



**PRINCE WILLIAM SWIM CLUB**  
**KICK OFF KLASSIC**  
**Northern District B/C Meet**  
**October 8-9, 2005**  
**SANCTION NO. VS-06-03**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-06-03</b>
<b>HOST CLUB:</b>	Prince William Swim Club, Inc., <a href="http://www.pwcweb.com/pwsc">www.pwcweb.com/pwsc</a>
<b>LOCATION:</b>	Freedom Aquatic and Fitness Center, Manassas, Virginia (703)993-8444
<b>FACILITY:</b>	25 yard, 10 lane indoor pool with non-turbulent lane lines. Two warmup/warmdown lanes available at all times. Colorado timing system with large scoreboard.
<b>MEET DIRECTOR:</b>	Arturo Weldon Phone: (703) 878-4981 Email: <a href="mailto:wandaarturo@verizon.net">wandaarturo@verizon.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in VSI Northern District. Teams in the Northern District are: BASS, FAST, PWSC, QDD, QS, RAYS, TSU, VAST, WSC, and WST.</li><li>• All swimmers participating in this meet must be registered with USA Swimming/Virginia Swimming 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 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 October 8 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 7:00 a.m.; competition starts at 8:15 a.m...</li><li>• Afternoon sessions: Warm-ups will start no earlier than 11:45 a.m.; competition will begin no earlier than 1:30 p.m.</li><li>• Distance session:<ul style="list-style-type: none"><li>○ The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the 500y freestyle session competition starting 5 minutes thereafter.</li><li>○ The approximate start time for the distance sessions will be posted on the PWSC website (<a href="http://www.pwcweb.com/PWSC">www.pwcweb.com/PWSC</a>) no later than Wednesday, October 5, 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 PWSC website no later than Tuesday, October 4, 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>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, SEPTEMBER 28, 2005.</b> <ul style="list-style-type: none"><li>• 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.</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 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 in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. No times (NT's) will be accepted, but it is requested that all entries have at least a Coaches Time (CT). All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition.</li> <li>• Swimmers may enter a maximum of three individual events and one relay event per day.</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. This meet will be limited to a total of 650 swimmers.</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:</b> <a href="mailto:hayesj_r@prodigy.net">hayesj_r@prodigy.net</a></li> <li>• <b>Mail entries to:</b> Jerry Hayes 14751 Danville Road Woodbridge, VA 22193 Phone: (703) 670-9460</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: \$3.75</b>  <b>Relay events: \$13.00</b>  <b>Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</b></p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: PWSC.</li> <li>• Payment must be received by Wednesday, October 5 for email entries. 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 tenth 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>• 8 &amp; Younger events will be given separate awards for 7-8 and 6 &amp; Younger.</li> <li>• Heat winner ribbons will be awarded for all 10 &amp; Younger individual events.</li> <li>• Relay events: Ribbons will be awarded for first through fifth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 500y Freestyle, 13 &amp; O 400Y Individual Medley and all relay events will be pre-seeded.</li> <li>• 8 &amp; Younger swimmers in the morning session must report to the Clerk of Course. From there they will be escorted to the blocks. Other swimmers will report directly to the blocks for their events.</li> <li>• Swimmers in the afternoon sessions should report directly to the blocks for their events.</li> <li>• 500y Freestyle and 400y Individual Medley events require a positive check-in.</li> <li>• Positive check-in will close at the end of warm-ups on the day of the event.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></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> <li>• If the swimmer is representing a club in competition, the fine will be levied on the Club. If the</li> </ul>

