adult sizes**): S M L XL 2XL (**Youth**): 10-12 14-16

If no t-shirt size is clearly marked, competitor will receive an Adult L.

Item	# entered	Event(s) #	Cost	Total for line
Swimmer surcharge include T-shirt	1		17.50	\$17.50
Individual entry fees			\$16 per event	
Relay event fees			\$5 a person per event	
Extra T-shirt		Size:	\$10 each	
Non-member registration		Attach additional form	\$12	
Camping Friday or Saturday or Both		Number in party:	\$8 each person	
Request Electricity and Water		An additional fee	\$66	
Request Electricity only		An additional fee	\$20	
Additional Parking fee if not camping			\$10 a car	Pay at lake
Late Fee if received after May 15			\$5	
Total enclosed:				

Please read and sign the liability release:

Liability Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Virginia Swimming, Inc, Rappahannock Area YMCA Stingrays Swim Team, Virginia Game, Wildlife and Fisheries, Dominion Power, Christopher Run Campground, United States Coast Guard, Meet Sponsors, Meet Committees, and or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature _____
 Parent's Signature if under 18: _____ Date: _____



USA SWIMMING 2010 SINGLE-MEET OPEN WATER ATHLETE APPLICATION

LSC:

REG DATE / OFF USE ONLY	NAME OF MEET/DATE(S)

THIS MEMBERSHIP IS ONLY FOR MEETS BELOW ZONE, SECTIONAL AND NATIONAL LEVELS.

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME	LEGAL FIRST NAME	MIDDLE NAME

PREFERRED NAME	DATE OF BIRTH (MO./DAY/YR.)	SEX (M/F)	AGE

FATHER/GUARDIAN LAST NAME	FATHER/GUARDIAN FIRST NAME	MOTHER/GUARDIAN LAST NAME	MOTHER/GUARDIAN FIRST NAME

MAILING ADDRESS

CITY	STATE	ZIP CODE

AREA CODE	TELEPHONE NO.	FAMILY/HOUSEHOLD E-MAIL ADDRESS	U.S. CITIZEN?
			<input type="checkbox"/> YES <input type="checkbox"/> NO

- DISABILITY:**
- A. Legally Blind or Visually Impaired
 - B. Deaf or Hard of Hearing
 - C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment
 - D. Cognitive Disability such as mental retardation, severe learning disorder, autism

- RACE AND ETHNICITY** (You may make up to two choices if appropriate):
- Q. Black or African American
 - R. Asian
 - S. White
 - T. Hispanic or Latino
 - U. American Indian & Alaska Native
 - V. Some Other Race
 - V. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:

MAIL APPLICATION & PAYMENT TO:

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? YES NO

IF YES, WHICH FEDERATION: _____

REGISTRATION FEE	
USA Swimming Fee	\$10.00
LSC Fee	2.00
Total Fee	\$12.00

YEAR LAST REGISTERED: _____

SIGN HERE x _____
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

USA Swimming occasionally makes its membership list available to its marketing partners. Please notify USA Swimming's Member Services Dept. at 719/866-4578 if you do not wish to receive these mailings.

- Check if you would like to learn more about USA Swimming's community initiatives
- Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)