



4th ANNUAL SHARKS FEEDING FRENZY
B/C Mini Meet
December 5-6, 2009
SANCTION NO. VS-10-25

Hosted by:



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-25
LOCATION:	St Michaels High School (formerly Regency Park Sports Center), 6301 Campus Drive, Fredericksburg VA., 22407
FACILITY:	<ul style="list-style-type: none">• Eight Lane 25 yard indoor pool, 4.5 to 8.5 feet in depth; Non-Turbulent Lane Markers; Colorado Automatic & Semi-Automatic Timing System. 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:	Debby Martinich Phone: (540) 273-7051 Email: meetentries@qsst.org
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet.• 8 & Younger Swimmers may participate regardless of classification in 8&Y Events.• Swimmers 9 and Older may compete in any event and relay strokes in which they have a "B" or "C" time.• No on deck USA Swimming athlete registration will be permitted.• 2009-2012 NAG time standards are in effect.• Age on December 5, 2009 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 11-12 swimmers will swim on Saturday and Sunday morning.• All 8 & Younger and 13 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00-8:00 am, competition starts at 8:15 am.• Afternoon sessions: Warm-ups will begin no earlier than 12:00 and will run for 1 hour. Competition starts 15 minutes after the completion of warm-ups.• Lane assignment and warm-up times for individual clubs will be posted on the Sharks website (http://sharkswim.org) no later than Tuesday, December 1st, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 8:00 PM, SUNDAY, NOVEMBER 22, 2009</p> <ul style="list-style-type: none">• Entries from teams outside the North District and Virginia Swimming LSC will be processed until 8:00 pm, Tuesday, November 24, 2009• Acceptance of these entries will be on a space available basis after North District team and Virginia Swimming team 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, phone number, and email address to contact in case of questions must accompany the entries, regardless of how they are submitted.• Coach's Time (CT) and "No Time" (NT) 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

	<p>swimmer exceeds the maximum entries, the last event, by numerical order, 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. Relays are mixed and must be made up of 2 male and 2 female athletes per relay. 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: meetentries@qsst.org Send entries to: Debby Martinich 52 Kane Way Stafford VA 22556 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: \$4.25 Relay events: \$13.00 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> Checks should be made payable to: Sharks Swim Team Payment must be received by Wednesday, December 2, 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"> 8 & Younger events will be given separate awards for 6 & under and 7-8 age groups. 9-12 year old events will be given separate awards for 9-10 and 11-12 age groups 11-18 year old events will be given separate awards for 11-12, 13-14, and 15-18 age groups. 13-18 year old events will be given separate awards for 13-14, and 15-18 age groups. Relay events will be awarded ribbons for first through fourth place
SEEDING:	<ul style="list-style-type: none"> All events, except events 25 & 26 (11-12 400 IM), 31 & 32 (13-18 400 IM), 47 & 48 (11-18 200 Breast), 81 & 82 (9-12 500 Free), 91 & 92 (11-18 200 Fly), 107 & 108 (11-18 200 Back), 109 & 110 (13-18 500 Free) will be pre-seeded. Positive check-in will close at the conclusion of warm-ups for each session. 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. The overhead start procedure will be used for all sessions. 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. Coaches who do not possess these credentials will be required to leave the deck area.

OFFICIALS:	<p>Meet Referee: Jim Frye Email: jmfrye@comcast.net Phone: (703) 670-9460</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 Jackie Resch, Email: jackieresch@comcast.net by Tuesday, December 1st. • Officials will meet outside 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 http://sharkswim.org no later than Tuesday, December 1, 2009, and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in the 500 free are responsible for providing their own lap counters and timers.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be sold for \$5. • Concessions snack bar and PRO SHOP will be available. • Refreshments, breakfast, lunch and evening snacks will be provided for USS officials & coaches
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. All others are required to be in the spectator bleachers, in the hallway, or in the Gym. <i>Getting to the spectator bleachers from the gym requires a short walk outside the building.</i> • No cars are to be left in the fire lanes.
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

Saturday, December 5, 2009

Morning Session

Warm-up: 7:00 am; Start: 8:15 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200 Individual Medley	2
3	9-10 100 Breaststroke	4
5	11-12 100 Breaststroke	6
7	9-10 50 Backstroke	8
9	11-12 50 Backstroke	10
11	9-10 200 Freestyle	12
13	11-12 200 Freestyle	14
15	9-10 100 Butterfly	16
17	11-12 100 Butterfly	18
19	9-10 50 Freestyle	20
21	11-12 50 Freestyle	22
23	9-10 200 Individual Medley	24
25	11-12 400 Individual Medley	26
27	9-10 Mixed 200 Medley Relay	-
28	11-12 Mixed 200 Medley Relay	-

Sunday, December 6, 2009

Morning Session

Warm-up: 7:00 am; Start: 8:15 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	9-10 100 Backstroke	62
63	11-12 100 Backstroke	64
65	9-10 50 Breaststroke	66
67	11-12 50 Breaststroke	68
69	9-10 100 Individual Medley	70
71	11-12 100 Individual Medley	72
73	9-10 100 Freestyle	74
75	11-12 100 Freestyle	76
77	9-10 50 Butterfly	78
79	11-12 50 Butterfly	80
81	9-12 500 Freestyle	82
83	9-10 Mixed 200 Free Relay	-
84	11-12 Mixed 200 Free Relay	-

Afternoon Session

Warm-up: 12:00 pm; Start: 1:15 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	8 & Younger 100 Freestyle	30
31	13-18 400 Individual Medley	32
33	8 & Younger 50 Breaststroke	34
35	13-14 100 Backstroke	36
37	15-18 100 Backstroke	38
39	8 & Younger 25 Backstroke	40
41	13-14 50 Freestyle	42
43	15-18 50 Freestyle	44
45	8 & Younger 50 Freestyle	46
47	11-18 200 Breaststroke	48
49	13-14 100 Butterfly	50
51	15-18 100 Butterfly	52
53	8 & Younger 25 Butterfly	54
55	13-14 200 Freestyle	56
57	15-18 200 Freestyle	58
59	8&Y Mixed 100 Free Relay	-
60	13-18 Mixed Free Relay	-

Afternoon Session

Warm-up: 12:00 pm; Start: 1:15 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
85	13-14 100 Breaststroke	86
87	15-18 100 Breaststroke	88
89	8 & Younger 25 Breaststroke	90
91	11-18 200 Butterfly	92
93	8 & Younger 50 Butterfly	94
95	13-14 100 Freestyle	96
97	15-18 100 Freestyle	98
99	8 & Younger 25 Freestyle	100
101	13-14 200 Individual Medley	102
103	15-18 200 Individual Medley	104
105	8&Y 100 Individual Medley	106
107	11-18 200 Backstroke	108
109	8 & Younger 50 Backstroke	110
111	13-18 500 Freestyle	112
113	8&Y Mixed 100 Medley Relay	-
114	13-18 Mixed 200 Medley Relay	-