



2014-15 Elite Double Dual Meet #4
Closed Double Dual Meet
December 13th and 14th 2014
SANCTION NO. VS-15-39



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-15-39USA Swimming, Inc., Virginia Swimming, Inc., QDD Swim Team, Inc. and the Central Park 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:	Central Park Aquatic Center, 10371 Central Park Drive Suite A Manassas Virginia 20110
FACILITY:	<ul style="list-style-type: none">Eight (8) Lane, Short Course, 25 yard Indoor Competition Pool, 7' 0" Deep at Start End and 6' 7" Deep at Turn End, with 6" Anti-Wave non-turbulent lane lines, and Colorado Timing system with Video Display Scoreboard.Five (5) Lane, Short Course, 25 yard Indoor Instructional Pool, 3' 5" Deep at both ends with 6" Anti-Wave non-turbulent lane lines available throughout the meet for warm-up and cool-down.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTOR:	Mary Poletto teamadmin@gddswim.org 703 369-0699
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered before the first day of the meet from the following teams- QDD; TEAMS TBDNo on-deck USA Swimming athlete registration will be permitted.No on deck Virginia Swimming athlete registration will be permitted.All participating Teams will be limited to 100 athletes unless arrangements have been made and approved with the Meet Director in advance2013-2016 NAG time standards are in effect.Age on December 13th 2014 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">All 13 and Older Swimmers will swim prelims in the morning session and the top 16 swimmers in each event, except the 400 yard Individual Medley, 500 yard Free and the 1650 yard Free, will swim in finals.13 and Older athletes swimming in events #57/#58 Open 1650 yards Freestyle; 13 and Older Events #99/#100/#101/#102 500 yards Freestyle; and #67/#68/#69/#70 400 yards Individual Medley are timed final events with the eight (8) fastest swimmers in each event both boys and girls swimming in Finals.All 11-12 Swimmers will swim prelims in the afternoon session and the top 16 swimmers in each event, except the 400 yard Individual Medley and the 500 yard Free, will swim in finals.11-12 Events #79/#80 500 yards Freestyle; #71/#72 400 yards Individual Medley are timed final events with the eight (8) fastest swimmers in each event both boys and girls swimming in Finals.All Relay Events will be timed finals and swum in prelims.All 10 and Under events will be timed finals and swum in the afternoon session.Events #57/#58 Open 1650 yards Freestyle will be a timed final, deck seeded, positive check-in event, swum fastest to slowest, alternating girls and boys with the fastest eight swimmers (regardless of age) both girls and boys swimming in finals.
WARM-UP:	<ul style="list-style-type: none">Morning sessions: Warm-ups at 7:00am; competition starts at 8:00am.Afternoon sessions: Warm-ups no earlier than 12:00pm; competition starts no earlier than 1:00pm.

	<ul style="list-style-type: none"> • Finals sessions: Warm-ups no earlier than 4:00pm; competition starts no earlier than 5:00pm • Lane assignment and warm-up times for individual clubs will be posted on the Quantico Swimming website (www.qddswim.org) no later than Tuesday December 9th 2014, and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS December 3rd 2014</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. • Teams submit entries via email- teamadmin@qddswim.org • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. • Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter no more than three (3) individual events per day and two (2) relays. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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/or events, which actions may require reseeding. It may also include shortening any breaks or warm-ups between events to adhere to the session timeline and prevent too lengthy a session. • Email entries to: Mary Poleto- teamadmin@qddswim.org • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Meet Director- Mary Poleto- teamadmin@qddswim.org
FEES:	<p>Individual events: \$7.00 Relay events; \$16.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: QDD Swim Team Inc • Mail payment to: QDD Swim Team Attn.- Mary Poleto 10371 Central Park Drive Suite A Manassas Virginia 20110 • Payment must be received by December 10th 2014 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • 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 acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first (1st) through eighth (16th) place <ul style="list-style-type: none"> ○ Open events will be awarded by gender and the following Age Brackets: 10 & Under; 11-12, 13-14, 15 & Older. ○ 13 & Older events will be awarded by gender and the following Age Brackets: 13-14, 15 & Older. ○ 10 & Under events will be awarded by gender and the following Age Brackets: 8 & Under, 9-10. ○ Heat winner ribbons will be awarded for all 10 & Under individual events. • Relay events: Ribbons will be awarded for first (1st) through third (3rd) place. • Team Scoring and Awards: Team Scores will be tallied and awards will be presented for the winning team in each of the three dual meets.
SEEDING:	<ul style="list-style-type: none"> • All events, except #57 and #58 Open 1650 yard Free, will be pre-seeded. • Events #57 and #58 Open 1650 yard Free will require a positive check-in to swim and will be swum fastest to slowest alternating heats of girls and then boys.

