



**NORTHERN REGION 13 & OVER CHAMPIONSHIP**  
**February 26-28, 2016**  
**SANCTION VS-16-58**



**SANCTION:**

- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION VSI-16-58
- USA Swimming, Inc., Virginia Swimming, Inc., Stingrays Swim Team and Freedom Aquatic and Fitness Center 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.

**LOCATION:** Freedom Aquatic and Fitness Center, 9100 Freedom Center Blvd. Manassas, VA 20110. Phone: (703) 993-8444

**FACILITY:**

- Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in 25 yards, starting from the deep end (13.5" feet deep) and swimming into a bulkhead (6 feet deep).
- Two warmup/cool down lanes available at all times. Large gym to house swimmers.
- **The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).**

**MEET DIRECTOR:**

|   |  |
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| Name: Julie Clements  | Bob Herlinger  |
| Email: <a href="mailto:julesnva15@yahoo.com">julesnva15@yahoo.com</a> | <a href="mailto:stingraybob93@verizon.net">stingraybob93@verizon.net</a> |
| Phone: (540) 842-0423   | (540) 207-0846   |

**ELIGIBILITY:**

- Open to all Virginia Swimming registered athletes in North Region registered by the first day of the meet. Teams in the North Region are:
  - **Northern Virginia Region:** NOVA, PWSC, QDD, QSTS, RAPP, RAYS, RPST, STAT, STLH, TSU, VSTP, WFS, and WST
- The qualifying period for this meet is January 1, 2015 through February 25, 2016. No on deck Virginia Swimming athlete registration will be permitted.
- **Swimmers 13-14 may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and 1000 free.**
- **15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the senior championship qualifying time except the 400 IM, 500 free, and 1000 Free.**
- **15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 Free. The time for either event entered must be slower than the senior championship qualifying time.**
- **Swimmers 13-14 must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time.**
- 2013-2016 NAG time standards are in effect.
- Age on February 26, 2016 will determine age for the entire meet.
- 14 year old swimmers aging up from February 26 to March 3, 2016 with times too fast to qualify for this championship will be allowed to compete under the following conditions:
  - Any 14 year old swimmer who does not qualify to swim an event at Senior Champs may swim the event at this meet.
  - 14 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.

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| <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> </ul>  |   |
|                             | <ul style="list-style-type: none"> <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 combined preliminary session in the morning session.</li> <li>• Top 16 13-14 swimmers and the top 16 15&amp;O swimmers regardless of division will swim the final session each day.</li> <li>• Only the top heat of the 1000 will swim in finals, regardless of age.</li> <li>• All relay events will be timed finals and will be conducted during the preliminary session.</li> </ul>   | • |
| <b>WARM-UP:</b>             | <ul style="list-style-type: none"> <li>• Prelim sessions: Warm-ups at 7:00 am; competition starts at 8:10.</li> <li>• Finals sessions: Warm-ups not before 4:00 pm; competition starts not before 5:00 pm.</li> <li>• 1000 freestyle: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the relay events, with the 1000 (Sunday) freestyle competition starting 5 minutes thereafter. <ul style="list-style-type: none"> <li>○ The approximate start time for the distance sessions will be posted on the Stingrays Swim Team - <a href="http://www.swimrays.org">www.swimrays.org</a> website no later than February 24<sup>th</sup> and will also be emailed to the contact person of the participating clubs.</li> <li>○ The distance session will start no earlier than the estimated times.</li> </ul> </li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the Stingrays Swim Team - <a href="http://www.swimrays.org">www.swimrays.org</a> website no later than February 24<sup>th</sup> and will also be emailed to the contact person of the participating clubs.</li> </ul>  | • |
| <b>ENTRIES:</b>             | <p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 16, 2016.</b></p> <ul style="list-style-type: none"> <li>• Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times.</li> <li>• Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries via email.</li> <li>• A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiaswimming.org">www.virginiaswimming.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>• Swimmers may enter a maximum of 8 individual events, no more than 3 per day, and one relay per day.</li> <li>• Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event.</li> <li>• The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>• <b>“No Time” (NT) entries will be accepted except in the 400 IM, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 “B” time, and 15 &amp; older swimmers must have achieved a minimum of a 15-16 “B” time.</b></li> <li>• Additional proof of ENTRY time, if requested, must be provided to the Age Group Chairman within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed.</li> <li>• Email entries to: Mike Clesner – <a href="mailto:sweemfaster@aol.com">sweemfaster@aol.com</a></li> <li>• <b>Late entries will be accepted.</b> All late entries must submit proof of time. 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. If needed, a heat will be added.</li> </ul> |   |

