



**PHOENIX ICE BREAKER INVITATIONAL**  
**A/BB/B/C Meet**  
**December 11-13, 2009**  
**SANCTION NO. VS-10-23**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-10-23</b>
<b>LOCATION:</b>	Warrenton Aquatic and Recreation Facility, 800 Waterloo Rd. Warrenton VA., (540) 349-2520
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• Eight Lane 25 yard indoor pool, 4.5 to 8.5 feet in depth; Non-Turbulent Lane Markers; Colorado Automatic &amp; Semi-Automatic Timing System. Two additional 20 yard lanes will be available for continuous warm-up and cool down.</li><li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTOR:</b>	Jessica De Jong E-mail: <a href="mailto:jepdejong@comcast.net">jepdejong@comcast.net</a> Phone: (540) 545 8124
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes registered by the first day of the meet.</li><li>• No on deck USA Swimming/Virginia Swimming athlete registration will be permitted.</li><li>• 11 &amp; 12 year old swimmers must have a BB+ time in the 200 IM or a B+ time in the 400 IM to compete in the 11-12 400 IM</li><li>• 10 &amp; under swimmers must have a BB+ time in the 100 Breaststroke to compete in the 200 Breaststroke.</li><li>• 10 &amp; under swimmers must have a BB+ time in the 200 freestyle or a B+ time in the 500 freestyle to compete in the 500 freestyle.</li><li>• 10 &amp; under swimmers must have a BB+ time in the 100 Backstroke to compete in the 200 Backstroke.</li><li>• 2009-2012 NAG time standards are in effect.</li><li>• Age on December 11, 2009 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 13 &amp; older swimmers will swim a preliminary session in the morning session. The top 16 swimmers in the 13-14 &amp; the top 16 swimmers in the 15 &amp; O will swim the final session each day</li><li>• All 12 &amp; younger swimmers will swim timed finals in the afternoon session.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Friday evening session: Open warm-ups at 5:00 pm; competition starts at 6:00 pm</li><li>• Morning sessions: Warm-ups at 6:30-8:00 am; competition starts at 8:10 am.</li><li>• Afternoon sessions: Warm-ups will begin 15 minutes after the conclusion of the morning session but no earlier than 12:00 pm. Competition will begin 10 minutes after the conclusion of warm ups.</li><li>• Finals session: Warm-ups at 5:15 pm; competition starts at 6:00 pm</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the VSTP website no later than Wednesday December 9, 2009 and will also be emailed to the contact person of the participating clubs.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, DECEMBER 2, 2009.</b></p> <ul style="list-style-type: none"><li>• <b>Entries from teams outside of the North District and VSI LSC will be accepted until 6:00 pm, Thursday, December 3, 2009 if space is available after North District, and then remaining VSI entries have been accepted.</b></li><li>• Submit entries using Hy-Tek Team Manager and Commlink-2 software</li></ul>

