



**6<sup>TH</sup> ANNUAL JEFF ROUSE**  
**Open Invitational Swim Meet**  
**May 6-7, 2006**  
**SANCTION NO. VS-06-54**

Hosted by:  
**QDD**  
**Swim Team**

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-06-54</b>
<b>LOCATION:</b>	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
<b>FACILITY:</b>	Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; The pool will be configured to conduct competition in 10-lanes except as noted.
<b>MEET DIRECTOR:</b>	Rick Lisbon Phone: (703) 491-8210 Email: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a>
<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, 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>Age on May 6, 2006 will determine the swimmer's age for the meet</li> <li>All swimmers participating in this meet must be registered with USA Swimming and their LSC by the first day of the meet.</li> <li>No on deck registration will be permitted.</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 13 &amp; Older swimmers will swim on Saturday and Sunday Morning.</li> <li>All 12 &amp; Younger swimmers will swim on Saturday and Sunday afternoon.</li> <li>All events will be timed finals.</li> <li>Morning sessions: Warm-ups at 6:30, competition starts at 8:10.</li> <li>Afternoon sessions: Warm-ups at 12:00, competition starts at 1:40.</li> <li>Distance sessions: Warm-ups at 5:30, competition starts at 6:05. <ul style="list-style-type: none"> <li>The approximate start time for the distance sessions will be posted on the QDD Swim Team website no later than May 5, 2006, 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>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the QDD website no later than May 2, 2006, 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 FOR VSI TEAMS IS 6:00 PM, WEDNESDAY, APRIL 26, 2006</b></p> <ul style="list-style-type: none"> <li><b>Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, April 27, 2006, if space is available after VSI entries have been accepted.</b></li> <li>Entries must be submitted in <b>LC Meter</b> 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> <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</li> </ul>

	<p>questions must accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> <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. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved 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 per session and 4 individual events per day.</b> If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</li> <li>Entries will be processed in the order received. This meet will be limited to a total of 750 Swimmers. <ul style="list-style-type: none"> <li>Sessions #1 #2, #4 and #5 (SAT &amp; SUN Mornings and Afternoons) are limited to a maximum of 350 swimmers per session.</li> <li>Entries in events #49 &amp; #50 (11&amp;O 800m Free) are limited to a maximum of 2 hours.</li> <li>Entry into events #49 &amp; #50 is limited to those swimmers who have a time of record equal to B or faster time in the 200 Free, for their current age group.</li> </ul> </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>Email entries to: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a></li> <li>Send entries to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192</li> <li>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.</li> <li>Refunds will be made to anyone cut from an event by the Meet Director, because of a need to limit competition.</li> <li><b>Late entries will be NOT be accepted.</b></li> </ul>
<b>FEES:</b>	<p>Individual events: \$4.10 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: <b>QDD Swim Team, Inc.</b></li> <li>Payment must be received by Tuesday, May 2, 2006 for email entries. Payment must be included with all mailed entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through 8<sup>th</sup> Place.</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> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except events 45, 46, 47, 48 (400 IM), 49, 50 (800 Free), 73, 74, 93, 94, 95, &amp; 96 (400 Free) will be pre-seeded</li> <li><b>Positive check-in is required for all events 400m and longer.</b> <ul style="list-style-type: none"> <li>Session #2: <b>By 8:30 pm SAT, May 6<sup>th</sup></b> for #21, #22, #23, #24.</li> <li>Session #3: <b>Due 10 minutes</b> after SAT evening warm-up begins, for #49 &amp; #50.</li> <li>Session #4: <b>by 9:00 am SUN, May 7<sup>th</sup></b> for #71, #72, #73, #74.</li> <li>Session #5: <b>By 1:00 pm SUN, May 7<sup>th</sup></b> for #97, #98.</li> </ul> </li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT</b></li> <li>Events 49, 50 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.</li> <li>Competition will be conducted in 9 lanes for events #49 &amp; #50, leaving ONE lane open for continuous warm-up &amp; cool-down.</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> </ul>

