



**AMENDED**  
**MOTHER'S DAY SPRING DIP**  
**B/C/Mini Meet**  
**May 13-14, 2006**  
**SANCTION NO. VS-06-67**

Hosted by  
**Burkwood**  
**Aquatic**  
**Club**

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-06-67</b>
<b>LOCATION:</b>	Burkwood Swim and Racquet Club. 9100 Burkwood Club Drive Mechanicsville, VA 23116. Phone: (804) 730-4076.
<b>FACILITY:</b>	8 lane 25 meter outdoor heated pool with non-turbulent lane lines. Colorado timing system. Ample seating for swimmers and parents.
<b>MEET DIRECTOR:</b>	Name: Karen Seeber Email: Tech9T2@comcast.net Phone: 804-730-8833 (evenings)
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers with the exception of those swimmers in VSI's Southeast District.</li><li>• The VSI teams eligible to participate are: BAC, BASS, CCA, CYAC, DC, FAST, FUAC, GATR, HA, LASO, LY, NOVA, PSDN, PWSC, QDD, QS, RACE, RAYS, SCAT, SMAC, SQST, STRM, SVFY, SWAT, TSU, VACS, VAST, VSTP, WPAC, WSC, WST</li><li>• All swimmers participating in this meet must be registered by the first day of the meet.</li><li>• No on deck registration will be permitted.</li><li>• <b>8 &amp; Younger swimmers may participate regardless of classification.</b></li><li>• <b>Swimmers 9 &amp; Older (or 9-18 years old) may compete in any event and relay strokes in which they have a "B" or "C" Time.</b></li><li>• 2005-2008 NAG top 16 based times are in effect.</li><li>• Age on May 13, 2006 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 and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 10 &amp; Younger swimmers will swim on Saturday and Sunday morning.</li><li>• All 11 &amp; Older swimmers will swim on Saturday and Sunday afternoon.</li><li>• All events will be timed finals.</li><li>• Morning sessions: Warm-ups at 7:30-8:45 am; competition starts at 9:00 am.</li><li>• Afternoon sessions: Warm-ups at 12:30-2:00 pm; competition starts at 2:15 pm.</li><li>• Saturday Distance sessions: Warm ups – No earlier than 5:30 pm. The pool will be open for 25 minutes of open warm-ups immediately following the finish of the Saturday afternoon session, with the distance session competition starting 5 minutes thereafter.<ul style="list-style-type: none"><li>○ The approximate start time for the distance sessions will be posted on the Burkwood Aquatic Club (BAC) website (<a href="http://www.bacswim.com">www.bacswim.com</a>) no later than Monday, May 8th, and will also be emailed to the contact person of the participating clubs.</li><li>○ The distance sessions will start no earlier than the estimated times.</li></ul></li><li>• Lane assignment and warm-up times for individual clubs will be posted on the BAC website no later than Monday, May 8th and will also be emailed to the contact person of the participating clubs.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, MAY 2, 2006.</b></p> <ul style="list-style-type: none"><li>• <b>Entries must be submitted in short course yard times</b> using Hy-Tek Team Manager and CommLink-2 software, or on a VSI master entry sheet.</li><li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li></ul>

	<ul style="list-style-type: none"> <li>A Team Manager printout of entries must be included or the meet checklist/summary sheet 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.</li> <li>Coaches Times (CT) will be accepted for events which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT and must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li><b>No Time (NT) entries will not be accepted.</b></li> <li><b>Swimmers may enter a maximum of 3 individual events and 1 relay event per day PLUS one distance event on Saturday evening.</b></li> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>Entries will be processed in the order received.</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 actions may require reseeding.</li> <li><b>Email entries to: Karen Seeber, <a href="mailto:Tech9T2@comcast.net">Tech9T2@comcast.net</a></b></li> <li>Mail entries to: Burkwood Aquatic Club P.O. Box 1886 Mechanicsville, VA 23116</li> <li><b>IMPORTANT:</b> If entries are 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>FEES:</b>	<p><b>Individual events: \$3.00</b>  <b>Relay events: \$8.00</b>  <b>Swimmer surcharge: \$2.00 per person</b> (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: Burkwood Aquatic Club</li> <li>Payment must be received by May 13, 2006, the first day of the meet. Payment must be included with all mailed entries.</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place.</li> <li>13 &amp; Older events will be given separate awards for 13-14 and 15 &amp; Older age groups.</li> <li>11 &amp; Older events will be given separate awards for 11-12, 13-14, and 15 &amp; Older age groups.</li> <li>10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</li> <li>Heat winner ribbons will be awarded for all 12 &amp; Younger individual events.</li> <li>Relay events: Ribbons will be awarded for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events except events #117 &amp; 118 (10&amp;Y 400 Free), 119 &amp; 120 (11&amp;O 400 Free), and 121 &amp; 122 (12&amp;O 800 Free) will be pre-seeded.</li> <li>Swimmers report directly to the blocks for their events.</li> <li>Events #117 &amp; 118 (10&amp;Y 400 Free), 119 &amp; 120 (11&amp;O 400 Free), and 121 &amp; 122 (12&amp;O 800 Free) will require a positive check-in to swim.</li> <li>Positive check-in will close at 5:00 pm on Saturday evening.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>All events will be swum slowest to fastest.</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 Clerk-of-Course on the provided forms.</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 disqualified from 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 United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> </ul>

