



**NORTH DISTRICT 12 & UNDER
CHAMPIONSHIP**
February 15-17, 2019
SANCTION NO. VS-19-85



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-85USA 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 <i>USA Swimming Rules and Regulations, Article 104.2.2C(4)</i>. 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 <u>North</u> District which includes: PWSC, RAYS, 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, 2018 through February 14, 2019.8 & Younger swimmers may participate regardless of classification.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 7, 2019 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions:<ul style="list-style-type: none">The swimmer does not qualify for the event in his/her new age group at Age Group Champs.The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or compete in the finals session.Age on February 15, 2019 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">Athletes with a disability are welcome 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 in the Friday evening session. On Saturday and Sunday, the top 16 swimmers from the 11-12 age group 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.9-10 year old swimmers will swim prelim/finals in all individual events except the 200IM and 500 free, which will be contested as timed finals in the Friday evening session. On Saturday and Sunday, 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.

	<ul style="list-style-type: none"> • Ready Room: A Ready Room will be used at this Championship prior to each “A” final heat. Each swimmer in the “A” final (final heat) should report to the Ready Room 10 minutes preceding the event and participate in the “A” final parade. • “B” Final heats will report directly to the assigned lane. • All relays will be swum as timed finals during the prelim sessions.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 5, 2019</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 9 individual events, 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 could require reseeding. • 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: \$2.50 per person (entered in the meet in any capacity) 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 12, 2019 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.
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. • 8 and under swimmers entered into 25 yard events should report to the Clerk of Course. They will be escorted to the blocks from that point by meet staff. All other swimmers shall report directly to the blocks. • All 9/10 and 11/12 swimmers should report directly to the blocks for all preliminary and “B” Final events. • 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 SEEDED

	<ul style="list-style-type: none"> • A swimmer who positively checks-in and does not show up to compete will not be able to swim his/her <u>next</u> event.
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 8:00am. • Saturday and Sunday Midday sessions (10 and under prelims): Warm-ups start not before 11:30am; Competition starts no earlier than 12:30pm. • Saturday and Sunday Evening sessions (finals): Warm-ups start not before 5:00pm; Competition starts no earlier than 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 Monday, February 11, 2019 and will also be emailed to the contact person of the participating clubs.
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.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal is defined as: <ul style="list-style-type: none"> ○ Penalties for entries using fraudulent and/or non-verifiable entry times: ○ Athlete competed in the incorrect age groups ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be re-scored and re-awarded.
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. • 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 apply to all heats of 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. • 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.

	<ul style="list-style-type: none"> 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. Coaches with expired or non-current credentials will be required to leave the deck area.
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@yahoo.com and Tony Martinich, tonymartinich@gmail.com no later than Tuesday, February 12, 2019. Officials will meet one hour prior to the start of each session. 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. Officials who sign up to work 4 sessions or more may receive a free Meet Shirt (*while supplies last.) There will be a coaches meeting held at 7:45am on February 15, 2019. 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"> For the Friday evening Timed Finals session, 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 prelim session. Volunteer timers will be needed for the Saturday and Sunday finals session. 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 Monday, February 11, 2019, and will also be emailed to the contact person of each of the individual clubs. These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> Heat Sheets will not be sold, but available for FREE download on the PWSC website and on the Meet Mobile app. Hospitality will be provided for USA-S officials and coaches. Swim items 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 always remain clear. 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.

	<ul style="list-style-type: none"> • 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> <p>Many commonly known hotel chains are located on the Prince William Parkway, Woodbridge, VA ~ 8.5 miles away.</p>

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

2019 North District Short Course 12 & Under Championship

Friday, February 15, 2019

12 & Under Timed Finals		
Warm Ups: 4:15pm		
Girls	Start: 5:00pm	Boys
1	11-12 500 Free	2
3	10 & U 500 Free	4
5	11-12 400 IM	6
7	9-10 200 IM	8
9	11-12 400 Free Relay	10

Saturday, February 16, 2019

11-12 Prelims		
Warm Ups: 7:00am		
Girls	Start: 8:00am	Boys
11	11-12 200IM	12
13	11-12 100 Free	14
15	11-12 50 Fly	16
17	11-12 200 Breast	18
19	11-12 100 Back	20
21	11-12 50 Breast	22
23	11-12 200 Fly	24
25	11-12 200 Free Relay	26

9-10 Prelims		
8 & U Timed Finals		
Warm Ups: no earlier than		
11:30am		
Girls	Start: no earlier than 12:30pm	Boys
27	8 & U 100 IM	28
29	9-10 100 Free	30
31	8 & U 200 Free	32
33	8 & U 25 Free	34
35	9-10 50 Fly	36
37	8 & U 50 Fly	38
39	8 & U 25 Fly	40
41	8 & U 100 Free	42
43	9-10 100 Back	44
45	8 & U 100 Back	46
47	9-10 50 Breast	48
49	8 & U 50 Breast	50
51	9-10 200 Free Relay	52
53	8 & U 100 Free Relay	54

9-12 Finals		
Warm Ups: No earlier than 5:00pm		
Start: No earlier than 6:00pm		
Girls		Boys
11	11-12 200IM	12
13	11-12 100 Free	14
29	9-10 100 Free	30
15	11-12 50 Fly	16
35	9-10 50 Fly	36
17	11-12 200 Breast *	18
19	11-12 100 Back	20
43	9-10 100 Back	44
21	11-12 50 Breast	22
47	9-10 50 Breast	48
23	11-12 200 Fly *	24

* Top 8 Only

Sunday, February 17, 2019

11-12 Prelims		
Warm Ups: 7:00am		
Girls	Start: 8:00am	Boys
55	11-12 200 Free	56
57	11-12 50 Back	58
59	11-12 100 Fly	60
61	11-12 100 Breast	62
63	11-12 200 Back	64
65	11-12 100 IM	66
67	11-12 50 Free	68
69	11-12 200 Medley Relay	70

9-10 Prelims		
8 & U Timed Finals		
Warm Ups: no earlier than		
11:30am		
Girls	Start: no earlier than 12:30pm	Boys
71	9-10 200 Free	72
73	9-10 50 Back	74
75	8 & U 50 Back	76
77	8 & U 25 Back	78
79	9-10 100 Fly	80
81	8 & U 100 Fly	82
83	9-10 100 Breast	84
85	8 & U 100 Breast	86
87	8 & U 25 Breast	88
89	9-10 100 IM	90
91	8 & U 200 IM	92
93	9-10 50 Free	94
95	8 & U 50 Free	96
97	9-10 200 Medley Relay	98
99	8 & U 100 Medley Relay	100

9-12 Finals		
Warm Ups: No earlier than 5:00pm		
Start: No earlier than 6:00pm		
Girls		Boys
55	11-12 200 Free	56
71	9-10 200 Free	72
57	11-12 50 Back	58
73	9-10 50 Back	74
59	11-12 100 Fly	60
79	9-10 100 Fly	80
61	11-12 100 Breast	62
83	9-10 100 Breast	84
63	11-12 200 Back *	64
65	11-12 100 IM	66
89	9-10 100 IM	90
67	11-12 50 Free	68
93	9-10 50 Free	94

* Top 8 Only