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| <b>FEES:</b>      | Individual events: \$9.00<br>Relay events: \$16.00<br>Swimmer surcharge: \$5.00 per person (entered in the meet in any capacity) <ul style="list-style-type: none"> <li><input type="checkbox"/> <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.</li> </ul>   |
|                   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Checks should be made payable to: <b>RAYS</b></li> <li><input type="checkbox"/> Mail payment to: <b>Carol Rowlands, PO BOX 866, Stafford VA 22555</b></li> <li><input type="checkbox"/> Payment must be received by Tuesday, February 23, 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><input type="checkbox"/> <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is <b>NOT</b> required for delivery as this will delay the receipt of your entries.</li> </ul>  |
| <b>AWARDS:</b>    | <ul style="list-style-type: none"> <li><input type="checkbox"/> Individual events will be scored and awarded first through sixteenth place. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. The 1000 Free will be awarded as 13-14 and 15 &amp; over age groups.</li> <li><input type="checkbox"/> Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place.</li> <li><input type="checkbox"/> Team awards will be given, first through third place. The teams placing will receive a plaque. Scoring will be as follows:<br/> <b>Individual:</b> Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6 5-4-3-2-1.<br/> <b>Relay:</b> Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.<br/> <b>Only the top two relays for one team may score in an event.</b></li> </ul>   |
| <b>SEEDING:</b>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> The 400 IM, 500 Freestyle, and 1000 Freestyle, will require a positive check-in to swim. All other events will be pre-seeded.</li> <li><input type="checkbox"/> Positive check-in will close at 8:40 am Friday.</li> <li><input type="checkbox"/> Positive check-in will close at 8:40 am Saturday.</li> <li><input type="checkbox"/> Positive check-in will close at 8:40 am Sunday.</li> <li><input type="checkbox"/> <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li><input type="checkbox"/> The 400 IM and the 500 freestyle will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will swim fast to slow, alternating girls and boys.</li> <li><input type="checkbox"/> The 1000 Freestyle will be swum fastest to slowest and alternating heats of girls and boys. <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Any athlete entered in the 1000 freestyle will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline.</b></li> <li><input type="checkbox"/> <b>The fastest 8 swimmers that wish to swim during the evening finals will swim during the evening finals.</b></li> </ul> </li> </ul> |
| <b>PENALTIES:</b> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Penalties for entries using fraudulent and/or non-verifiable entry times: <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li><input type="checkbox"/> <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><input type="checkbox"/> <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><input type="checkbox"/> 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><input type="checkbox"/> The current USA Swimming Rules and Regulations will apply.</li> </ul>  |

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|                   | <ul style="list-style-type: none"> <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 or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>□ The overhead start procedure will be used for the prelim sessions.</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.</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> </ul>  |
|                   | <ul style="list-style-type: none"> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>• Swimmer should shower before entering the pool.</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: Laura Razzolini</b><br/> <b>Email: <a href="mailto:lrazzolini@vcu.edu">lrazzolini@vcu.edu</a></b><br/> <b>Phone: 804-868-9095</b></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 Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Laura Razzolini email: <a href="mailto:lrazzolini@vcu.edu">lrazzolini@vcu.edu</a> no later than February 24, 2016.</li> <li>• Officials meetings must be at least one hour prior to the start of the each session.</li> <li>• <b>There will be a coaches meeting at 7:30 am on February 26, 2016. An assistant coach or team representative may attend in case the head coach is still conducting warm-ups.</b></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 posted on the Stingrays Swim Team – <a href="http://www.swimrays.org">www.swimrays.org</a> no later than February 24th, and will also 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: We will sell heat sheets at concessions for \$11 – finals heat sheet at no cost.</li> <li>• A hospitality suite will be available for USS officials and coaches.</li> <li>□ Concessions and a pro shop will be available (Sport Fair)</li> <li>□ Meet T- Shirts will be available.</li> <li>• Bleachers are for viewing only. No camping is permitted in bleachers. No coolers, bags, blankets, etc. are permitted on bleachers. No reserving seats in bleachers. Please watch your events and leave so that others may also watch their events and leave.</li> </ul>   |

