



**RPST FALL INVITE
A/BB/B/C Meet
November 14-15, 2009
SANCTION NO. VS-10-18**



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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-18 |
| LOCATION: | St Michaels High School (formerly Regency Sports Center), 6301 Campus Drive, Fredericksburg VA 22407 |
| FACILITY: | <ul style="list-style-type: none">• Eight Lane 25 yard indoor pool; Non-Turbulent Lane Markers; Colorado Automatic & Semi-Automatic Timing System. Dolphin timing system with Dolphin watches. Two additional 20 yard lanes will be available 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: | Name: Ali Antinozzi Email: aantinozzi4@aol.com Phone: (540) 220-6444 |
| 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/Virginia Swimming athlete registration will be permitted.• Age on November 14, 2009 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 12 & Under swimmers will swim on Saturday and Sunday Morning. These swimmers will have a distance session following the Saturday morning session.• All 13 & Older swimmers will swim on Saturday and Sunday afternoon. These swimmers will have a distance session following the Sunday afternoon session.• All events will be timed finals. |
| WARM-UPS: | <ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 am, competition starts at 8:10 am.• Afternoon sessions: Warm-ups will begin no earlier than 12 noon and will run for 1 hour, competition starts 10 minutes after the completion of the final afternoon warm-up session.• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the Saturday morning and the Sunday afternoon sessions, with the distance session competition starting 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the Regency Park Swim Team's (www.swimrpst.org) website no later than Wednesday, November 11, 2009, and will also be emailed to the contact person of the participating clubs.• The afternoon and distance sessions will start no earlier than the estimated times. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 4, 2009</p> <ul style="list-style-type: none">• Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, November 5, 2009, 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 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 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.• Swimmers may enter a maximum of 4 individual events and 1 relay event per day. If a |

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| | <p>swimmer exceeds the maximum number of swims, their last event will be dropped.</p> <ul style="list-style-type: none"> • 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 700 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: jill@jrhyne.com • Mail entries to: RPST 6105 N. Danford St Fredericksburg, VA 22407 • 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. |
| FEES: | <p>Individual events: \$4.25 Relay events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Late Entry Fee: Accepted the day of the meet will be charged an additional \$10.00 per event per swimmer.</p> <ul style="list-style-type: none"> • Checks should be made payable to: RPST, LLC. • Payment must be received by Wednesday, November 11, 2009 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. <ul style="list-style-type: none"> ○ 13 & Older events will be given separate awards for 13-14, and 15 & Older age groups. ○ 12 & under events will be given separate awards for 11-12, 9-10, and 8 & 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 21 & 22 (12 & Under 500 Free), 23 & 24 (13 & Over 400 IM), and 69 & 70 (13 & Over 500 Free) will be pre-seeded. • Events 21, 22, 23, 24, 69 & 70 will require a positive check-in to swim. • Positive check-in will close at 10:00 am on Saturday for events 21 & 22. • Positive check-in will close at the end of afternoon session warm-up on Saturday for events 23 & 24. • Positive check-in will close at 3:00 pm on Sunday for events 69 & 70. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events 21, 22, 69 & 70 will be swum fastest to slowest and alternating heats of girls and boys. • Late entries will be accepted. Late entries will be accepted if time and swimmer limits have not been exceeded. <ul style="list-style-type: none"> ○ 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. ○ Late entries will be accepted during the meet in the order received to the extent that open lanes are available. ○ Additional heats will not be added. |
| 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. |