	<ul style="list-style-type: none"> <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 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.</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: Debbie Moseley</b>  <b>Email: <a href="mailto:DBMoseley@aol.com">DBMoseley@aol.com</a></b>  <b>Phone: (703) 791-3201</b></p> <ul style="list-style-type: none"> <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 Rod Fillingner, Email: <a href="mailto:roderick.fillingner@verizon.net">roderick.fillingner@verizon.net</a> or Phone: (703) 491-9763 by April 25th.</li> <li>• Officials will meet in Hospitality 45 minutes before the start of every session</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 <a href="http://www.pwcweb.com/qddsim">www.pwcweb.com/qddsim</a> no later than May 3rd, 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 for \$5.</li> <li>• A Hospitality Suite will be available (refreshments &amp; lunch) for USS officials &amp; coaches.</li> <li>• Concessions snack bar and PRO SHOP will be available.</li> <li>• Refreshments, lunch and evening snacks will be provided for USS officials &amp; coaches</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 the buildings 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>HOTELS:</b>	<p><b>Our Host Hotel is the Marriott Courtyard (At I-66 exit #47)</b></p> <p><b>Marriott Hotels of Northern Virginia are proud to be a sponsor of QDD Swim Team. The hotel is surrounded by shopping and delicious restaurants to choose from! We value the business you bring to us and we are offering discounted rates to those visiting Freedom Aquatics Center at the participating hotels!</b></p> <p><b>When you stay at Marriott you will have a restful nights sleep in order to be in your best condition for your swim meet. You will also be able to start your day off right with our delicious breakfasts served daily! Our exceptional customer service will exceed your expectations. Come on! We're waiting for you!</b></p> <p><b>Manassas Courtyard by Marriott</b>  <b>10701 Battlevue Parkway, Manassas, VA. 20109 (at I-66 exit #47)</b>  Great room rates have been set up for visiting teams, individual families and officials!  <b>Double queen rooms Friday 5/5, and Saturday 5/6 are \$94/night.</b>  Call the hotel direct (703) 335-1300.  Ask for QDD/Jeff Rouse room block reservations. Deadline is April 21, 2006.</p>

**ORDER OF EVENTS: Highlighted rows indicate positive CHECK-IN required**

<u>Session #1</u>		
Saturday Morning, May 6th		
Girls	Event Name	Boys
1	13/14 50m Free	2
3	15&O 50m Free	4
5	13/14 200m Breast	6
7	15&O 200m Breast	8
9	13/14 100m Fly	10
11	15&O 100m Fly	12
13	13/14 200m Free	14
15	15&O 200m Free	16
17	13/14 100m Back	18
19	15&O 100m Back	20
21	13/14 400m IM	22
23	15&O 400m IM	24

<u>Session #4</u>		
Sunday Morning, May 7th		
Girls	Event Name	Boys
51	13/14 200m Back	52
53	15&O 200m Back	54
55	13/14 100m Free	56
57	15&O 100m Free	58
59	13/14 200m Fly	60
61	15&O 200m Fly	62
63	13/14 100m Breast	64
65	15&O 100m Breast	66
67	13/14 200m IM	68
69	15&O 200m IM	70
71	13/14 400m Free	72
73	15&O 400m Free	74

<u>Session #2</u>		
Saturday Afternoon, May 6th		
Girls	Event Name	Boys
25	11/12 100m Fly	26
27	10&Y 100m Fly	28
29	11/12 200m Breast	30
31	10&Y 50m Back	32
33	11/12 50m Back	34
35	10&Y 100m Free	36
37	11/12 100m Free	38
39	10&Y 50m Breast	40
41	11/12 50m Breast	42
43	11/12 200m Back	44
45	10&Y 200m Free	46
47	11/12 200m Free	48

<u>Session #5</u>		
Sunday Afternoon, May 7th		
Girls	Event Name	Boys
75	11/12 100m Back	76
77	10&Y 100m Back	78
79	11/12 200m Fly	80
81	10&Y 50m Free	82
83	11/12 50m Free	84
85	10&Y 100m Breast	86
87	11/12 100m Breast	88
89	10&Y 50m Fly	90
91	11/12 50m Fly	92
93	10&Y 200m IM	94
95	11/12 200m IM	96
97	11/12 400m Free	98

<u>Session #3</u>		
Saturday Evening, May 6th		
Girls	Event Name	Boys
49	11&O 800m Free	50