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| <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 any university 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 hallway.</li> <li>• No camping in the hallway. Swimmers must be housed in the gym.</li> </ul> <p><b>PARKING: The facility no longer allows parking in the lot adjacent to the pool. Drop off points will be provided for discharging swimmers and directions will be given to the overflow parking lots. No parking on grass, Fire Lanes, and obey all parking signs.</b></p> |
| <b>DIRECTIONS:</b>     | <ul style="list-style-type: none"> <li>• Freedom Aquatic &amp; Fitness Center is located on Prince William campus of George Mason University.</li> <li>• From Interstate 95-North on Route 234, Exit (152) Dumfries-Manassas. Proceed towards Manassas approximately 15 miles to University Boulevard (this is approximately one mile north of VA Route 28). Proceed ½ mile and follow signs into Freedom Aquatic and Fitness Center.</li> <li>• From Interstate 66-South on Route 234, Exit (44) (Prince William Parkway). Proceed approx. 4 miles to University Boulevard. Turn left &amp; follow directions in preceding paragraph.</li> <li>• Directions are also available on the Virginia Swimming web site <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>.</li> </ul>  |
| <b>HOTELS:</b>         | <ul style="list-style-type: none"> <li>• Best Western Manassas, 8640 Mathis Ave., Manassas, VA , (703) 368-7070</li> <li>• Comfort Suites of Manassas, 9350 Williamson Blvd, Manassas, VA, (703) 686-1100</li> <li>• Hampton Inn, Manassas, 7295 Williamson Blvd, Manassas, VA (703) 369-1100</li> <li>• Days Inn Manassas, 10653 Balls Ford Road, Manassas, VA (703) 368-2800</li> <li>• Holiday Inn Manassas, 10800 Vendor Lane, Manassas, VA (703) 335-0000</li> </ul>   |

## ORDER OF EVENTS

### Friday, February 26, 2016

| <b>Morning Prelims</b>                   |                          |             |
|--|--------------------------|-------------|
| <b>Warm-ups: 7:00 AM; Start: 8:10 AM</b> |                          |             |
| <b>Girls</b>                             | <b>Events</b>            | <b>Boys</b> |
| 1  | 13 & Over 100 Breast     | 2           |
| 3  | 13 & Over 200 Free       | 4           |
| 5  | 13 & Over 100 Fly        | 6           |
| 7  | 13-14 400 Free Relay     | 8           |
| 9  | 13 & Over 400 Free Relay | 10          |
| 11                                       | 13 & Over 400 IM         | 12          |

| <b>Evening Finals</b>                    |                       |             |
|--|-----------------------|-------------|
| <b>Warm-ups: 4:00 PM; Start: 5:00 PM</b> |                       |             |
| (Times are approximate)                  |                       |             |
| <b>Girls</b>                             | <b>Events</b>         | <b>Boys</b> |
| 1  | 13 & Older 100 Breast | 2           |
| 3  | 13 & Over 200 Free    | 4           |
| 5  | 13 & Over 100 Fly     | 6           |
| 11                                       | 13 & Over 400 IM      | 12          |

## Saturday, February 27, 2016

| <b>Morning Prelims</b><br>Warm-ups: 7:00 AM; Start: 8:10 AM |                            |             |
|---|----------------------------|-------------|
| <u>Girls</u>  | <u>Events</u>              | <u>Boys</u> |
| 13  | 13 & Over 200 Fly          | 14          |
| 15  | 13 & Over 50 Free          | 16          |
| 17  | 13 & Over 200 Breast       | 18          |
| 19  | 13 & Over 100 Back         | 20          |
| 21  | 13-14 400 Medley Relay     | 22          |
| 23  | 13 & Over 400 Medley Relay | 24          |
| 25  | 13 & Over 500 Free         | 26          |

| <b>Evening Finals</b><br>Warm-ups: 4:00 PM; Start: 5:00 PM<br>(Times are approximate) |                      |             |
|---|----------------------|-------------|
| <u>Girls</u>  | <u>Events</u>        | <u>Boys</u> |
| 13  | 13 & Over 200 Fly    | 14          |
| 15  | 13 & Over 50 Free    | 16          |
| 17  | 13 & Over 200 Breast | 18          |
| 19  | 13 & Over 100 Back   | 20          |
| 25  | 13 & Over 500 Free   | 26          |

## Sunday, February 28, 2016

| <b>Morning Prelims</b><br>Warm-ups: 7:00 AM; Start: 8:10 AM |                          |             |
|---|--------------------------|-------------|
| <u>Girls</u>  | <u>Events</u>            | <u>Boys</u> |
| 27  | 13 & Over 200 Back       | 28          |
| 29  | 13 & Over 100 Free       | 30          |
| 31  | 13 & Over 200 IM         | 32          |
| 33  | 13-14 200 Free Relay     | 34          |
| 35  | 13 & Over 200 Free Relay | 36          |
| 37  | 13 & Over 1000 Free (*)  | 38          |

| <b>Evening Finals</b><br>Warm-ups: 4:00 PM; Start: 5:00 PM (Times are approximate) |                     |             |
|--|---------------------|-------------|
| <u>Girls</u>   | <u>Events</u>       | <u>Boys</u> |
| 37   | 13 & Over 1000 Free | 38          |
| 27   | 13 & Over 200 Back  | 28          |
| 29   | 13 & Over 100 Free  | 30          |
| 31   | 13 & Over 200 IM    | 32          |

(\*) Timed Final Event – final heat to swim at Finals session