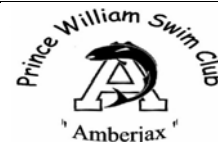




NORTHERN DISTRICT CHAMPIONSHIP
(formerly Area 4 B/C Championship)
February 17-19, 2006
SANCTION NO. VS-06-42



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-42
LOCATION:	Chinn Aquatic and Fitness Center, Woodbridge, Virginia (703) 730-1051
FACILITY:	25 yard pool, eight lanes, with non-turbulent lane lines. Colorado Timing System, warm-up, warm-down lanes available. Large gymnasium to house swimmers.
MEET DIRECTOR:	Denise Neuhaus Phone: (703) 680-1007 Email: dneuhaus5@comcast.net .
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the Northern District. Teams in the Northern District are: BASS, FAST, PWSC, QDD, QS, RAYS, TSU, VAST, VSTP, WSC and WST.• 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, 2005 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 or 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">• 10 & Younger swimmers will swim on Saturday and Sunday morning.• 11 & Older swimmers will swim on Saturday and Sunday afternoons.• All events will be timed finals• Friday distance session: General warm-up from 5:00-5:45 p.m. Competition begins at 6:00 p.m.• Morning sessions: Warm-ups from 6:30-7:50 am (four 20 minute sessions). Competition starts at 8:30 am on Saturday. On Sunday competition begins at 8:00 am• Afternoon sessions: Warm-ups no earlier than 11:45 am (Three 30-minute warm-ups). Competition begins at 1:30 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

	<p>starting five minutes thereafter.</p> <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the PWSC 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. • Warm-up lane assignments and times for individual clubs will be posted on the PWSC website no later than Wednesday, February 15 and will also be e-mailed to the club contact person. • 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 Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website www.virginiaswimming.org. • 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 VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) 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 CT. • Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>3 individual events</i> and <i>1 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. • Email entries to: Jerry Hayes, hayesj_r@prodigy.net, (703) 670-9460 • Mail entries to: Jerry Hayes 14751 Danville Road Woodbridge, VA 22193 • 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: \$4.30 Relay events: \$15.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity) 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: PWSC. • Payment must be received by Tuesday, 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 will be awarded 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. The 12 & Younger 500 freestyle will be given separate awards for 11-12 and 10 and 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 will be awarded ribbons 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. 8 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be brought to the blocks from there. 8 & Younger swimmers must report to the Clerk of Course located in the gymnasium when their event is called. Other swimmers will report to the blocks in time for their events. Events will only be called in the gymnasium. Swimmers in the afternoon sessions should report directly to the blocks for their events. 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 the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Recorder's desk. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 107 and 108 will be swum fastest to slowest and alternate heats of girls and boys.
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 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: Jerry Hayes Email: hayesj_r@prodigy.net Phone: (703) 670-9460</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 MarkAOwens@comcast.net no later than Monday, February 13, 2006. Officials will meet in the Hospitality Room off the pool deck. Friday meeting time will be 5:00 pm; Saturday & Sunday morning at 7:00; Saturday & Sunday afternoon at 1:00 pm (approx). General meeting for coaches and key officials will be held at 7:50 am, Saturday, in the Hospitality Room adjacent to the pool deck.
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. There will be no jumping or diving into the pool (either main pool or warm-up/warm-

	<p>down lanes). Marshals will enforce “slide-in” pool entry.</p> <ul style="list-style-type: none"> • Warm-up sprint lanes are still authorized.
TIMERS:	<ul style="list-style-type: none"> • 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 PWSC website no later than Wednesday, February 15, and will also be emailed to the contact person of each of the individual clubs. These assignments will also be posted throughout the venue. • The name(s) and telephone numbers/email addresses of a Timer Coordinator from each club, per session, must be submitted with entries on the attached form. • It is the responsibility of the club Timer Coordinator to ensure that times from their club are present when required and that reliefs are arranged ahead of time. Timer Coordinators must check in with Meet Director Denise Neuhaus prior to each session.
GENERAL:	<ul style="list-style-type: none"> • Complimentary lunch and snacks will be served for coaches, deck officials, Timing Judges, Recorders, Clerk of Course, Marshals, Chief Timers and timing system operators. • A concession stand will be available for swimmers and spectators and will be located on the ground floor in the multi-purpose room. • Results will be posted in the hallway outside the gym. • Complimentary heat sheets will be provided for officials and coaches. These heat sheets can be obtained from the Clerk of Course. Heat Sheets will be sold to spectators for \$5.00 each and will be available in the concession area.
FACILITY RULES:	<ul style="list-style-type: none"> • No other activities will be taking place at the Chinn Aquatics and Fitness Center on Saturday and Sunday, except for this swim meet. For the Friday evening session, swimmers will be restricted to the natatorium. • No food, coolers or glass containers are permitted in the natatorium. Food is permitted in the gym, concession area, spectator seating area and hospitality room. Drinks are allowed on the pool deck for officials and coaches only. No eating is allowed in hallways. • No wet swimmers/bathing suits are allowed upstairs—all swimmers must dry off before leaving the natatorium. • Only swimmers, officials and coaches are allowed on the pool deck. • No horseplay is allowed in the warm-up/warm-down lanes or in the locker rooms. • No one is allowed on any of the fitness machines/equipment. • Entrance and exit doors must remain unblocked. • Saunas in the locker rooms will be closed. • If the fire alarm sounds, ALL persons in the center, regardless of dress, must evacuate immediately through the nearest emergency exit.
DIRECTIONS:	<p>Directions to the Chinn Aquatic and Fitness Center may be found on the Virginia Swimming web site, www.virginiaswimming.org</p>
HOTELS:	<ul style="list-style-type: none"> • Best Western, Potomac Mills, IH-95, Exit 156B, (703) 494-4433 • Holiday Inn Express, 14030 Telegraph Road, Woodbridge, VA (703) 576-1600, IH-95, Exit 158B, (Manassas). • Courtyard Marriott, 14300 Crossing Place, Woodbridge, VA 22192, (800) 423-7846, IH95, Exit 158B, (Manassas) • Super 8, Dumfries, IH95, Exit 152 East, (703) 221-8838 • Fairfield Inn, Prince William Parkway, IH-95, Exit 158 (Manassas), (703) 497-4000 • Sleep Inn, Prince William Parkway, IH95, Exit 158 (Manassas), (703) 580-9200 • Wytestone Suites of Potomac Mills, IH95, Exit 156B, (703) 490-4100

Order of Events:

Friday, February 17, 2005

Warm-ups: 5:00 PM; Competition Starts at 6:00 PM

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: 6:30 AM; Competition Starts at 8:30 AM

PM Session – Warm-ups: 11:45AM; Competition Starts at 1:30 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: 6:30 AM; Competition Starts at 8:00 PM

PM Session - Warm-ups: 11:45 AM; Competition Starts at 1:30 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 (not earlier than)

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