



**North District 12 & Under  
Championship  
February 17-19, 2017  
SANCTION NO.VS-17-51**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-17-51</b>.</li></ul> <p>USA Swimming, Inc., Virginia Swimming, Inc., Stafford Aquatic Team, and Jeff Rouse Swim and Sport 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.</p>
<b>LOCATION:</b>	Jeff Rouse Swim and Sport Center, 1600 Mine Road, Stafford, VA 22554 Phone: 540-318-6332, <a href="http://www.rousecenter.com">http://www.rousecenter.com</a>
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>8 lanes, 25 yard indoor pool, <b>12 feet deep at the start end and 6.7 feet at the turn end;</b> overflow gutters, with non-turbulent lane markers; and 6 lanes, 25 yard warm up/cool down pool. Colorado Timing System.</li><li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</li></ul>
<b>MEET DIRECTOR:</b>	<b>Name: Katarina Whelan</b> <b>Email: <a href="mailto:whelanwork@yahoo.com">whelanwork@yahoo.com</a></b> <b>Phone: 571-643-9179</b>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA 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, STAT, STLH, TORP, TSU, VSTP, WFS, WST.</li></ul></li><li>No on deck USA Swimming athlete registration will be permitted.</li><li>The qualifying period for this meet is January 1, 2016 – February 17, 2017.</li><li><b>8 &amp; Younger swimmers may participate regardless of classification in 8 &amp; under events.</b></li><li><b>8 &amp; Younger swimmers competing in the 100 Fly, 100 Back, 100 Breast, 200 Free, 200 IM, 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 or 12 year old swimmers aging up from February 17 to March 9, 2017 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 17, 2017 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</li></ul>

	<p>the 500 free, which will be contested as timed finals. The top 8 swimmers in each event will come back to compete in finals.</p> <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 final 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; competition starts at 8:10am.</li> <li>• Saturday and Sunday Midday sessions (10 and under): Warm-ups start not before 11:30am; competition starts not before 12:40 pm.</li> <li>• Saturday and Sunday evening sessions (finals): Warm-ups start not before 5:00pm; Competition starts not before 6:00pm.</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 7, 2017</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.virginiaswimming.org">www.virginiaswimming.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.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>• “No Time” (NT) entries will be accepted.</li> <li>• Swimmers 9-10 years old may enter a maximum of 7 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 and 1 relay event per day. 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>• <b>Email entries to: Jill Rhyne Email: <a href="mailto:jill@jrhyne.com">jill@jrhyne.com</a>; phone: 804-514-2607 and Katarina Whelan Email: <a href="mailto:whelanwork@yahoo.com">whelanwork@yahoo.com</a>; phone: 571-643-9179</b></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: \$7.75</b>  <b>Relay events: \$15.00</b>  <b>Swimmer surcharge: \$2.50</b> per person (entered in the meet in any capacity)</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>Stafford Aquatics Team.</b></li> <li>• Mail payment to: Pat Steckler  24 Greenleaf Terrace  Stafford, VA 22556  (540) 207-3201</li> <li>• Payment must be received by February 15, 2017 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</li> </ul>

	<p>enter the meet as unattached providing they pay the appropriate entry fees.</p> <ul style="list-style-type: none"> <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 acceptance 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 for 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: 20-17-16-15-16-13-12-11-9-7-6-5-4-3-2-1</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 9-10 500 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 9-10 500 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> <li>• <b>A swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete will not be able to swim his/her next event.</b></li> </ul>
<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 swum 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(s) swum</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>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>• Any swimmer entered in the meet must be certified by a USA-S 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 at the discretion of the Referee.</li> <li>• The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: <b>The scratch rule regarding finals will apply to both heats (final and consolation), of all 9&amp;O events, excluding the relays, and the 9-12 500 Free, 11-12 400 IM, and the 10 and under 200 IM.</b></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 not</li> </ul>

	<p>appropriate and is PROHIBITED.</p> <ul style="list-style-type: none"> <li>• In accordance with VSI best practices, all swimmers 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: Ralph Jones</b>  <b>Email: <a href="mailto:Ralph.Jones@VDOT.Virginia.gov">Ralph.Jones@VDOT.Virginia.gov</a></b>  <b>Phone: 804-559-1175</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 chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to <b>Ralph Jones</b>, meet referee at <b><a href="mailto:Ralph.Jones@VDOT.Virginia.gov">Ralph.Jones@VDOT.Virginia.gov</a></b> or <b>804-559-1175</b>. General meeting for coaches and key officials will be held on Friday during warm-ups.</li> <li>• We ask all officials to be on the pool deck at least one hour prior to the start of each session.</li> <li>• <b>There will be a coaches' meeting held at 7:45 On February 18,2017. 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>• Swimmers supply their own times and lap counters for the 500 free.</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 the STAT website no later than Tuesday, February 14, 2016 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>• Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators.</li> <li>• Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility.</li> <li>• <b>Heat Sheets will be sold for \$10.</b></li> <li>• Commemorative <b>shirts will be available to pre-order</b>. Limited number shirts will be available for sale at the meet.</li> <li>• Swim gear will be available through <b>Virginia Swim Shop</b>.</li> <li>• Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the walls/ropes while moving to/from their seats.</li> <li>• Team Areas: Team seating will be available in the pool area.</li> <li>• Spectator seating: Bleacher seating will be available for spectators</li> <li>• First Aid: There will be a first aid station on the premises</li> <li>• Hospitality: STAT will operate a hospitality room for all coaches and officials during the meet.</li> <li>• <b>Jeff Rouse Center will provide concessions</b>. Please see facility rules for restrictions to outside food and drinks.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Enter the pool area through the locker room or through the double doors via the wet corridor.</li> <li>• No outside food is allowed in the facility; no coolers and drinks on pool deck and in the bleachers</li> </ul>
<b>DIRECTIONS:</b>	From I95 North, take Exit 140, Stafford. Take a left on Courthouse Road, go approximately one

