



NORTH_DISTRICT 12 & UNDER CHAMPIONSHIP
February 16-18, 2018
SANCTION NO. VS-18-77



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-18-77. USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club, and PWCS Aquatic 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:	Prince William County Schools Aquatic Center, 13833 Dumfries Road, Manassas, VA 20112 Door #25, Phone: 571-374-6333.
FACILITY:	<ul style="list-style-type: none"> 8 lane; 25 yard indoor pool, with non-turbulent lane lines; 12.5 feet deep at the start end and 4 feet at the turn end; Colorado Automatic Timing System. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	Name: Annemarie Juhlin Phone: 571-264-6265 Email: ajuhlin@msn.com
ELIGIBILITY:	<ul style="list-style-type: none"> 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"> North: PWSC, RAYS, RPST, STAT, STLH, TORP, TSU, VSTP, WFS, and WST. No on deck Virginia Swimming athlete registration will be permitted. The qualifying period for this meet is January 1, 2017 through February 15, 2018. 8 & Younger swimmers may participate regardless of classification in 8 & under events. 8 & Younger swimmers entered in 10 and under events may not have an VSI SC Age Group Championship qualifying time in those events including the 10 and under relays. 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. 10 and 12 year-old swimmers aging up from February 15 to March 8, 2018 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> 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. 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 or compete in the finals session. 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. Age on February 16, 2018 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"> • 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. • Finals for 11-12 year old swimmers will be swum with the consolation heat first (swimmers seeded 9th-16th followed by the final heat (swimmers seeded 1st thru 8th). • 9-10 year old swimmers will swim prelim/finals in all individual events except the 500 free and the 200 IM, which will be contested as timed finals. The top 8 swimmers in each other individual event will come back to compete in finals. • 8 & Under swimmers will swim all events as timed finals. 8 and under swimmers are not eligible for final events. All 25 yard events will be swum from the turn end of the pool. IM, • All relays will be swum as timed finals in the preliminary sessions.
WARM-UP:	<ul style="list-style-type: none"> • Friday Session (distance): Warm-ups start not before 4:15pm and competition starts not before 5:00pm. • Saturday and Sunday Morning sessions (11-12 prelims): Warm-ups start at 7:00am; Competition starts at 8:10am. • Saturday and Sunday Midday sessions (10 and under): Warm-ups start not before 11:30am; Competition starts not before 12:40pm. • Saturday and Sunday Evening sessions (finals): Warm-ups start not before 5:00pm; Competition starts not before 6:00pm. • If the morning session runs late, subsequent warm-ups will begin immediately after the prior session ends. • Lane assignment and warm-up times for individual clubs will be posted on the PWSC website at https://www.teamunify.com/Home.jsp?team=vapwsc no later than Tuesday, February 13, 2018 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 6, 2018</p> <ul style="list-style-type: none"> • 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 www.virginiaswimming.org • Teams submit entries via e-mail. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) 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. • “No Time” (NT) entries will be accepted. • 8 & Under swimmers may enter a maximum of 8 individual events for the meet, no more than 4 individual events per day and 1 relay event per day. • Swimmers 9-10 and 11-12 years old may enter a maximum of 8 individual events for the meet, no more than 3 individual events 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 5. • Entries will be processed in the order received. • The Meet Director reserves the right to combine heats and events, which actions may require reseeding.

	<ul style="list-style-type: none"> Email entries to: Luis Caballero at colorao1@yahoo.com and Debbie Martinich at deb.martinich@gmail.com. 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.
FEES:	<p>Individual Events: \$7.75 Relay Events: \$15.00 Swimmer Fee: \$7.50 per person (entered in the meet in any capacity)</p> <p>Surcharge includes convenience fee for: Free Access to Heat sheets: in pdf form online, in paper form at the meet and on the Meet Mobile App.</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 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"> Checks should be made payable to: PWSC Mail payment to: Luis Caballero, 12513 Manchester Way, Woodbridge, VA 22192 Payment must be received by Tuesday, February 13, 2018 for all entries. Failure to pay entry fees by this deadline could 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. IMPORTANT: 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.
AWARDS:	<ul style="list-style-type: none"> Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. Relay events will be awarded medals for first through third place and ribbons for fourth through sixteenth place. 10 & Under events will be given separate awards for 8 & Under and 9-10 age groups. Team Awards will be given. Teams placing first through third will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1. Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. All events will be scored to 16 places. Only the top two relay entries per team may score.
SEEDING:	<ul style="list-style-type: none"> All events, except the 9-10 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded. The 500 free events and the 400IM will be swum fastest to slowest. 8 & under swimmers entered in 25 yard events should report to the Clerk of Course. They will be escorted to the blocks from that point by meet staff. Swimmers in 50-yard, 100-yard, 200-yard events and all relays will report directly to the blocks. Positive check-in for the 9-10 500 Free, 11-12 500 Free, 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 administrative table. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. 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.
PENALTIES:	<ul style="list-style-type: none"> Penalties for entries using fraudulent and/or non-verifiable entry times: <ul style="list-style-type: none"> Swimmer shall be marked as exhibition for the event swum illegally and the event shall be re-scored and awarded.

