



**NORTH DISTRICT 12 & UNDER  
CHAMPIONSHIP**  
February 19-21, 2016  
SANCTION NO. VS-16-55



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-16-55</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., and Town of Warrenton, Warrenton Aquatic and Recreation Facility shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> </ul>
<b>LOCATION:</b>	Warrenton Aquatic and Recreation Facility, 800 Waterloo Road, Warrenton, VA, (540) 349-2520
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• Eight lane 25 yard indoor pool, 4.5 feet (lane 1) to 11.8 feet in depth (lane 8); Non-turbulent lane markers; Colorado Automatic and Semi-Automatic Timing System. Two additional 25 yard lanes will be available for continuous warm-up and cool down.</li> <li>• <b>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations, Article 104.2.2C (4)</i>. The copy of such certification is on file with USA Swimming</b></li> </ul>
<b>MEET DIRECTOR:</b>	Name: Andy Baciocco Phone: 540-846-3580 Email: rpstcoach@comcast.net
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all Virginia Swimming registered athletes 12 years old and younger by the first day of the meet in the North District. Teams are separated by Districts as follows:           <ul style="list-style-type: none"> <li>○ <b>North:</b> PWSC, RAPP, RAYS, RPST, STAT, STLH, TSU, VSTP, WST, and WFS.</li> </ul> </li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• The qualifying period for this meet is January 1, 2015 through February 18, 2016.</li> <li>• <b>8 &amp; Younger swimmers may participate regardless of classification in 8 &amp; under events only.</b></li> <li>• <b>8 &amp; younger swimmers competing in the 100 Fly, 100 Back, 100 Breast, 200 free, 200 IM, 500 free, or 10&amp;U relays may not have an VSI Age Group Championship qualifying time in those events.</b></li> <li>• <b>Swimmers 9 to 12 years of age may compete in any individual event or relay leg in which they do not have a VSI Age Group Championship qualifying time.</b></li> <li>• 10 and 12 year-old swimmers aging up from February 19 to March 10, 2016 with times too fast to qualify for this championship will be allowed to compete under the following conditions:           <ul style="list-style-type: none"> <li>○ 10 or 12 year old swimmers who do not qualify for an event in their new age group at Age Group Championships may enter the event in this meet.</li> <li>○ 10 year old swimmers aging up between championships will be seeded correctly by time, however, will swim Exhibition only and will not be eligible to receive an award.</li> <li>○ 12 year old swimmers aging up between championships will be seeded correctly by time, however will swim exhibition only, and will not be eligible to receive an award or compete in the finals session.</li> </ul> </li> <li>• Age on February 19, 2016 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>• 11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 free which will be contested as timed finals. The top 16 swimmers in the 11-12 age group from prelims will come back to compete in finals, except for the 200 fly, 200 back, and 200 breast where only the top 8 swimmers will compete in finals.</li> <li>• 9-10 year old swimmers will swim prelim/finals in all individual events except the 200 IM and the 500 free which will be contested as timed finals. The top 8 swimmers in each event will come back to compete in finals.</li> </ul>

	<ul style="list-style-type: none"> <li>• 8 and under swimmers will swim all events as timed finals. 8 and under swimmers are not eligible for finals events.</li> <li>• The 500 free events will be swum from fastest to slowest.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Friday Session (distance): Warm-ups start not before 4:15 pm and competition starts not before 5:00 pm</li> <li>• Saturday and Sunday morning sessions (11-12 prelims): Warm-ups start at 7:00 am and competition starts at 8:10 am</li> <li>• Saturday and Sunday Midday sessions (10 and under): Warm-up start not before 11:30 am; Competition starts not before 12:40 pm</li> <li>• Saturday and Sunday evening sessions (Finals): Warm-ups start not before 5:00 pm; Competition begins not before 6:00 pm</li> <li>• If any of the earlier sessions run late, the subsequent warm-ups will begin immediately after the prior session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 09, 2016</b></p> <ul style="list-style-type: none"> <li>• 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 which is available at the VSI website <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>.</li> <li>• Teams submit entries via e-mail.</li> <li>• A <b>Team Manager</b> printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiawimming.org">www.virginiawimming.org</a> ) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• “No Time” (NT) entries will be accepted.</li> <li>• Swimmers 8 and under may enter a maximum of 9 individual events for the meet, no more than 4 per day. Swimmers 9-10 years old may enter a maximum of 8 individual events for the meet, no more than 3 per day and 1 relay event per day. Swimmers 11-12 years old may enter a maximum of 8 individual events for the meet, no more than 3 per day.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 4.</li> <li>• Entries will be processed in the order received.</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 could require reseeding.</li> <li>• Email entries to: <a href="mailto:rpstcoach@comcast.net">rpstcoach@comcast.net</a></li> <li>• 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, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$4.50</b>  <b>Relay Events: \$15.00</b>  <b>Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</b></p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>RPST, LLC.</b></li> <li>• Mail payment to: RPST, LLC 6105 N Danford St Fredericksburg, VA 22407</li> <li>• Payment must be received by Tuesday, February 16, 2016 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.</li> <li>• <b>IMPORTANT:</b> If payment is 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> </ul>