	<ul style="list-style-type: none"> <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 2005 USA Swimming Rules and Regulations will apply.</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>In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.</li> <li>Overhead starts will be used for all sessions.</li> </ul>
<b>OFFICIALS:</b>	<ul style="list-style-type: none"> <li><b>Meet Referee: George Smith</b> Email: <a href="mailto:gsmithstrategicd@earthlink.net">gsmithstrategicd@earthlink.net</a> Phone: (804) 883-1064</li> <li>Officials at all positions will be required for this meet.</li> <li>Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to <b>Tedd Smith (Meet officials coordinator)</b> <a href="mailto:tsmith@helloinc.com">tsmith@helloinc.com</a> or call (804) 550-3332 no later than May 2, 2006.</li> <li>Officials meeting will occur at 8:30 am for the morning sessions and at 1:45 pm for the afternoon sessions. There will be a coaches meeting on Saturday morning at 8:45 am and on Saturday afternoon at 2:00 pm</li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
<b>TIMERS:</b>	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 BAC website ( <a href="http://www.bacswim.com">www.bacswim.com</a> ) no later than Monday, May 8, 2006 and will also be emailed to the contact person of each of the individual clubs.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat sheets will be sold at a cost of \$2.00.</li> <li>A concession stand will be on premises.</li> <li>Aardvark Swim and Sport will be on site for any aquatic apparel or equipment needs.</li> <li>A hospitality room will be provided for the officials and coaches.</li> <li>There are bleachers and ample room for parents and swimmers to bring their own chairs.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Please do not go inside the roped off area surrounding the upper pool. This is for your own safety.</li> </ul>
<b>DIRECTIONS:</b>	From I-295, take exit 41A (301 North towards Hanover). Fifth stoplight take a right onto Shady Grove. First stoplight make a left onto Studley Road. Studley Road veers to the left. Follow for approximately ¼ mile. Right onto Burkwood Club Drive (just after the church). Go to the end of the drive and park to the far right hand side of the clubhouse. Use the gravel pathway to the right of the clubhouse to access the pool.
<b>HOTELS:</b>	Hotel information for traveling clubs: There are two Hampton Inns, one Holiday Inn Express, and one Spring Hill Suites that are close by and located in the primary dining/shopping areas of Hanover County.

# MOTHER'S DAY SPRING DIP

MAY 13-14, 2006

## Saturday Morning, May 13, 2006

Warm Up: 7:30 am Meet Start: 9:00 am

Girls	Event	Boys
1	10&Y 200 Free	2
3	8&Y 100 Free	4
5	6&Y 25 Free	6
7	7 yr old 25 Free	8
9	8 yr old 25 Free	10
11	9&10 50 Fly	12
13	8&Y 50 Fly	14
15	9&10 100 IM	16
17	6&Y 25 Back	18
19	7 yr old 25 Back	20
21	8 yr old 25 Back	22
23	10&Y 100 Back	24
25	8&Y 50 Breast	26
27	9&10 50 Breast	28
<b>-- 5 minute break --</b>		
29	8&Y 200 Free Relay	30
31	10&Y 200 Free Relay	32

## Saturday Afternoon, May 13, 2006

Warm Up: 12:30 pm Meet Start: 2:15 pm

Girls	Event	Boys
33	11 – 12 100 Freestyle	34
35	13 & older 100 Freestyle	36
37	11 – 12 50 Butterfly	38
39	11& older 200 Butterfly	40
41	11 – 12 200 IM	42
43	13 & older 200 IM	44
45	11 – 12 50 Breaststroke	46
47	11 & older 200 Breast	48
49	11 – 12 100 Backstroke	50
51	13 & older 100 Back	52
<b>-- 5 minute break --</b>		
53	11 – 12 200 Free Relay	54
55	13 – over 200 Free Relay	56

## Saturday Evening Distance

Warm Up: No earlier than 5:30 pm

Meet Start: No earlier than 6:00 pm

Girls	Event	Boys
*117	10 & U 400 freestyle	*118
119	11 & over 400 freestyle	120
121	12 & over 800 freestyle	122

\* 8&Y must already have a "B" time or better to enter the event.

## Sunday Morning, May 14, 2006

Warm Up: 7:30 am Meet Start: 9:00 am

Girls	Event	Boys
57	10&Y 200 IM	58
59	10&Y 100 Breast	60
61	6&Y 25 Breast	62
63	7 yr old 25 Breast	64
65	8 yr old 25 Breast	66
67	9&10 50 Back	68
69	8&Y 50 Back	70
71	9 & 10 100 Free	72
73	6&Y 25 Fly	74
75	7 yr old 25 Fly	76
77	8 yr old 25 Fly	78
79	10&Y 100 Fly	80
81	8&Y 50 Free	82
83	9&10 50 Free	84
85	8&Y 100 IM	86
<b>-- 5 minute break --</b>		
87	10&Y 200 Med Relay	88
89	8&Y 200 Med Relay	90

## Sunday Afternoon, May 14, 2006

Warm Up: 12:30 pm Meet Start: 2:15 pm

Girls	Event	Boys
91	11 – 12 200 Freestyle	92
93	13 & older 200 Freestyle	94
95	11 – 12 100 Butterfly	96
97	13 & older 100 Butterfly	98
99	11 – 12 100 IM	100
101	13 & older 100 Breast	102
103	11 – 12 100 Breaststroke	104
105	11& older 200 Backstroke	106
107	11 – 12 50 Backstroke	108
109	13 & older 50 Freestyle	110
111	11 -12 50 Freestyle	112
<b>-- 5 minute break --</b>		
113	13 & older 200 Med Relay	114
115	11 – 12 200 Medley Relay	116