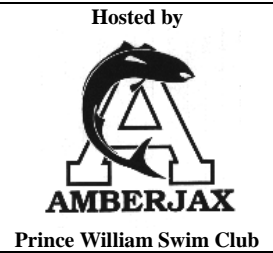




**2015 Long Course Mini  
A/BB/B/C Mini Meet  
May 16-17, 2015  
SANCTION NO. XXXXX**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc. SANCTION NO:</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club 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.</li></ul>
<b>LOCATION:</b>	Freedom Aquatic and Fitness Center, 9100 Freedom Center Blvd. Manassas, VA 20110. Phone: (703) 993-8444
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 8-9 Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in 50 meters, starting from the deep end (13.5" feet deep) and swimming into the shallow end (6 feet deep).</li><li>• 1-2 warmup/cooldown lanes available at all times. Large gym to house swimmers.</li><li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTOR:</b>	<b>Debby Henry and Allison Mayo</b> <b>703-966-9217</b> <b>Debby@vahenrys.com</b>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USAS athletes registered before the first day of the meet.</li><li>• Age on May 16, 2015 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 but must provide advance notice of desired accommodations to the Meet Director</li><li>• The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competing.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 12 &amp; younger swimmers will swim on Saturday and Sunday morning.</li><li>• All 13 &amp; older swimmers will swim on Saturday and Sunday afternoon.</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:20 AM. •</li><li>• Saturday and Sunday Afternoon sessions: Warm-ups no earlier than 11:20 AM; competition starts no earlier than 12:40 PM. •</li><li>• Saturday mid-day session will begin after a 10 minute warm up, at the discretion of the meet referee, in the competition pool immediately following the conclusion of the morning session.</li><li>• Sunday distance session will begin after a 10 minute warm-up, at the discretion of the meet referee, following the conclusion of the mid-day session.</li><li>• Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs no later than May 8, 2015. Information will also be posted on the PWSC website (<a href="http://www.pwscamberjax.org">www.pwscamberjax.org</a>).</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, May 6, 2015.</b> <ul style="list-style-type: none"><li>• Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record</li><li>• "No Time" (NT) entries will be accepted.</li><li>• Swimmers may enter a maximum of 5 individual events per day. If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</li></ul>

	<ul style="list-style-type: none"> <li>• Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.</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 may require reseeding.</li> <li>• 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 prior to the event session Individual events: \$10.00</li> <li>• <b>Email entries to: Luis Caballero at <a href="mailto:colorao1@yahoo.com">colorao1@yahoo.com</a></b></li> </ul>
<b>FEES:</b>	<p><b>Individual events: \$6.50</b>  <b>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</b></p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: PWSC</li> <li>• Mail payment to: Luis Caballero, 12513 Manchester Way, Woodbridge, Va. 22192</li> <li>• Payment must be received by Friday, May 8, 2015 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet</li> <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 receipt of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Ribbons will be awarded for first through eighth place.</li> <li>• Age groups receiving ribbons will be 8 &amp; Younger, 9-10, 11-12, 13-14, 15 &amp; Over.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All 50M, 100M, and 200M events will be pre-seeded.</li> <li>• Positive check-in is required for Events 21-24, 35-36, 57-58 and 59-62</li> <li>• Positive Check-in for events 21-24 will close at 8:00 am .</li> <li>• Positive Check-in for events 35 &amp; 36 will close 30 minutes after the beginning of session 3.</li> <li>• Positive Check-in for events 57 &amp; 58 will close 30 minutes after the beginning of session 5.</li> <li>• Positive check-in for events 59-62 will close 1 hour after the beginning of session 5.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Swimmers competing in the MIXED 1500m Free are responsible for providing their own lap counters and timers.</li> <li>• Events 59-62 will be swum fastest to slowest.</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 entered 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 so entered.</b></li> <li>• <b>Clubs may be fined \$25 per occurrence for a swimmer who fails to present to swim after positively checking in for an event.</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>• 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 afternoon sessions, and may be used for the morning sessions at the discretion of the Referee.</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>• Requests for a team photographer access to the pool deck must be made in writing to the meet director by Wednesday, May 6, 2015.</li> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>• In accordance with VSI Best Practices, 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 with expired or non-current credentials will be required to leave the deck area</li> </ul> </li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• <b>Meet Referee: Dan Young</b> <b>Email: <a href="mailto:writedanyoung@verizon.net">writedanyoung@verizon.net</a></b></li> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team Officials Chairpersons should submit the names, certified position and session availability of officials, as well as the names and session availability of trainees to Bruce Benson, Email: <a href="mailto:brucebenson@verizon.net">brucebenson@verizon.net</a> no later than Wednesday, May 6, 2015.</li> <li>• Officials will meet one hour prior to the beginning of competition for each session.</li> <li>• <b>There will be a coaches meeting at 7:30 am on May 16, 2015. 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 are 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 PWSC website (<a href="http://www.teamunify.com/vapwsc">www.teamunify.com/vapwsc</a>) no later than Wednesday May 6, 2015 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>• 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> <li>• Heat sheets will be sold at the concession area for spectators.</li> <li>• Complimentary heat sheets will be provided for officials and coaches.</li> <li>• Complimentary lunch will be served for coaches, deck officials, Timing Judges, Recorders, Clerk of Course, Marshals, Chief Timers and Timing System Operators.</li> <li>• A concession stand will be available for swimmers and spectators.</li> <li>• Pro Shop (Sport Fair) will be selling swim items in racquetball court</li> <li>• Swim Results will be posted in the hallway outside the pool.</li> </ul>
<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> <li>• <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></li> </ul>
<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</li> </ul>

	<p>miles to University Boulevard. Turn left &amp; follow directions in preceding paragraph.</p> <ul style="list-style-type: none"><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>

DRAFT

## Order of Events

### **Sat. am, May 16**

#1 & 2 11/12 200 Free  
#3 & 4 10 & Under 200 Free  
#5 & 6 11/12 100 Breast  
#7 & 8 10 & Under 100 Breast  
#9 & 10 11/12 100 Fly  
#11 & 12 10 & Under 100 Fly  
#13 & 14 11/12 100 Back  
#15 & 16 10 & Under 100 Back  
#17 & 18 11/12 100 Free  
#19 & 20 10 & Under 100 Free

### **Sat. mid-day, May 16**

#21-24 Mixed 12 & Under 400 Free

### **Sun. am, May 17**

#37 & 38 12 & Under 200 IM  
#39 & 40 12 & Under 50 Back  
#41 & 42 12 & Under 50 Breast  
#43 & 44 12 & Under 50 Fly  
#45 & 46 12 & Under 50 Free

### **Sunday pm, May 17**

#59-62 Mixed 13 & Over 1500 Free

### **Sat. pm, May 16**

#25 & 26 13 & Over 200 Free  
#27 & 28 13 & Over 100 Breast  
#29 & 30 Open 200 Fly  
#31 & 32 13 & Over 100 Back  
#33 & 34 13 & Over 50 Free  
#35 & 36 Open 400 IM

### **Sun. mid-day, May 17**

#47 & 48 13 & Over 100 Free  
#49 & 50 Open 200 Breast  
#51 & 52 13 & Over 100 Fly  
#53 & 54 Open 200 Back  
#55 & 56 13 & Over 200 IM  
#57 & 58 13 & Over 400 Free