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| RULES: | <ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • The overhead start procedure will be used at the meet. • 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. |
| 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 Ali Antinozzi (officials' coordinator), Email: aaantinozzi4@aol.com, no later than Monday, November 9, 2009. • Officials will meet in Hospitality 45 minutes before each session begins. |
| 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 Regency Park Swim Team's website no later than Wednesday, October 21, 2009, and will also be emailed to the contact person of each of the individual clubs. • Swimmers for distance events 21, 22, 69 & 70 (500 Free) are responsible for providing their own timers and Counters |
| GENERAL: | <ul style="list-style-type: none"> • Heat Sheets will be sold for \$5. • A hospitality suite will be provided for Officials and Coaches. • Concessions will be available. • Sport Fair will be in attendance for all your swimming apparel/equipment. |
| FACILITY RULES: | <ul style="list-style-type: none"> • Swimmers must enter and exit the pool through the locker rooms. Please bring your towels with you to dry off before heading back to the gym area. • Only water and Gatorade are allowed on the pool deck. No glass containers are allowed. • Swimmers and spectators are not allowed to eat food in the pool area. • Teams are responsible for cleaning up their team areas. • Coaches only are allowed to sit on the locker room side of the pool. • Coaches are responsible for the behavior of their swimmers at all times. • No diving in the warm-up pool. Feet first entry only. • No parking in the fire lane. • No towels allowed to be placed over the blocks during competition. |
| DIRECTIONS: | From I-95 you will take exit 130 (Rt 3) West. Travel approximately 3 miles and take a right turn at the intersection of Rt. 3 and 5 Mile RD (Old Plank). Travel approximately ¼ mile and turn right onto Campus Drive. The building is in the back of the parking lot. |
| HOTELS: | <ul style="list-style-type: none"> • Holiday Inn Select (540) 786-8321 • Best Western Fredericksburg (540) 371-5050 • WyteStone Suites (540) 891-1112 • Wingate Inn (540) 368-8000 • Sleep Inn Southpoint (540) 710-5500 |

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Order of Events

| Morning Session Warm-up: 7:00 am; Start: 8:10 am | | | Morning Session Warm-up: 7:00 am; Start: 8:10 am | | |
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| <u>Girls</u> | <u>Events</u> | <u>Boys</u> | <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 1 | 12 & U 200 IM | 2 | 35 | 12 & U 200 Free | 36 |
| 3 | 8&U 25 Free | 4 | 37 | 8&U 25 Breast | 38 |
| 5 | 12 & U 100 Free | 6 | 39 | 12 & U 100 Breast | 40 |
| 7 | 12 & U 50 Breast | 8 | 41 | 12 & U 100 Back | 42 |
| 9 | 11-12 200 Breast | 10 | 43 | 8&U 25 Fly | 44 |
| 11 | 8&U 25 Back | 12 | 45 | 12 & U 50 Fly | 46 |
| 13 | 12 & U 50 Back | 14 | 47 | 11-12 200 Fly | 48 |
| 15 | 11-12 200 Back | 16 | 49 | 12 & U 50 Free | 50 |
| 17 | 12 & U 100 Fly | 18 | 51 | 12 & U 100 IM | 52 |
| 19 | 12 & U 200 Free Relay | 20 | 53 | 12 & U 200 Medley Relay | 54 |

| Distance Session Warm-up: 15 min. immediately after am session | | |
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| 21 | 12 & Under 500 Free | 22 |

| Afternoon Session Warm-up: 12:00 noon; Start: 1:10 pm | | | Afternoon Session Warm-up: 12:00 noon; Start: 1:10 pm | | |
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| <u>Girls</u> | <u>Events</u> | <u>Boys</u> | <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 23 | 13&O 400 IM | 24 | 55 | 13 & O 200 IM | 56 |
| 25 | 13&O 100 Back | 26 | 57 | 13&O 50 Free | 58 |
| 27 | 13&O 200 Fly | 28 | 59 | 13&O 200 Back | 60 |
| 29 | 13&O 100 Breast | 30 | 61 | 13&O 100 Fly | 62 |
| 31 | 13&O 200 Free | 32 | 63 | 13&O 200 Breast | 64 |
| 33 | 13&O 200 Medley Relay | 34 | 65 | 13&O 100 Free | 66 |
| | | | 67 | 13&O 200 Free Relay | 68 |

| Events In Blue Require Positive Check-In | | Distance Session Warm-up: 15 min. immediately after pm session | |
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| | | 69 | 13&O 500 Free |
| | | | 70 |