<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place.</li> <li>• Relay events will be awarded medals for first through third place and ribbons for fourth through sixteenth place.</li> <li>• 10 and under events will be given separate awards for 8 and under and 9-10 age groups.</li> <li>• Team Awards will be given. Teams placing first through third will receive a plaque.</li> <li>• Scoring will be as follows: <ul style="list-style-type: none"> <li>○ Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1.</li> <li>○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.</li> <li>○ All events will be scored to 16 places.</li> <li>○ Only the top two relay entries per team may score.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 10 and under 500 Free, 11-12 500 Free, 10 and under 200 IM, and 11-12 400 IM, will be pre-seeded.</li> <li>• All swimmers should report directly to the blocks.</li> <li>• Positive check-in for the 10 and under 500 free, 11-12 500 free, 10 and under 200 IM and 11-12 400 IM will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Recorder's desk.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• Penalties for entries using fraudulent and/or non-verifiable entry times: <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 USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>○ 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.</li> </ul> </li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• The overhead start procedure will be used at the discretion of the Referee.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</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 <ul style="list-style-type: none"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Name:</b> Jim Frye  <b>Email:</b> jamfrye@comcast.net  <b>Phone:</b> (540) 840-8947</p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook</li> <li>• Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Beth Jones, beth@tricordhomes.com or (540)760-6714 no later than Tuesday, February 16, 2016. Officials meetings will begin 1 hour prior to the session's start time.</li> </ul>

	<ul style="list-style-type: none"> <li>• General meeting for coaches and key officials will be held on Friday during warm-ups.</li> </ul>												
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.												
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmers supply their own timers and lap counters for the 500 Freestyle.</b></li> <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 posted on <a href="http://www.swimrpt.org">www.swimrpt.org</a> no later than Tuesday, February 16, 2016, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• These assignments will also be posted throughout the venue.</li> </ul>												
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat Sheets will be sold for \$10 at concessions.</li> <li>• Refreshments and lunch will be provided for the USA-S officials and coaches.</li> <li>• Swim gear will be available through Metro Swim Shop.</li> <li>• Food and drinks will be available through the concessions stand.</li> <li>• Commemorative shirts are available for pre-sale only at (web address coming soon). No shirts will be available for sale at the meet.</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>• Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in designated camping areas.</li> <li>• No cars are to be left in fire lanes or on the grass.</li> <li>• Absolutely no shaving is to take place in the facility.</li> <li>• Absolutely no balloons are allowed in the facility.</li> <li>• Parking in designated areas only, overflow parking available at nearby high school.</li> <li>• Spectators will be permitted to bring chairs for designated “camping” areas but no cots allowed.</li> <li>• All personal property must be removed from the camping areas by the conclusion of the final session for each day.</li> <li>• No large electronic devices are permitted.</li> <li>• No camping allowed in the spectator seating area. No coolers or swim bags allowed in the spectator seating area.</li> </ul>												
<b>DIRECTIONS:</b>	Directions to the pool can be found on the facility’s website: <a href="http://www.warrentonva.gov/ParksRec/WARF/AbouttheWARF.aspx">http://www.warrentonva.gov/ParksRec/WARF/AbouttheWARF.aspx</a>												
<b>HOTELS:</b>	<table border="0"> <tr> <td>Howard Johnson Inn</td> <td>Holiday Inn Express</td> <td>Hampton Inn</td> </tr> <tr> <td>6 Broadview Ave</td> <td>410 Holiday Ct</td> <td>501 Blackwell Rd</td> </tr> <tr> <td>Warrenton, VA</td> <td>Warrenton, VA</td> <td>Warrenton, VA</td> </tr> <tr> <td>540-347-4141</td> <td>540-368-9600</td> <td>540-349-4200</td> </tr> </table>	Howard Johnson Inn	Holiday Inn Express	Hampton Inn	6 Broadview Ave	410 Holiday Ct	501 Blackwell Rd	Warrenton, VA	Warrenton, VA	Warrenton, VA	540-347-4141	540-368-9600	540-349-4200
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**RELAY “SLOWER THAN TIMES” CHART**