	<ul style="list-style-type: none"> <li>• Teams submit entries as an e-mail attachment.</li> <li>• 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.</li> <li>• 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.</li> <li>• "No Time" (NT) entries will not be accepted.</li> <li>• <b>12 &amp; younger swimmers may enter a maximum of 4 individual events and 1 relay event per day. 13 &amp; older swimmers may enter a maximum of 3 individual events and 1 relay event per day.</b></li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• <b>Entries will be processed in the order received <u>and accepted</u> to the greatest extent possible without exceeding the 4-hour/session timeline limit.</b></li> <li>• 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.</li> <li>• Email entries to: <a href="mailto:afergus@comcast.net">afergus@comcast.net</a></li> <li>• Mail entries to: Andrea Fergus 293 Robinson Drive Winchester, VA 22602</li> <li>• <b>IMPORTANT:</b> 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.</li> <li>• <b>Late entries will be accepted until December 11, 2009.</b> <ul style="list-style-type: none"> <li>○ Late entries will be accepted if time and swimmer limits have not been exceeded.</li> <li>○ If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after they will be entered in the slowest heat in an empty lane.</li> </ul> </li> </ul>
<b>FEES:</b>	<p>Individual events: \$5.75 Relay events: \$15.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: VSTP.</li> <li>• Payment must be received by Wednesday December 11, 2009 for email entries. Payment must be included with all mailed entries.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> <li>○ 13 &amp; Over individual events will be given separate awards for 13-14 and 15 &amp; Over age groups</li> <li>○ 12 &amp; Under individual events will be given separate awards for 11-12, 9-10, and 8 &amp; Under age groups</li> <li>○ 10 &amp; Under individual events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul> </li> <li>• Relay events: Ribbons will be awarded for first through sixth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except Events #1-4 (500 Free), Events 5-6 (1000 Free), and Events 27-28 and 43-44 (400 IM) will be pre-seeded. Swimmers should report directly to the blocks for their events.</li> <li>• 1000 freestyle, 500 freestyle and 400 IM events will require a positive check-in to swim and will all be swum as timed finals.</li> <li>• Positive check-in will close 5:45 pm Friday (12&amp;U 500 Free, 13&amp;O 500 Free, and 13&amp;O 1000 Free)</li> <li>• Positive check-in will close 10:00 am Saturday (13&amp;O 400 IM)</li> <li>• Positive check-in will close at 3:00 pm Saturday (11-12 400 IM)</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• All relay events for 13 &amp; older swimmers will be timed finals &amp; will be conducted during preliminary</li> </ul>

	session.
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>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.</b></li> <li>• <b>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.</b></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• The overhead start procedure will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee.</li> <li>• The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.12.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all 13 &amp; Over events, excluding the 500 Free, 1000 Free, 400 IM, and all 13&amp;O Relays (timed final events).</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Jim Frye, Email: <a href="mailto:jamfrye@comcast.net">jamfrye@comcast.net</a>, Phone: (540) 840-8947</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Debbie Moss, <a href="mailto:dhm528@comcast.net">dhm528@comcast.net</a> no later than Wednesday December 9th.</li> <li>• There will be an officials meeting in hospitality 45 minutes prior to the start of each session.</li> <li>• There will be a coaches meeting in the hospitality area 1 hour prior to the start of sessions 1, 2, 3, 4, 5, 6 &amp; 7.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be sold for \$7 with finals heat sheets at no cost with coupon. Final heat sheets will be \$2 without coupon.</li> <li>• A Hospitality Suite will be available (refreshments &amp; lunch) for USS officials &amp; coaches.</li> <li>• Concessions snack bar and Sport Fair pro shop will be available.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each club is responsible for supervising the conduct of their swimmers</li> <li>• Swimmers are not permitted in any room of the building not directly associated with this swim meet.</li> <li>• No towels or suits etc. are to be hung on or around the lifeguard stands.</li> <li>• Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the gym.</li> <li>• No cars are to be left in fire lanes.</li> <li>• Absolutely no shaving is to take place in the facility.</li> </ul>
<b>DIRECTIONS:</b>	Directions are available on the Virginia Swimming website.
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Holiday Inn Express Hotel &amp; Suites 410 Holiday Court, Warrenton, VA (800) 345-8082</li> <li>• Howard Johnson Inn 6 Broadview Ave, Warrenton, VA (888) 407-4656</li> <li>• Comfort Inn 7379 Comfort Inn Drive Warrenton, VA (540) 349-8900</li> </ul>

# PHOENIX ICE BREAKER INVITATIONAL

## ORDER OF EVENTS

<b>Friday, December 11, 2009</b>		
<b>Session 1</b>		
<b>Distance Session</b>		
<b>Warm-up: 5:00 pm; Start: 6:00 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	12 & Under 500 Freestyle	2
3	13 & Over 500 Freestyle	4
5	13 & Over 1000 Freestyle	6

