



AMENDED
Central District Championship
 (formerly Area 2 B/C Championship)
February 17-19, 2006
SANCTION NO. VS-06-40

Hosted by:
NOVA
AQUATICS
 of Virginia

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-40	
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, (804) 754-3401	
FACILITY:	10-lane 25-yard pool with Kieffer Wave eater lanes, Daktronics Automatic Timing System. 8 lanes will be used for competition. Two warm-up/warm-down lanes will be available at all times.	
MEET DIRECTORS:	Ellen Walk Phone: (804) 289-8770 (work) Email: ewalk@richmond.edu	Julie Litz Phone: (804) 550-2341 (work) Email: jlitz@mail2.vcu.edu
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming/VSI registered swimmers in the Central District. Teams in the Central District are: BAC, DC, NOVA, PSDN, RACE, SQST, and VACS All swimmers participating in this meet must be registered by the first day of the meet. No on deck registration will be permitted. The qualifying period for this meet is January 1, 2005 through February 16, 2006. 8 & Younger swimmers may participate regardless of classification in 8 & younger events. 8 & younger swimmers entered in 10 and younger events may not have a 10&U "BB" or faster time in the event entered. 9 and older swimmers may compete in any event and relay strokes in which they have a "B" or "C" Time. Swimmers 15 and older will use the 15-16 "B" and "C" standard for qualification into this meet. 10, 12 and 14 year-old swimmers aging up between February 17 and February 24, 2006 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> 10, 12 and 14 year-old swimmers who do not qualify in their new age group at Regional (formerly A/BB Champs) Championships may enter those event(s). 10, 12 and 14 year-old swimmers aging up between championships will be seeded correctly by time, however, will swim Exhibition only and will not be eligible to receive an award. 2005-2008 NAG top 16 based times are in effect. Age on February 17, 2006 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 10 & Younger swimmers will swim on Saturday and Sunday morning. All 11 & Older swimmers will swim on Saturday and Sunday afternoon. All events will be timed finals. Friday pm session: Warm-up: 4:00-5:00 pm; competition start: 5:15 pm. Saturday & Sunday AM sessions: Warm-up: 7:00-8:00 am; competition start: 8:15 am. Saturday and Sunday afternoon sessions: Warm-ups at 12:00 pm; competition starts at 1:15 pm. Sunday distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session with the 1650y freestyle competition starting five minutes thereafter. <ul style="list-style-type: none"> The approximate start time for the distance sessions will be posted on the NOVA website no later than Wednesday, February 15 and will also be e-mailed to the contact person of the participating clubs. The distance session will begin no earlier than these estimated times. 	

	<ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the NOVA website no later than Wednesday, February 15, 2006, 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 TUESDAY, FEBRUARY 7, 2006</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk. • 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. • No Time (NT) entries will not be accepted. If a swimmer does not have a time of record the swimmer must be entered with a Coach's Time (CT). • CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter 3 individual events and one relay per day. • 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. • 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: aykey1@aol.com • Mail entries to: Alice Key/NOVA 12207 Gayton Road Richmond, VA 23238 • IMPORTANT: 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. • 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: \$3.25 Relay events: \$13.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <p>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: NOVA OF VA AQUATICS • Payment must be received by February 14, 2006 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline will 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded medals for first through fourth place and ribbons will be awarded for fifth through eighth place. • 8 & Younger events will be given separate awards for 8 year olds and 7 & Younger age groups. • 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups. • 12 & Younger 500 Freestyle will be given separate awards for 11-12 and 10 & Younger age groups • 11 & Older events will be given separate awards for 11-12, 13-14 and 15 & Older age groups. • Heat winner ribbons will be awarded for all individual events for 10 & Younger swimmers • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except events 1, 2, 3, 4, 5, 6, 27, 28, 107, 108 will be pre-seeded.

	<ul style="list-style-type: none"> Swimmers in all sessions should report directly to the blocks for their events for those events that are pre-seeded. Events 1, 2, 3, 4 (500 Free), 5, 6 (400 IM), 27, 28 (10 & Y 200 Free), 107, & 108 (1650 Free) will require a positive check-in to swim. Positive check-in will close at 4:45 pm, Friday, for events 1, 2, 3 & 4 (500 free) and events 5 & 6 (400 IM); 8:30 am, Saturday, for events 27 & 28 (200 free); 4:00 PM, Sunday, for events 107 & 108 (1650 free). SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 107 & 108 will be swum fastest to slowest and alternating heats of girls and boys All relays will be deck-seeded; coaches should turn in all completed relay cards with scratches and substitutions by the end of warm-ups for each meet session.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be disqualified from the event entered 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 United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. 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 2005 USA Swimming Rules and Regulations will apply. The overhead start procedure will be used. 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.
OFFICIALS:	<p>Meet Referee: Tom Elliott Phone: (804) 360-5001 Email: telliott@courts.state.va.us</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Dennis Vaughan at email: dlvaughan@msn.com, no later than February 7, 2006. Officials meetings will be held 45 minutes before each session.
SAFETY:	<ul style="list-style-type: none"> 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. During the competition, swimmers must enter the warm-up lanes from the far end of the pool (opposite the starting blocks), feet first.
TIMERS:	<ul style="list-style-type: none"> Clubs may be required to provide timers. Swimmers in the 1650 Free must provide one timer. The head timer will assign specific lanes prior to each session.
GENERAL:	<ul style="list-style-type: none"> Heat sheets will be available for purchase. Bleacher seating for 280. Hospitality room will be open to coaches and certified officials The Virginia Swim Shop will be open for swimming accessories and shopping. Please inform swimmers and parents that spectator deck space may be extremely tight. Any help in reducing the number of spectators and their carry in possessions would be greatly appreciated Swim bags should be placed under the seats

