



WAC EARLY SEASON MEET
Closed Invitational
September 26-27, 2009
SANCTION NO. VS-10-01

Hosted by
WAC
Williamsburg Aquatic
Club

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-01
LOCATION:	Fort Eustis Aquatic Center, Building 641 (corner of Washington Ave & Tyler Ave), Fort Eustis, VA 23604, Phone: (757) 878-1090 or 878-1091
FACILITY:	<ul style="list-style-type: none">• The pool is an 11 lane indoor 25 yd. Short Course facility. All sessions will be run using 8 lanes for competition. Two additional lanes will be used for warm-up/warm-down during the meet• Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTORS:	Anne Anderson Email: flandos@cox.net Phone: (757) 220-8633 Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/Virginia Swimming athletes registered by the first day of the meet from WAC, BAC, US, and TCAC• No on deck USA Swimming/Virginia Swimming athlete registration will be permitted.• Age on September 26, 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 & younger swimmers will swim in the morning sessions on both Saturday and Sunday.• All 13 & over swimmers will swim in the afternoon sessions on both Saturday and Sunday.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions:<ul style="list-style-type: none">○ Saturday: warm-up: 9:00 AM; Competition starts: 10:00 AM○ Sunday: warm-up: 7:30 AM; Competition starts: 8:30 AM• Afternoon sessions:<ul style="list-style-type: none">○ Saturday: Warm-up: 12:30 PM; Competition starts: 1:30 PM○ Sunday: Warm-up: 11:00 AM; Competition starts: 12:00 PM• All warm-ups is subject to change based on entries• Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than September 23, 2008 and will also be emailed to the contact person of the participating clubs.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY SEPTEMBER 18, 2009 <ul style="list-style-type: none">• Entries must be submitted in Short Course Yard 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)• 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.• Coaches Times (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.

	<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. The relays are mixed. You must enter 2 boys and 2 girls in each relay. They can swim in any order that you wish. Entries will be processed in the order received. An e-mail will be sent confirming receipt of the teams' entries. 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: coachharold2@cox.net Mail entries to: Williamsburg Aquatic Club 3013 South Court Williamsburg VA 23185 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: \$3.00 Relay events: \$8.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: Williamsburg Aquatic Club Payment must be received by September 23, 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"> 10 & Under individual events will be divided into 9-10 year old and 8 & under age groups 13 & over individual events will be divided into 13-14 and 15 & over age groups. Relay events: Ribbons will be awarded for first through eighth place.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. Swimmers should report directly to the blocks for their events. Swimmers should report directly to the blocks for their events. Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
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 the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. 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 Referees: Mark Knotts Email: wacswimmer@msn.com Phone: (757) 220-8540 </p> <p> Doug Lockwood Email: dlockwood3@cox.net Phone: (757) 565-1421 </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 Cay Pittman, Phone: (757) 565-3599, Email: pittmanca@yahoo.com • An Officials meeting will be held 1 hour before the start of the morning and afternoon sessions.
SAFETY:	<p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
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 WAC Website (www.swimwac.com) no later than Wednesday September 23rd and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Officials and coaches hospitality will be available • Meet programs will be sold
FACILITY RULES:	<p>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS:</p> <ul style="list-style-type: none"> • Picture identification will be required to gain access to the base. • Rules will be enforced by meet marshal, aquatic center staff and the Fort Eustis Fire Marshall. • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and/or in the meet program, will be disqualified from the meet and escorted from the facility. • The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • Balcony: Swimmers and their bags will not be allowed to stay in the area. Spectator seating is limited and swimmers must stay on the competition or adventure pool deck.
DIRECTIONS:	<p>From I-64 take Exit 250 (Fort Eustis Blvd) towards Fort Eustis. This will take you onto the base. Go 4 blocks past security and through the circular intersection. Turn right at first Street (Tyler Road) past the circular intersection. The Aquatic facility is the building on your left. If the Aquatic Center lot is full, there are plenty of parking 100 yards down Tyler Road.</p>

WAC EARLY SEASON INVITATIONAL

ORDER OF EVENTS

Saturday, September 26, 2009

Morning Session			Afternoon Session		
Warm-up: 9:00 AM; Start: 10:00 AM			Warm-up: 12:30 PM; Start: 1:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & 12 50 Back	2	27	13 & 14 100 Breast	28
3	10 & under 50 Back	4	29	15 & O 100 Breast	30
5	11 & 12 100 Free	6	31	13 & 14 200 Free	32
7	10 & under 100 Free	8	33	15 & O 200 Free	34
9	11 & 12 100 IM	10	35	13 & 14 100 Fly	36
11	10 & under 100 IM	12	37	15 & O 100 Fly	38
13	11 & 12 50 Breast	14	39	13 & O 50 Back	40
15	10 & under 50 Breast	16	41	13 & O 200 Back	42
17	11 & 12 100 Fly	18	43	13 & 14 200 IM	44
19	10 & under 100 Fly	20	45	15 & O 200 IM	46
21	11 & 12 200 Free	22	47	13 & 14 50 Free	48
23	10 & under 200 Free	24	49	15 & O 50 Free	50
<u>MIXED RELAYS - 2 & 2</u>					
25	11 & 12 200 Free		51	13 & 14 200 Medley	
26	10 & under 200 Free		52	15 & O 200 Medley	

Sunday, September 27, 2009

Morning Session			Afternoon Session		
Warm-ups: 7:30 AM; Start: 8:30 AM			Warm-ups: 11:00 PM; Start: 12:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11 & 12 50 Free	54	75	13 & 14 100 Back	76
55	10 & under 50 Free	56	77	15 & O 100 Back	78
57	11 & 12 100 Breast	58	79	13 & 14 50 Breast	80
59	10 & under 100 Breast	60	81	15 & O 50 Breast	82
61	11 & 12 200 IM	62	83	13 & O 200 Breast	84
63	10 & under 200 IM	64	85	13 & 14 100 Free	86
65	11 & 12 50 Fly	66	87	15 & O 100 Free	88
67	10 & under 50 Fly	68	89	13 & 14 50 Fly	90
69	11 & 12 100 Back	70	91	15 & O 50 Fly	92
71	10 & under 100 Back	72	93	13 & O 200 Fly	94
<u>MIXED RELAYS - 2 & 2</u>					
73	11 & 12 200 Medley		95	13 & O 400 IM	96
74	10 & under 200 Medley		<u>MIXED RELAYS - 2 & 2</u>		
			97	13 & 14 200 Free	
			98	15 & O 200 Free	