<b>Saturday, December 12, 2009</b>		
<b>Session 2</b>		
<b>Morning Prelims</b>		
<b>Warm-up: 6:30 am; Start: 8:10 am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
7	13-14 200 Freestyle	8
9	15 & Over 200 Freestyle	10
11	13-14 200 Backstroke	12
13	15 & Over 200 Backstroke	14
15	13-14 100 Breaststroke	16
17	15 & Over 100 Breaststroke	18
19	13-14 200 Butterfly	20
21	15 & Over 200 Butterfly	22
23	13-14 50 Freestyle	24
25	15 & Over 50 Freestyle	26
27	13 & Over 400 Individual Medley	28
29	13-14 400 Medley Relay	30
31	15 & Over 400 Medley	32
<b>Session 3</b>		
<b>Afternoon 12 &amp; Younger Timed Finals</b>		
<b>Warm-up: 12:00 pm; Start: 1:00 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
33	12 & Under 100 Individual Medley	34
35	12 & Under 50 Freestyle	36
37	12 & Under 100 Backstroke	38
39	12 & Under 200 Breaststroke	40
41	12 & Under 50 Breaststroke	42
43	12 & Under 100 Butterfly	44
45	11-12 400 Individual Medley	46
47	10 & under 200 Medley Relay	48
49	11-12 200 Medley Relay	50
<b>Session 4</b>		
<b>Evening Finals</b>		
<b>Warm-up: 5:15 pm; Start: 6:00 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
7	13-14 200 Freestyle	8
9	15 & Over 200 Freestyle	10
11	13-14 200 Backstroke	12
13	15 & Over 200 Backstroke	14
15	13-14 100 Breaststroke	16
17	15 & Over 100 Breaststroke	18
19	13-14 200 Butterfly	20
21	15 & Over 200 Butterfly	22
23	13-14 50 Freestyle	24
25	15 & Over 50 Freestyle	26
27	13 & Over 400 Individual Medley	28

<b>Sunday, December 13, 2009</b>		
<b>Session 5</b>		
<b>Morning Prelims</b>		
<b>Warm-up: 6:30 am; Start: 8:10 am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
51	13-14 100 Freestyle	52
53	15 & Over 100 Freestyle	54
55	13-14 100 Backstroke	56
57	15 & Over 100 Backstroke	58
59	13-14 200 Breaststroke	60
61	15 & Over 200 Breaststroke	62
63	13-14 100 Butterfly	64
65	15 & over 100 Butterfly	66
67	13-14 200 Individual Medley	68
69	15 & Over 200 Individual Medley	70
71	13-14 400 Freestyle Relay	72
73	15 & Over 400 Freestyle Relay	74
<b>Session 6</b>		
<b>Afternoon 12 &amp; Younger Timed Finals</b>		
<b>Warm-up: 12:00 pm; Start: 1:00 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
75	11-12 200 Butterfly	76
77	12 & Under 100 Freestyle	78
79	12 & Under 200 Backstroke	80
81	12 & Under 100 Breaststroke	82
83	12 & Under 50 Butterfly	84
85	12 & Under 200 Freestyle	86
87	12 & Under 50 Backstroke	88
89	12 & Under 200 Individual Medley	90
91	10 & Under 200 Freestyle Relay	92
93	11-12 200 Freestyle Relay	94
<b>Session 7</b>		
<b>Evening Finals</b>		
<b>Warm-up: 5:15 pm; Start: 6:00 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
51	13-14 100 Freestyle	52
53	15 & Over 100 Freestyle	54
55	13-14 100 Backstroke	56
57	15 & Over 100 Backstroke	58
59	13-14 200 Breaststroke	60
61	15 & Over 200 Breaststroke	62
63	13-14 100 Butterfly	64
65	15 & over 100 Butterfly	66
67	13-14 200 Individual Medley	68
69	15 & Over Individual Medley	70