



GROUNDHOG INVITATIONAL
SW District A/BB/B/C Meet
February 4-5, 2006
SANCTION NO. VS-06-38

Hosted by
Hargrave
Aquatics

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-38
LOCATION:	Hargrave Military Academy's Onishi-Davenport Aquatic Center
FACILITY:	10 lanes 25 yard course, with 8 lanes continuous warm-up/warm down during the morning and 8 lanes 25 yards course during the afternoon. Paddock non-turbulent lane lines. Colorado timing system in conjunction with Hy-tek software.
MEET DIRECTOR:	Jeanette Abbott 200 Military drive Chatham, VA 24531 Phone: (434) 432-2681 Email: bowsers@hargrave.edu
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the Southwest District. SW District teams are: CCA, CYAC, GATORS, HA, LASO, LY, STRM, SCAT, SMAC, SWAT, SVFY, & WPAC .• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• Age on Feb 4, 2006 (first day of the meet) will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">• All 10 & Younger swimmers will swim on Saturday and Sunday afternoon.• All 11 & Older swimmers will swim on Saturday and Sunday morning.• All events will be timed finals.• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:15 am.• Afternoon sessions: Warm-ups at 12:30 pm; competition starts at 1:30 pm.• 1650 Free: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the distance sessions, with the competition starting 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the Hargrave Aquatics website no later than February 1, 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.
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.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, JANUARY 26, 2006.</p> <ul style="list-style-type: none">• Entries must be submitted in 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.• Non-conforming times will be converted to short course yard times prior to seeding.• Coaches Times (CT) and No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record. 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 a maximum of 4 <i>individual events</i> and 1 <i>relay event</i> 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. <ul style="list-style-type: none"> Email entries to: bowzers@hargrave.edu Mail entries to: Scott Bowser 200 Military Drive Chatham, VA 24531 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.
FEES:	Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity) <ul style="list-style-type: none"> Checks should be made payable to: Hargrave Military Academy or (HMA). Payment must be received by February 1, 2006 for email entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline will result in your team being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> Individual events: Medals will be awarded for first through Third place and Ribbons for Fourth through Eighth place 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. Relay events: Medals will be awarded for first through Third place.
SEEDING:	<ul style="list-style-type: none"> All events, except event #15, 16 (11&O 500 Free), 53, 54 (11&O 1650 Free), 69, 70 (11&O 400 IM), 97 & 98 (10&U 500 Free) will be pre-seeded. Swimmers in the morning and afternoon sessions should report directly to the blocks for their events. Events # 15, 16, 53, 54, 69, 70, 97, & 98 will require a positive check-in to swim. Positive check-in will close at the end of warm-ups for the session the events are scheduled to be swum. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Event #69 & 70 (1650 Free) will be swum fastest to slowest and alternating heats of girls and boys. 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.
PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times: <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 for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. 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: Roy Fisher (Saturday) Email: rfisher@bgf.com Phone: (434) 525-5456</p> <p>David Strider (Sunday) Email: dvs7e@virginia.edu Phone: (434) 973-4832</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 Scott Bowser, Phone: (434) 432-2681 or Email: bowzers@Hargrave.edu • no later than February 1, 2006. 	
SAFETY:	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.	
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 Hargrave Aquatics website no later than February 2, 2006, and will also be emailed to the contact person of each of the individual clubs.	
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Smoking is prohibited on the Hargrave campus. Please help keep your area clean of waste. • Team Banners: Cables are strung on the wall above the bleachers. Please attach all banners to these cables. • Heat Sheets: will be sold for \$8.00 • Snack Bar: Concession will be available throughout the competition. • Swim Supplies: Provided by Swim Shop Ect. out of Roanoke VA • Hospitality for Coaches & Officials: Breakfast, lunch, and evening snacks will be provided 	
DIRECTIONS:	<ul style="list-style-type: none"> • From US 29 North: Take the first Chatham exit, Business US 29, and proceed through Chatham's business district. Turn left at Hargrave Blvd. Follow the left fork to the parking areas. • From US 29 South: Take the first Chatham exit, Business US 29. Take the first right after Old Dutch Supermarket, Hargrave Blvd. Follow the left fork to the parking areas. 	
HOTELS:	<ul style="list-style-type: none"> • Courtyard By Marriott 3020 Riverside Dr (434) 791-2661 • Innkeeper West 2136 Riverside Dr (434) 799-1202 	<ul style="list-style-type: none"> • Holiday Inn Express 2121 Riverside Dr (434) 793-4000 • Innkeeper North 1030 Piney Forest Rd (434) 793-1700

ORDER OF EVENTS
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SATURDAY

Session 1: 7:00 AM Warm Up / 8:15 AM Start

Girls			Men
1	13 & Over	200 Free	2
3	11-12	200 Free	4
5	11 & Over	200 Breast	6
7	11-12	50 Breast	8
9	13 & Over	100 Fly	10
11	11-12	100 Fly	12
13	11 & Over	200 Medley Relay	14
15	11 & Over	500 Free	16
17	11-12	50 Free	18
19	13 & Over	100 Back	20
21	11-12	100 Back	22
23	13 & Over	200 IM	24
25	11-12	200 IM	26

SUNDAY

Session 3: 7:00 AM Warm Up / 8:15 AM Start

Girls			Men
53	11 & Over	1650 Free	54
	20 minute break		
55	13 & Over	100 Free	56
57	11-12	100 Free	58
59	13 & Over	100 Breast	60
61	11-12	100 Breast	62
63	11 & Over	200 Back	64
65	11-12	50 Back	66
67	11 & Over	200 Free Relay	68
69	11 & Over	400 IM	70
71	11-12	100 IM	72
73	11 & Over	200 Fly	74
75	11-12	50 Fly	76
77	13 & Over	50 Free	78

Session 2: 12:30 PM Warm Up / 1:30 PM Start

Girls			Boys
27	8 & Under	25 Free	28
29	10 & Under	200 IM	30
31	8 & Under	50 Free	32
33	9-10	50 Free	34
35	8 & Under	50 Breast	36
37	9-10	50 Breast	38
39	10 & Under	200 Medley Relay	40
41	8 & Under	100 Back	42
43	9-10	100 Back	44
45	8 & Under	100 Fly	46
47	9-10	100 Fly	48
49	8 & Under	25 Back	50
51	10 & Under	200 Free	52

Session 4: 12:30 PM Warm Up / 1:30 PM Start

Girls			Boys
79	9-10	100 Free	80
81	8 & Under	100 Free	82
83	8 & Under	25 Breast	84
85	9-10	100 Breast	86
87	8 & Under	100 Breast	88
89	9-10	50 Back	90
91	8 & Under	50 Back	92
93	10 & Under	200 Free Relay	94
95	8 & Under	25 Fly	96
97	10 & Under	500 Free	98
99	8 & Under	100 IM	100
101	9-10	100 IM	102
103	8 & Under	50 Fly	104
105	9-10	50 Fly	106