	swimmer is unattached, the fine will be levied on the swimmer.
<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> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Jerry Hayes</b>  <b>Email: <a href="mailto:hayesj_r@prodigy.net">hayesj_r@prodigy.net</a></b>  <b>Phone: (703) 670-9460.</b></p> <p>Officials at all positions will be required for this meet. Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Mark Owens, <a href="mailto:mark@catfishhoneymoon.com">mark@catfishhoneymoon.com</a> or <a href="mailto:markaowens@comcast.net">markaowens@comcast.net</a>, no later than Tuesday, October 4, 2005.</p> <p>There will be an officials meeting 45 minutes prior to the beginning of each session.</p>
<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 PWSC website no later than Saturday, October 1, 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>Complimentary lunch will be served for coaches, deck officials, Timing Judges, Recorders, Clerk of Course, Marshals, Chief Timers and Timing System Operators.</li> <li>A concession stand will be available for swimmers and spectators.</li> <li>Results will be posted in the hallway outside the pool.</li> <li>Complimentary heat sheets will be provided for officials and coaches. These heat sheets can be obtained from the Clerk of Course.</li> <li>Heat sheets will be sold to spectators for \$5.00 each.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Each club is responsible for supervising the conduct of their swimmers.</li> <li>Swimmers are not permitted in any room of any university building not directly associated with this swim meet.</li> <li>No towels or suits, etc. are to be hung on or around the lifeguard stands.</li> <li>Only coaches, swimmers and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the hallway.</li> <li>Contact the Freedom Center staff, (703) 993-8444, to request group rate use of the entire facility for your non-swimming children/adults (\$3/person).</li> <li>No cars are to be left in the fire lanes.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>Freedom Aquatic and Fitness Center is located on the Prince William campus of George Mason University.</li> <li>From Interstate 95-North on Route 234, Exit ( ). Proceed approximately 15 miles to University Boulevard (this is approximately one mile north of VA Route 28). Proceed ½ mile to (street name) and turn left. Follow signs into Freedom Aquatic and Fitness Center.</li> <li>From Interstate 66-South on Route 234, Exit ( ). Proceed approximately 3 miles to University Boulevard. Turn left and follow directions in preceding paragraph.</li> </ul>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>Best Western Manassas, 8640 Mathis Ave., Manassas, VA , 703/368-7070</li> <li>Comfort Suites of Manassas, 9350 Williamson Blvd, Manassas, VA, 703/686-1100</li> <li>Hampton Inn, Manassas, 7295 Williamson Blvd, Manassas, VA 703/369-1100</li> <li>Days Inn Manassas, 10653 Balls Ford Road, Manassas, VA 503/368-2800</li> <li>Holiday Inn Manassas, 10800 Vendor Lane, Manassas, VA 703/335-0000</li> </ul>

## Order of Events

Saturday, October 8, 2005

Warm-ups, 7:00-8:00 a.m. (AM Session) & 11:45-1:15 p.m. (PM Session)

### AM Session

Girls	Events	Boys
1	9-10 50y Freestyle	2
3	8 & Y 25y Freestyle	4
5	9-10 100 Butterfly	6
7	8 & Y 50y Butterfly	8
9	9-10 100y IM	10
11	8 & Y 100y IM	12
13	9-10 50y Breaststroke	14
15	8 & Y 25y Breaststroke	16
17	9-10 100y Backstroke	18
19	8 & Y 50y Backstroke	20
21	10 & Y 200y Freestyle	22
23	8 & Y 100y Free Relay	24
25	10 & Y 200y Free Relay	26

### PM Session

Girls	Events	Boys
27	11-12 100y Freestyle	28
29	13 & O 100y Freestyle	30
31	11-12 50y Butterfly	32
33	11 & O 200y Butterfly	34
35	11-12 200y IM	36
37	13 & O 200y IM	38
39	11-12 50y Breaststroke	40
41	11 & O 200y Breaststroke	42
43	11-12 100y Backstroke	44
45	13 & O 100y Backstroke	46
47	11-12 200y Free Relay	48
49	13 & O 200y Free Relay	50
51	13 & O 400y IM	52
<b>10 Minute Warm-up</b>		
53	9-12 500y Freestyle xx	
55	13 & O 500y Freestyle	xx

Sunday, October 9, 2005

Warm-ups, 7:00-8:00 a.m. (AM Session & 11:45-1:15 p.m. (PM Session)

### AM Session

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

### PM Session

Girls	Events	Boys
81	11-12 200 y Freestyle	82
83	13 & O 200y Freestyle	84
85	11-12 100y Butterfly	86
87	13 & O 100y Butterfly	88
89	11-12 100y IM	90
91	13 & O 100y Breaststroke	92
93	11-12 100y Breaststroke	94
95	11 & O 200y Backstroke	96
97	11-12 50y Backstroke	98
99	13 & O 50y Freestyle	100
101	11-12 50y Freestyle	102
103	13 & O 200y Medley Relay	104
105	11-12 200y Medley Relay	106
<b>10 Minute Warm-up</b>		
xx	9-12 500y Freestyle	108
xx	13 & O 500y Freestyle	110