	<ul style="list-style-type: none"> • Positive check-in will close at 9:00 AM. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • 12 & Under swimmers in the afternoon sessions should report directly to the blocks for their events. • 13 & Older swimmers competing in the morning sessions should report directly to the blocks for their events.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <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. • 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 proficient in performing a racing dive or must start each race from within the water. If unaccompanied by a member coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement. • The overhead start procedure will be used for 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 not appropriate and is PROHIBITED. • 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.
OFFICIALS:	<p>Meet Referee: Rick Lisbon Email: rlisbon@comcast.net Phone: 703 491-8210</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees no later than Monday December 8th 2014 to- Travis Blake, officials@qddswim.org 703 753-4270 • Officials will meet in Hospitality an hour before each session (7:00am in the morning; tentatively 12:00noon for the afternoon; and 4:00pm for the Finals Session)
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the Quantico Swimming website (www.qddswim.org) no later than Tuesday October 14th 2014, 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 be available for \$7.00 for the entire meet • Hospitality will be available during the meet for USAS Officials and Coaches working the meet. • Concessions and Swim Wear (www.sportfairusa.com) are available on site
FACILITY	<ul style="list-style-type: none"> • Teams are responsible for Supervising their swimmers. • Access in the facility is limited to those areas directly related to the conduct of the meet.

RULES:	<p>Swimmers are not permitted in the office or administrative area of the building.</p> <ul style="list-style-type: none"> • Towels, suits, etc. may not be hung from lifeguard chairs or equipment or railings or areas that may block clear view or access to the pools. • Swimmers must dry off and dress to include appropriate footwear, before leaving the pool deck or locker-room to enter the hallway or common areas of the building. • Swimmers seating is available on deck for both the Competition and Warm-up Pools and in the Fitness Room off the deck at the turn end of the pool. Spectator seating is available in the bleachers, the bistro area and the second floor mezzanine. • Parking is available on site with overflow parking available directly across the street. Please obey all applicable traffic signs to include Handicap Parking; Reserved Parking; Fire Zones and Lanes; Speed Limits and Stop Signs. There is no parking on medians or on the grass. • Only current USAS registered coaches, swimmers and officials will be allowed on the competition deck.
DIRECTIONS:	Directions are available on the Aquatic Center's Website (www.centralparkaquatics.com).
HOTELS:	Hotel Information is available from Mary Poletto teamadmin@gddswim.org

**2014-15 ELITE Double Dual Meet #4 Prelims and Finals
ORDER OF EVENTS**

Saturday December 13th 2014

Morning Session 13 and Older Warm-up: 7:00am; Start: 8:00am			Afternoon Session 12 and Under Warm-up: 12:00noon; Start: 1:00pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	15-O 100 yard Breaststroke	2	5	11-12 100 yard Breaststroke	6
3	13-14 100 yard Breaststroke	4	7	10-U 50 yard Breaststroke ²	8
9	15-O 200 yard Freestyle	10	13	11-12 100 yard Freestyle	14
11	13-14 200 yard Freestyle	12	15	10-U 100 yard Freestyle ²	16
17	15-O 100 yard Butterfly	18	21	11-12 100 yard Butterfly	22
19	13-14 100 yard Butterfly	20	23	10-U 50 yard Butterfly ²	24
25	15-O 200 yard Individual Medley	26	29	11-12 200 yard Individual Medley	30
27	13-14 200 yard Individual Medley	28	31	10-U 100 yard Individual Medley ²	32
33	15-O 200 yard Backstroke	34	37	11-12 200 yard Backstroke	38
35	13-14 200 yard Backstroke	36	39	10-U 100 yard Backstroke ²	40
41	15-O 50 yard Freestyle	42	45	11-12 50 yard Freestyle	46
43	13-14 50 yard Freestyle	44	47	10-U 50 yard Freestyle ²	48
49	15-O 800 yard Freestyle Relay ³	50	53	11-12 400 yard Freestyle Relay ³	54
51	13-14 800 yard Freestyle Relay ³	52	55	10-U 200 yard Freestyle Relay ³	56
	20 minute break ⁶				
57	Open 1650 yard Freestyle ^{1,4,5}	58			