	<ul style="list-style-type: none"> ○ 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 USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event(s) swum. ○ 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. ● 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. ● The overhead start procedure will be used at the discretion of the Referee. ● 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>. ● Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. No deck changing is allowed. ● In accordance with VSI best practices, all swimmers should shower before entering the pool. ● 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"> ○ 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 ○ Coaches with expired or non-current credentials will be required to leave the deck area. ● Operation of a drone, or any 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. ● The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (consolation heat and final heat) of the individual events held on Saturday and Sunday. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet.
OFFICIALS:	<p>Meet Referee: Tony Martinich Email: tonymartinich@gmail.com</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. ● Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Luis Caballero, colorao1@gmail.com and Tony Martinich, tonymartinich@gmail.com no later than Tuesday, February 13, 2018. ● Officials Attire for Saturday and Sunday Preliminaries is white shirt over blue and Finals Sessions will be blue oxford shirt w/ long blue pants or skirt. ● There will be a coaches meeting held at 7:45am on February 17, 2018. An assistant coach or team representative may attend in the case the head coach is still conducting warm-ups.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> ● Swimmers supply their own timers and lap counters for the 500 Free and timers for the 400IM. ● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.

	<ul style="list-style-type: none"> The number of timers required per club and their lane assignments will be posted on the PWSC website, www.teamunify.com/vapwsc no later than Tuesday, February 13, 2018, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Heat Sheets will not be sold but will be available for a FREE download on the PWSC website. Hospitality will be provided for the USA-S officials and coaches Swim gear will be available through Sport Fair in the lobby. Food and drinks will be available at the venue for sale.
FACILITY RULES:	<ul style="list-style-type: none"> All athletes, coaches, and spectators shall follow the posted rules of the PWCS Aquatics Center as well as directions given by lifeguards and other facility staff. Only Officials, Volunteers, Timers, Coaches and Swimmers are allowed on the Pool Deck during the meet. Spectators must remain in the lobby, hallway, or spectator area (seating area located on second floor); spectators and non-swimming team members are not permitted on the pool deck. Access to the following areas is restricted to facility staff: concessions stand, all offices, all storage rooms, pool equipment room. Swimming is only permitted when a PWCS Aquatics Center lifeguard is present. All walkways and emergency exits must remain clear at all times. No tape of any kind is to be used inside to hang signs, banners or decorations. Concessions will be allowed in designated areas only (lobby and spectator area). Eating, drinking, and gum chewing is PROHIBITED on the pool deck. (Water is permitted). Smoking is prohibited on PWCS property and inside the PWCS Aquatics Center; the use of smokeless tobacco and vapor producing products is also prohibited in the facility. Glass bottles and containers are prohibited on the pool deck. Children 12 years and younger must be accompanied by a responsible adult. Running on the pool deck is prohibited. Please shower before entering the pool. Roughhousing, horseplay, pushing, and shoving are all prohibited on the pool deck and the entirety of the Aquatics Center. The use of cellular telephones or cameras is prohibited in PWCS locker rooms, family changing rooms, and bathrooms. Please secure your valuables in a locker or bring them onto the pool deck -- PWCS is not responsible for the loss, damage, or theft of any personal property. Individuals not complying with facility rules or the direction of facility staff will be asked to leave. Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please Chaperone them closely. No shaving allowed anywhere in the venue. Clean up your area after each session.
DIRECTIONS:	<ul style="list-style-type: none"> Prince William County Schools Aquatic Center is on the premises of Charles J. Colgan High School and is located at 13833 Dumfries Road, Manassas, VA 20112 Door #25. From I-66, take Route 234 South (exit 44) Prince William County Parkway. Proceed approximately 11 miles to Walton Drive. Turn left and follow the road to the right to the rear of the school. From I-95, take Route 234 North (exit 152) approximately 9 miles to Walton Drive. Turn right and follow the road to the right to the rear of the school.
HOTELS:	<p>Hampton Inn Dumfries/Quantico – 16959 Old Stage Rd., Dumfries, VA – 866-538-0251 (7.7 Miles)</p> <p>Comfort Inn - 16931 Old Stage Road, Dumfries, VA, 22025 – 703-445-8070 (7.7 Miles)</p> <p>Holiday Inn Dumfries-Quantico Center – 3901 Fettle Park Dr., Dumfries, VA – 866-538-0251 (7.8 Miles)</p>

	A large number of commonly known hotel chains are located on the Prince William Parkway, Woodbridge, VA ~ 8.5 miles away.
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RELAY "SLOWER THAN TIMES" CHART

Age Group	Gender	Free	Medley
8&U	Girls	No Standard	No Standard
	Boys	No Standard	No Standard
9-10	Girls	2:05.16	2:25.56
	Boys	2:03.96	2:23.86
11-12	Girls	1:49.96 (200) 4:01.96 (400)	2:05.56
	Boys	1:49.96 (200) 4:00.76 (400)	2:06.66

2018 North District Short Course 12 & Under Championship

Friday, February 16, 2018

Girls	F Session Warm Ups: 4:15pm Start	Boys
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
39	10 and under 200 IM	40

Saturday, February 17, 2018

Girls	Warm Ups: 7:00am Start	Boys
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

Girls	Warm Ups: 11:30am Start	Boys
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
41	10 and under 50 Breast	42
43	8 and under 100 Free Relay	44
45	9-10 200 Free Relay	46

Girls	Warm Ups: 5:00pm Start	Boys
11	11-12 100 Free	12
27	9-10 100 Free *	28
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

* Top 8 Only

Sunday, February 18, 2018

Girls	Warm Ups: 7:00am Start	Boys
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

Girls	Warm Ups: 11:30am Start	Boys
63	10 and under 200 Free	64
65	10 and under 50 Back	66
67	10 and under 100 Fly	68
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	9-10 200 Medley Relay	80

Girls	Warm Ups: 5:00pm Start	Boys
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	11-12 100 IM	58
73	9-10 100 IM *	74
59	11-12 50 Free	60
75	9-10 50 Free *	76

* Top 8 Only