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|  | <p style="text-align: center;">BB&T CLASSIC Northern District A/BB Meet November 11-13 SANCTION NO. VS-06-13</p> | <p style="text-align: center;">Rappahannock Area YMCA</p>  Stingrays |
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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-13 |
| LOCATION: | Regency Sports 6301 Campus Drive Fredericksburg, Va. 22407 |
| FACILITY: | 25 yard, 8 lanes, with non-turbulent lane lines, Colorado Timing System; indoor. Three lanes available in separate pool for continuous warm up/warm-down. Deck space is limited, spectators should only be on deck during their swimmers events, and a gymnasium will be available for spectators and swimmers. |
| MEET DIRECTOR: | Mike Friedel Email: friedelmike@yahoo.com Phone: (540) 907-4657 |
| ELIGIBILITY: | <ul style="list-style-type: none"> • Open to all USA Swimming/VSI registered swimmers in the Northern District. Northern District teams are: BASS, FAST, PWSC, QDD, QS, RAYS, TSU, VAST, VSTP, WSC, & WST • Swimmers may compete in any event in which they have a "BB" or "A" Time (AA times and higher are ineligible). • All swimmers participating in this meet must be registered by the first day of the meet. • No on deck registration will be permitted. • 2005-2008 NAG top 16 based times are in effect. • Age on November 11, 2005 will determine the swimmer's age for the 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 12 & Younger swimmers will swim on Saturday and Sunday morning. • All 13 & Older swimmers will swim on Saturday and Sunday afternoon. • All events will be timed finals. • Friday distance session: warm-ups at 4:00 pm competition; starts at 5:00 pm. • Morning sessions: Warm-ups at 6:30am; competition starts at 8:00am. • Afternoon sessions: Warm-ups no earlier than 11:30. Information will be posted on the RAYS' website, www.swimstingrays.org, by Wednesday, November 9th. • Lane assignment and warm-up times for individual clubs will be posted on the RAYS' website by Wednesday, November 9th, and will 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 WEDNESDAY, NOVEMBER 2, 2005</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 of the person, phone number, and email address to contact in case of questions must accompany the entries, regardless of how they are submitted. • 13-18 1000 Free (Events 1 & 2) are limited to a maximum of 4 heats • 12&U 500 Free (Events 3 & 4) and the 13-18 400 IM (Events 5 & 6) are limited to a maximum of 6 heats each. • Swimmers may enter a maximum of one individual event on Friday. • Swimmers may enter a maximum of four individual events per day Saturday and Sunday. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too |

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| | <p>lengthy a session. This may include combining heats and events, which actions may require reseeding.</p> <ul style="list-style-type: none"> Email entries to: dgtcarr@msn.com Mail entries to: Dwight Carr 14461 Farmer Drive Woodford VA. 22580 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: | <p>Individual events: \$3.75 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: STINGRAYS Payment must be received by Tuesday, November 9, 2005 for email entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. |
| AWARDS: | <ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place. 12&U events will be given separate awards for 10&U and 11-12 age groups. 13-18 events will be given separate awards for 13-14 and 15-18 age groups. Heat winner ribbons will be awarded for all 10 & Younger individual events. Relay awards: 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, 65, 66, 115, 116, 117, & 118 will be pre-seeded. Swimmers should report directly to the blocks for their events. Events 1, 2 (13-18 100 Free) 3, 4 (12&U 500 Free), 5, 6 (13-18 400 IM), 71, 72 (11-12 400 IM), 115, 116 (13-14 500 Free), 117, & 118 (15-18 500 Free) will require a positive check-in to swim. Positive check-in will close at the conclusion of that session's warm-ups. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. |
| 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: Norb Raddatz Email: raddatz.norb@cox.net Phone: (540) 373-5608</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 Norb Raddatz, no later than November 2nd. There will be an officials' meeting approximately 45 minutes prior to the start of each session. |
| SAFETY: | <p>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.</p> |