	<p>mile and turn right on Mine Road. Facility will be on your left.          From I95 South, take Exit 140, Stafford. Take a right on Courthouse Road, go approximately one mile and turn right on Mine Road. Facility will be on your left.</p>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• HAMPTON INN AND SUITES 2925 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-0999</li> <li>• FAIRFIELD INN AND SUITES/MARRIOTT 2884 Jefferson Davis Hwy, Stafford, VA 22554 (540) 720-1299</li> <li>• TOWNEPLACE SUITES/MARRIOTT 2772 Jefferson Davis Hwy, Stafford, VA 22554 (540) 657-1990</li> <li>• WINGATE BY WYNDHAM 15 Salisbury Drive, Stafford, VA 22554 (540) 659-3600</li> </ul>

**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	2:05.21	2:25.61
	Boys	2:04.01	2:23.91
<b>11-12</b>	Girls	1:50.41 (200) 4:00.81 (400)	2:06.51
	Boys	1:50.81 (200) 4:00.41 (400)	2:08.01

**2017 Districts Short Course 12&Under Championship**

**Friday, February 17, 2017**

<b>9-12 TF Session</b>		
<b>Warm Ups: 4:15pm</b>		
<b>G</b>		<b>B</b>
1	11-12 400 Free Relay	2
3	9-10 200 Medley Relay	4
5	11-12 400 IM	6
7	9-10 500 Free	8
9	11-12 500 Free	10

**Saturday, February 18, 2017**

<b>11-12 Prelims</b>		
<b>Warm Ups: 7:00am</b>		
<b>Start: 8:10am</b>		
<b>G</b>		<b>B</b>
11	11-12 100 Free	12
13	11-12 50 Fly	14
15	11-12 200 Breast	16
17	11-12 100 Back	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

<b>9-10 Prelim Session</b>		
<b>Warm Ups: 11:30am</b>		
<b>Start: 12:40pm</b>		
<b>G</b>		<b>B</b>
27	10 and under 100 Free	28
29	8 and under 25 Free	30
31	10 and under 50 Fly	32
33	8 and under 25 Fly	34
35	10 and under 100 Back	36
37	8 and under 25 Back	38
39	10 and under 200 IM	40
41	10 and under 50 Breast	42
43	8 and under 100 Free Relay	44
45	9-10 200 Free Relay	46

<b>9-12 Finals Session</b>		
<b>Warm Ups: 5:30pm</b>		
<b>Start: 6:15pm</b>		
<b>G</b>		<b>B</b>
11	11-12 100 Free	12
27	*9-10 100 Free	48
13	11-12 50 Fly	14
31	*9-10 50 Fly	32
15	*11-12 200 Breast	16
17	11-12 100 Back	18
35	*9-10 100 Back	36
19	11-12 200 IM	20
41	*9-10 50 Breast	42
21	11-12 50 Breast	22
23	*11-12 200 Fly	24

**Sunday, February 19, 2017**

<b>11-12 Prelims</b>		
<b>Warm Ups: 7:00am</b>		
<b>Start: 8:10am</b>		
<b>G</b>		<b>B</b>
47	11-12 200 Free	48
49	11-12 50 Back	50
51	11-12 100 Fly	52
53	11-12 100 Breast	54
55	11-12 200 Back	56
57	11-12 100 IM	58
59	11-12 50 Free	60
61	11-12 200 Medley Relay	62

<b>9-10 Prelim Session</b>		
<b>Warm Ups: 11:30am</b>		
<b>Start: 12:40pm</b>		
<b>G</b>		<b>B</b>
63	10 and under 200 Free	86
65	10 and under 50 Back	88
67	10 and under 100 Fly	90
69	10 and under 100 Breast	70
71	8 and under 25 Breast	72
73	10 and under 100 IM	74
75	10 and under 50 Free	76
77	8 and under 100 Medley Relay	78
79	9-10 100 Medley relay	80

<b>9-12 Finals Session</b>		
<b>Warm Ups: 5:30pm</b>		
<b>Start: 6:15pm</b>		
<b>G</b>		<b>B</b>
47	11-12 200 Free	48
63	*9-10 200 Free	64
49	11-12 50 Back	50
65	*9-10 50 Back	66
51	11-12 100 Fly	52
67	*9-10 100 Fly	68
53	11-12 100 Breast	54
69	*9-10 100 Breast	70
55	*11-12 200 Back	56
57	*9-10 100 IM	58
73	11-12 100 IM	74
59	11-12 50 Free	60
75	*9-10 50 Free	76
	*Top 8 Only	