

	2015 IM Double Dual Meet Closed Double Dual Meet January 31st and February 1st 2015 SANCTION NO.	Hosted by 
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SANCTION: APPROVAL?	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS- _____ - USA 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:	- 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@qddswim.org 703 369-0699
ELIGIBILITY:	- Open to all USA Swimming Age Group athletes 18 years of age or Younger registered before the first day of the meet from the following teams- QDD - No 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 advance 2013-2016 NAG time standards are in effect. - Age on January 31st 2015 will determine age for the entire meet.
DISABILITY SWIMMERS:	- 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:	- All Swimmers will swim in the morning session. - All events will be timed finals.
WARM-UP:	- Morning sessions: Warm-ups at 7:00am; competition starts at 8:00am. - Lane assignment and warm-up times for individual clubs will be posted on the Quantico Swimming website (www.qddswim.org) no later than Tuesday January 27th 2015, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS January 21st 2015 - 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 must enter all of the events offered for their age group each day to be eligible for recognition and awards - 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 events, which actions may require reseeding. - Email entries to: Mary Poleto- teamadmin@qddswim.org - Deck entries will not be accepted.
FEES:	Individual events: \$5.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) - 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 January 28th 2015 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:	- Scoring: Hy-Tek IMX scoring will be used exclusively. Each time will be given a point value; swimmers' scores from all events will be combined for an overall IMX point total. Disqualifications will receive zero points. An athlete's score will still be considered for top 16 individual awards and for team scoring. Scoring will be determined according to single-year age bracket (up to 18 years of age) and gender and the swimmers' IMX totals. - Individual Awards: plaques will be awarded for the top sixteen swimmers in each single-year age bracket and gender. - Team Scoring and Awards: Plaques will be awarded for the top three teams by compiling the Hy-tek IMX Scoring for the top 16 individual scorers in each age and gender.
SEEDING:	All events will be pre-seeded, seeded as timed final events swum slowest to fastest girls events followed by the corresponding boys event.
PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times: 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:	- The current USA Swimming Rules and Regulations will apply. - All swimmers participating in the meet must be dive certified. - Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. - Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. - 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 not permitted. - Except where venue facilities require otherwise, changing into or out of swimsuits other than in

	locker rooms or other designated areas is not appropriate and is strongly discouraged. • 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 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. • No VSI non-athlete member in good standing may be barred from participating in the meet as an official as certified.
OFFICIALS:	Meet Referee: To Be Determined (name) Email: _____ Phone: _____ • 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 January 26th 2015 to- Spencer Quinn, spencer@sqsoftware.com 703 615-6704 • Officials will meet in Hospitality at 7:00am each morning
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• 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 January 27th 2015, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	• Heat Sheets will be available for \$5.00 for the entire meet • Hospitality will be available during the meet for USAS Officials and Coaches • Concessions (www.adelimanassas.com) and Swim Wear (www.sportfairusa.com) are available on site
FACILITY RULES:	• Teams are responsible for Supervising their swimmers. • Access in the facility is limited to those areas directly related to the conduct of the meet. Swimmers are not permitted in the office or administrative area of the building. • 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 Virginia Swimming Website (www.virginiasswimming.org).
HOTELS:	Hotel Information is available from Mary Poletto teamadmin@qddswim.org

**2015 IM Double Dual Meet
ORDER OF EVENTS**

Session #1 Saturday January 31st 2015		
Morning Session Warm-up: 7:00am; Start: 8:00am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-18 500 yard Freestyle	2
3	11-12 500 yard Freestyle	4
5	10-U 200 yard Freestyle	6
7	13-18 200 yard Butterfly	8
9	11-12 100 yard Butterfly	10
11	10-U 100 yard Butterfly	12
13	13-18 400 yard Individual Medley	14
Session #2 Sunday February 1st 2015		
Morning Session Warm-up: 7:00am; Start: 8:00am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
15	13-18 200 yard Breaststroke	16
17	11-12 100 yard Breaststroke	18
19	10-U 100 yard Breaststroke	20
21	13-18 200 yard Backstroke	22
23	11-12 100 yard Backstroke	24
25	10-U 100 yard Backstroke	26
27	13-18 200 yard Individual Medley	28
29	11-12 200 yard Individual Medley	30
31	10-U 200 yard Individual Medley	32