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| 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 RAYS' website, www.swimstingrays.org, no later than Wednesday, November 9th and will also be emailed to the contact person of each of the individual clubs. Swimmers must provide their own timers and counters for events in the Friday evening distance session. |
| GENERAL: | Concessions with food and heat sheets will be provided. Sports Fair will sell equipment and apparel. |
| FACILITY RULES: | <ul style="list-style-type: none"> Swimmers are not permitted in any room of the building not directly associated with the meet. Only swimmers, coaches, and officials can be on deck. Each club is responsible for conducting the conduct of its swimmers. |
| DIRECTIONS: | Directions to the Regency Park Sports are posted on the RAYS' website, www.swimstingrays.org |
| HOTELS: | <div style="display: flex; justify-content: space-between;"> <div> Holiday Inn Select 540-786-8321 Wystestone Suites 540-710-5500 </div> <div> Wingate Inn 540-368-8000 Sleep Inn Southpoint 540-710-5500 </div> </div> |

ORDER OF EVENTS

Distance Session

Friday, November 11, 2005

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|-----------------|-------------|
| 1 | 13-18 1000 Free | 2 |
| 3 | 12 & U 500 Free | 4 |
| 5 | 13-18 400 IM | 6 |

Saturday, November 12, 2005

Morning Sessions

Sunday, November 13, 2005

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> | <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|------------------------|-------------|--------------|----------------------|-------------|
| 7 | 10&U 200 Free | 8 | 67 | 10&U 200 IM | 68 |
| 9 | 11-12 200 Free | 10 | 69 | 11-12 200 IM | 70 |
| 11 | 10&U 200 Medley Relay | 12 | 71 | 11-12 400 IM | 72 |
| 13 | 11-12 200 Medley Relay | 14 | 73 | 10&U 200 Free Relay | 74 |
| 15 | 10&U 100 IM | 16 | 75 | 11-12 200 Free Relay | 76 |
| 17 | 11-12 100 IM | 18 | 77 | 10&U 100 Back | 78 |
| 19 | 10&U 50 Back | 20 | 79 | 11-12 100 Back | 80 |
| 21 | 11-12 50 Back | 22 | 81 | 11-12 200 Back | 82 |
| 23 | 10&U 100 Breast | 24 | 83 | 10&U 50 Fly | 84 |
| 25 | 11-12 100 Breast | 26 | 85 | 11-12 50 Fly | 86 |
| 27 | 11-12 200 Breast | 28 | 87 | 10&U 100 Free | 88 |
| 29 | 10&U 50 Free | 30 | 89 | 11-12 100 Free | 90 |
| 31 | 11-12 50 Free | 32 | 91 | 10&U 50 Breast | 92 |
| 33 | 10&U 100 Fly | 34 | 93 | 11-12 50 Breast | 94 |
| 35 | 11-12 100 Fly | 36 | | | |
| 37 | 11-12 200 Fly | 38 | | | |

Saturday, November 12, 2005

Afternoon Sessions

Sunday, November 13, 2005

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|----|------------------------|----|-----|----------------------|-----|
| 39 | 13-14 200 Back | 40 | 95 | 13-14 100 Free | 96 |
| 41 | 15-18 200 Back | 42 | 97 | 15-18 100 Free | 98 |
| 43 | 13-14 50 Free | 44 | 99 | 13-14 200 Fly | 100 |
| 45 | 15-18 50 Free | 46 | 101 | 15-18 200 Fly | 102 |
| 47 | 13-14 200 Breast | 48 | 103 | 13-14 100 Breast | 104 |
| 49 | 15-18 200 Breast | 50 | 105 | 15-18 100 Breast | 106 |
| 51 | 13-14 100 Fly | 52 | 107 | 13-14 200 Free Relay | 108 |
| 53 | 15-18 100 Fly | 54 | 109 | 15-18 200 Free Relay | 110 |
| 55 | 13-14 200 Free | 56 | 111 | 13-14 100 Back | 112 |
| 57 | 15-18 200 Free | 58 | 113 | 15-18 100 Back | 114 |
| 59 | 13-14 200 Medley Relay | 60 | 115 | 13-14 500 Free | 116 |
| 61 | 15-18 200 Medley Relay | 62 | 117 | 15-18 500 Free | 118 |
| 63 | 13-14 200 IM | 64 | | | |
| 65 | 15-18 200 IM | 66 | | | |