



AMENDED #2
RAPPAHANNOCK AREA YMCA STINGRAYS
2006 LC A/BB/B/C Meet
June 3-4, 2006
SANCTION NO. VS-06-68, PVS-06-091



SANCTION:	Held under the sanction of USA Swimming/Potomac Valley Swimming, Inc. & Virginia Swimming, Inc. SANCTION NOS. PVS-06-091 and VS-06-68 , respectively.
LOCATION:	Patriot Center Aquatic Facility on the Campus of George Mason University, George Mason University Aquatic and Fitness Center, 4400 University Blvd Fairfax, VA 22030. 703-993-3939
FACILITY:	Indoor 50 meters, 8 lanes, with non-turbulent lane lines, Colorado Timing System and a continuous warm down pool.
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• 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 June 3, 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">• All 12 & Younger swimmers will swim on Saturday and Sunday morning, girls will be sessions 1 & 5, boys will be sessions 2 & 4.• All 13 & Older swimmers will swim on Saturday and Sunday afternoon, sessions 3 & 6.• All events will be timed finals.• Sessions #1 & 4: Warm-ups at 6:30 am; competition starts at 7:40 am.• Sessions #2: warm-ups no earlier than 10:30 am.• Session #3 warm-ups no earlier than 1:45 pm.• Sessions #5: warm-ups no earlier than 9:45 am.• Sessions #6: warm-ups no earlier than 2:15 pm.• 800m Freestyle distance session is canceled.• Warm ups will begin immediately after completion of preceding session.• The meet referee reserves the right to use chase starts for 50m events.• 400 m Freestyle events for 13&O during session #6 will be swam 2 per lane.• Information will be posted on the RAYS' website, www.swimrays.org, by Wednesday, May 31st.• Lane assignment and warm-up times for individual clubs will be posted on the RAYS' website by Wednesday, May 31st, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, MAY 24, 2006</p> <ul style="list-style-type: none">• Entries must be submitted in long course meter 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, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• 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.• No Time (NT) entries will not be accepted. Any NT entries not corrected by May 31st will be dropped from the meet and be unable to enter new events.• Swimmers may enter a maximum of three <i>individual events</i> per day.

	<ul style="list-style-type: none"> • Entries will be processed in the order received. This meet is limited to a total of 750 Swimmers. • 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: 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. • If you do not receive an email confirming receipt of your entries within 24 hours of sending them contact the meet director via email immediately.
FEES:	<p>Individual events: \$6.00 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 May 31, 2006 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. • 13 & Older events will be given separate awards for 13-14 and 15 & Over age groups. • 9-12 events will be given separate awards for 9-10 and 11-12 age groups. • 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. • 12 & Younger events will be given separate awards for 11-12, 9-10, and 8 & Younger age groups. • Heat winner ribbons will be awarded for all 10 & Younger individual events.
SEEDING:	<ul style="list-style-type: none"> • All events, except events, 13/15, 19, 25, 8, 4/16, 20, 26, 39/41, 40/42, 47/49, 48/50, 85/87, 86/88, 89/91, 90/92, 93/95, & 94/96 will be pre-seeded. Swimmers should report directly to the blocks for their events. • Events 7, 13/15, 19, 25, 8, 4/16, 20, 26, 39/41, 40/42, 47/49, 48/50, 85/87, 86/88, 89/91, 90/92, 93/95, & 94/96 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 2006 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: Stephanie Suhling Email: suhling.stafford2@verizon.net Phone: (540) 720-1474</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 Wally Hunt, email: hunt66@highstream.net, Phone: (540) 898-2655 no later than May 17th.

	<ul style="list-style-type: none"> • There will be an officials' meeting approximately 45 minutes prior to the start of each session.
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 RAYS' website no later than Wednesday, May 31 st and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • 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. All spectators are required to be in the elevated bleachers or in the hallway. • Each club is responsible for conducting the conduct of its swimmers.
DIRECTIONS:	Directions to the Patriot Center are posted on the RAYS' website.
HOTELS:	<ul style="list-style-type: none"> • Hampton Inn – (703) 385-2600 • Marriott Fair Oaks Motel – (703) 273-6161 • Days Inn – (703) 354-4950 • Ramada Inn – (703) 820-5600

ORDER OF EVENTS (Saturday, June 3, 2006)

SATURDAY GIRLS AM SESSION-1

<u>Girls</u>	<u>Event</u>
1	11-12 50 Free
3	10 & U 100 Back
5*	11-12 50 Back
7*	11-12 200 Back
9	10 & U 50 Fly
11	11-12 100 Fly
13/15	12 & U 200 IM
17	10 & U 100 Free
19	11-12 200 Free
21	10 & U 50 Breast
23	11-12 100 Breast
25	10 & U 200 Free

* Choose one of
the events, not
both

SATURDAY PM SESSION-3

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
27/29	13 & O 100 Breast	28/30
31/33	13 & O 200 Free	32/34
35/37	13 & O 100 Fly	36/38
39/41	13 & O 200 Back	40/42
43/45	13 & O 50 Free	44/46
47/49	13 & O 400 IM	48/50

SATURDAY BOYS AM SESSION-2

11-12 50 Free	2
10 & U 100 Back	4
11-12 50 Back	6*
11-12 200 Back	8*
10 & U 50 Fly	10
11-12 100 Fly	12
12 & U 200 IM	14/16
10 & U 100 Free	18
11-12 200 Free	20
10 & U 50 Breast	22
11-12 100 Breast	24
10 & U 200 Free	26

ORDER OF EVENTS (Sunday, June 4, 2006)

SUNDAY BOYS AM SESSION-4

Event	Boys	
11-12 50 Fly	54*	* Choose one of the events, not both
11-12 200 Fly	56*	
10 & U 100 Fly	58	
11-12 100 Back	60	
10 & U 50 Back	62	
11-12 50 Breast	64*	* Choose one of the events, not both
11-12 200 Breast	66*	
10 & U 100 Breast	68	
11-12 100 Free	70	
10 & U 50 Free	72	
9-12 400 Free	74*	* Choose one of the events, not both
9-12 400 IM	76*	

SUNDAY GIRLS AM SESSION-5

53*	11-12 50 Fly
55*	11-12 200 Fly
57	10 & U 100 Fly
59	11-12 100 Back
61	10 & U 50 Back
63*	11-12 50 Breast
65*	11-12 200 Breast
67	10 & U 100 Breast
69	11-12 100 Free
71	10 & U 50 Free
73*	9-12 400 Free
75*	9-12 400 IM

SUNDAY PM SESSION-6

Girls	Event	Boys
77/79	13&O 200 Fly	78/80
81/83	13 &O 100 Back	82/84
85/87	13 &O 200 IM	86/88
89/91	13 &O 400 Free	90/92
93/95	13 &O 200 Breast	94/96
97/99	13 &O 100 Free	98/100