Saturday, December 13th 2014

Finals Session 11 and Older Warm-up: 4:00pm; Start: 5:00pm (Times are approximate)			Finals Session 11 and Older (cont.)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	Open 1650 yard Freestyle ^{1,4,5}	58	41	15-O 50 yard Freestyle	42
1	15-O 100 yard Breaststroke	2	43	13-14 50 yard Freestyle	44
3	13-14 100 yard Breaststroke	4	45	11-12 50 yard Freestyle	46
5	11-12 100 yard Breaststroke	6			
9	15-O 200 yard Freestyle	10			
11	13-14 200 yard Freestyle	12	NOTES- ¹ Timed Final Event with the fastest eight swimmers in both the boys and girls event swimming in Finals ² All 10 and Under events are swum as Timed Final Events in prelims ³ All Relay events are swum as Timed Final Events in prelims ⁴ Event is Deck Seeded requiring positive check-in. ⁵ Event will be swum fastest to slowest ⁶ Break may be shortened to prevent to lengthy a session		
13	11-12 100 yard Freestyle	72			
17	15-O 100 yard Butterfly	18			
19	13-14 100 yard Butterfly	20			
21	11-12 100 yard Butterfly	22			
25	15-O 200 yard Individual Medley	26			
27	13-14 200 yard Individual Medley	28			
29	11-12 200 yard Individual Medley	30			
33	15-O 200 yard Backstroke	34			
35	13-14 200 yard Backstroke	36			
37	11-12 200 yard Backstroke	38			

**2014-15 ELITE Double Dual Meet #4 Prelims and Finals
ORDER OF EVENTS**

Sunday December 14th 2014

Morning Session 13 and Older Warm-up: 7:00am; Start: 8:00am			Afternoon Session 12 and Under Warm-up: 12:00noon; Start: 1:00pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	15-O 400 yard Medley Relay ³	60	63	11-12 200 yard Medley Relay ³	64
61	13-14 400 yard Medley Relay ³	62	65	10-U 200 yard Medley Relay ³	66
67	15-O 400 yard Individual Medley ¹	68	71	11-12 400 yard Individual Medley ¹	72
69	13-14 400 yard Individual Medley ¹	70	73	10-U 200 yard Individual Medley ²	74
75	15-O 100 yard Freestyle	76	79	11-12 500 yard Freestyle ¹	80
77	13-14 100 yard Freestyle	78	81	10-U 500 yard Freestyle ²	82
83	15-O 200 yard Breaststroke	84	87	11-12 200 yard Breaststroke	88
85	13-14 200 yard Breaststroke	86	89	10-U 100 yard Breaststroke ²	90
91	15-O 100 yard Backstroke	92	95	11-12 100 yard Backstroke	96
93	13-14 100 yard Backstroke	94	97	10-U 50 yard Backstroke ²	98
99	15-O 500 yard Freestyle ¹	100	103	11-12 200 yard Freestyle	104
101	13-14 500 yard Freestyle ¹	102	105	10-U 200 yard Freestyle ²	106
107	15-O 200 yard Butterfly	108	111	11-12 200 yard Butterfly	112
109	13-14 200 yard Butterfly	110	113	10-U 100 yard Butterfly ²	114
115	15-O 400 yard Freestyle Relay ³	116	119	11-12 200 yard Freestyle Relay ³	120
117	13-14 400 yard Freestyle Relay ³	118			

Sunday, December 14th 2014

Finals Session 11 and Older Warm-up: 4:00pm; Start: 5:00pm (Times are approximate)			Finals Session 11 and Older (cont.)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	15-O 400 yard Individual Medley ¹	68	107	15-O 200 yard Butterfly	108
69	13-14 400 yard Individual Medley ¹	70	109	13-14 200 yard Butterfly	110
71	11-12 400 yard Individual Medley ¹	72	111	11-12 200 yard Butterfly	112
75	15-O 100 yard Freestyle	76			
77	13-14 100 yard Freestyle	78			
79	11-12 500 yard Freestyle ¹	80			
83	15-O 200 yard Breaststroke	84			
85	13-14 200 yard Breaststroke	86			
87	11-12 200 yard Breaststroke	88			
91	15-O 100 yard Backstroke	92			
93	13-14 100 yard Backstroke	94			
95	11-12 100 yard Backstroke	96			
99	15-O 500 yard Freestyle ¹	100			
101	13-14 500 yard Freestyle ¹	102			
103	11-12 200 yard Freestyle	104			

NOTES-

- ¹ Timed Final Event with the fastest eight swimmers in both the boys and girls event swimming in Finals
- ² All 10 and Under events are swum as Timed Final Events in prelims
- ³ All Relay events are swum as Timed Final Events in prelims