	<ul style="list-style-type: none"> • No glass containers, smoking or alcohol is permitted in the pool area.
PARKING:	<ul style="list-style-type: none"> • The NOVA Aquatics Center has parking. • Additional parking is available in the lot next door, and in several lots one block east of the pool at the intersection of Gayton and Cambridge. • PLEASE DO NOT PARK AT THE APARTMENT BUILDING.
DIRECTIONS:	<p>NOVA AQUATICS CENTER 12207 GAYTON RD. RICHMOND, VA 23238 PHONE: (804) 754-4301</p> <ul style="list-style-type: none"> • SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Rd. south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Rd. (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. • NORTH – 95 South to 64 West to the Gaskins Road South exit. Then follow the directions above. • WEST – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Rd. Take a left at that light. Follow Pump Rd. to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield to Gayton Rd. (2 lights); take a left on to Gayton. Pool is less than ½ mile on your left. • SOUTHSIDE – Take Chippenham Parkway North which will turn into Parham Rd. Follow Parham to Quioccasin/Gayton Rd. (Regency Mall on left); take a left at that light. Proceed for 4-5 miles. The pool will be on your right.

Order of Events:

Friday, February 17, 2005

Warm-ups: 4:00PM; Competition Starts at 5:15PM

Girls	Events	Boys
1	13 & older 500 freestyle	2
3	12 and younger 500 freestyle	4
5	13 & older 400 IM	6

Saturday, February 18, 2005

AM Session - Warm-ups: 7:00 AM; Competition Starts at 8:15 AM

PM Session – Warm-ups:12:00 PM; Competition Starts at 1:15 PM

AM Session

Girls	Events	Boys
7	9 - 10 50 Freestyle	8
9	8 & Younger 25 Freestyle	10
11	9 - 10 100 Butterfly	12
13	8 & Younger 50 Butterfly	14
15	9 - 10 100 IM	16
17	8 & Younger 100 IM	18
19	9 - 10 50 Breaststroke	20
21	8 & Younger 25 Breaststroke	22
23	9 - 10 100 Backstroke	24
25	8 & Younger 50 Backstroke	26
27	10 & Younger 200 Freestyle	28
29	8 & Younger 100 Free Relay	30
31	9 - 10 200 Free Relay	32

PM Session

Girls	Events	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 Breaststroke	48
49	11 - 12 100 Backstroke	50
51	13 & older 100 Backstroke	52
53	11 - 12 200 Free Relay	54
55	13 & older 200 Free Relay	56

Sunday, February 19, 2005

AM Session - Warm-ups: 7:00 AM; Competition Starts at 8:15 AM

PM Session – Warm-ups:12:00 PM; Competition Starts at 1:15 PM

AM Session

Girls	Events	Boys
57	9 - 10 100 Freestyle	58
59	8 & Younger 50 Freestyle	60
61	9 - 10 50 Butterfly	62
63	8 & Younger 25 Butterfly	64
65	9 - 10 200 IM	66
67	8 & Younger 50 Breaststroke	68
69	9 - 10 100 Breaststroke	70
71	8 & Younger 25 Backstroke	72
73	9 - 10 50 Backstroke	74
75	8 & Younger 100 Freestyle	76
77	9 - 10 200 Medley Relay	78
79	8 & Younger 100 Med. Relay	80

PM Session

Girls	Events	Boys
81	11 - 12 200 Freestyle	82
83	13 & older 200 Freestyle	84
85	11 - 12 100 Butterfly	86
87	13 & older 100 Butterfly	88
89	11 - 12 100 IM	90
91	13 & older 100 Breaststroke	92
93	11 - 12 100 Breaststroke	94
95	11 & older 200 Backstroke	96
97	11 - 12 50 Backstroke	98
99	13 & older 50 Freestyle	100
101	11 - 12 50 Freestyle	102
103	13 & older 200 Medley Relay	104
105	11 - 12 200 Medley Relay	106
20-Minute Break		
107	13 & older 1650 Freestyle	108