Age Group	Gender	Free	Medley
<b>8&amp;U</b>	Girls	No Standard	No Standard
	Boys	No Standard	No Standard
<b>9-10</b>	Girls	2:05.16	2:25.56
	Boys	2:03.96	2:23.86
<b>11-12</b>	Girls	1:50.36 (200) 4:00.76 (400)	2:06.49
	Boys	1:50.76 (200) 4:00.36 (400)	2:07.96

## 2015 Districts Short Course 12&Under Championships

Friday, February 19, 2016

Session #1 Timed Finals		
Girls	Friday Feb 20 2015 Warm ups 4:15 pm Start Time 5:00 pm	Boys
1	11-12 400 Free Relay	2
3	10 and under 200 IM	4
5	11-12 400 IM	6
7	10 and under 500 free	8
9	11-12 500 free	10

# Saturday, February 20, 2016

Session #2 Prelims		
Girls	Saturday Feb 20 2016 Warn ups 7:00 am Start Time 8:10 am	Boys
11	11-12 100 free	12
13	11-12 50 fly	14
15	11-12 200 breast	16
17	11-12 100 backstroke	18
19	11-12 200 IM	20
21	11-12 50 breast	22
23	11-12 200 fly	24
25	11-12 200 free relay	26

Session #3 Timed Finals/Prelims		
Girls	Saturday Feb 20, 2016 Warm ups 11:30 am Start Time 12:40 pm	Boys
27	10 and under 200 free	28
29	10 and under 50 free	30
31	10 and under 100 fly	32
33	8 and under 25 fly	34
35	8 and under 25 back	36
37	10 and under 50 breast	38
39	10 and under 100 backstroke	40
41	8 and under 100 free relay	42
43	9-10 200 free relay	44

Session #4 Finals		
Girls	Saturday Feb 20 2016 Warn ups 5:00 pm Start Time 6:00 pm	Boys
11	11-12 100 free	12
29	9-10 50 free*	30
13	11-12 50 fly	14
37	9-10 50 breast*	38
15	11-12 200 breast*	16
39	9-10 100 backstroke*	40
17	11-12 100 backstroke	18
19	11-12 200 IM	20
31	9-10 100 fly*	32
21	11-12 50 breast	22
23	11-12 200 fly*	24
27	9-10 200 free	28

# Sunday, February 21, 2016

Session #5 Prelims		
Sunday Feb 21 2016		
Girls	Warn ups 7:00 am	Boys
Start Time 8:10 am		
45	11-12 200 free	46
47	11-12 50 backstroke	48
49	11-12 100 fly	50
51	11-12 100 breast	52
53	11-12 200 back	54
55	11-12 100 IM	56
57	11-12 50 Free	58
59	11-12 200 medley relay	60

Session #6 Timed Finals/Prelims		
Sunday Feb 21 2016		
Girls	Warn ups 11:30 am	Boys
Start Time 12:40 pm		
61	10 and under 100 free	62
63	10 and under 50 fly	64
65	10 and under 100 IM	66
67	8 and under 25 free	68
69	8 and under 25 breast	70
71	10 and under 100 breast	72
73	10 and under 50 back	74
75	8 and under 100 medley relay	76
77	9-10 200 medley relay	78

Session #7 Finals		
Sunday Feb 21 2016		
Girls	Warn ups 5:00 pm	Boys
Start Time 6:00 pm		
45	11-12 200 free	46
51	9-10 100 free*	62
47	11-12 50 back	48
73	9-10 50 back*	74
49	11-12 100 fly	50
63	9-10 50 fly*	64
51	11-12 100 breast	52
71	9-10 100 breast*	72
53	11-12 200 back*	54
65	9-10 100 IM*	66
55	11-12 100 IM	56
57	11-12 50 Free	58