



AMENDED
WAYS 14 & YOUNGER B/C MINI MEET
 February 4-5, 2006
 SANCTION NO. VS-06-54

Rappahannock Area YMCA



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-54
LOCATION:	Regency Sports 6301 Campus Drive Fredericksburg, Va. 22407
FACILITY:	<ul style="list-style-type: none"> • 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 14 years old & younger • 8 & Younger swimmers may participate regardless of classification. • Swimmers 9-14 years old may compete in any event and relay strokes in which they have a "B" or "C" Time. • 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 February 4, 2006 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"> • Saturday, Session 1 (all age groups): Warm-up: 8:00 am to 9:00 am; Meet starts: 9:15 am • Distance Session (all age groups): The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the morning sessions (sessions 1 & 3), with the distance session competition starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time of the distance session will be posted at the pool the day of the meet, and will be emailed no later than Friday, February 3, 2006 to the contact person. ○ The distance session will start no earlier than the estimated times.. • Sunday, Session 3 (all age groups): Warm-up: 7:00 am to 8:00 am; Meet starts: 8:15 am • Warm-ups Information will be posted on the RAYS' website, www.swimrays.org, by Wednesday February 1.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY JANUARY 25, 2006.</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. • Swimmers may enter a maximum of 3 individual events per session. 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

	<ul style="list-style-type: none"> • 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: \$4.00 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 Wednesday, February 1, 2006 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. • 14&U events will be given separate awards for 8&U, 9-10, 11-12, 13-14 age groups. • Relay awards: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except event #3, 4 (200 Free), 21, 22 (200 Fly), 49, 50 (500 Free), 55, 56 (400 IM), 71, & 72 (200 Back) will be pre-seeded. • 8 & Younger swimmers must report to the Clerk of Course. • Events #3, 4, 21, 22, 49, 50, 55, 56, 71, & 72 (14&U Events) will require positive check-in. • Positive check-in will close at the conclusion of event session 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: Wally Hunt Email: hunt66@highstream.net Phone: (540) 898-2655</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, no later than January 25th. • 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>
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.swimrays.org, no later than Wednesday, February 1st 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.swimrays.org .	
HOTELS:	Holiday Inn Select 540-786-8321 Wystestone Suites 540-710-5500	Wingate Inn 540-368-8000 Sleep Inn Southpoint 540-710-5500

ORDER OF EVENTS

Saturday, February 4, 2006

Warm-up: 8:00 am; Start: 9:15 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8&U 25FR then	2
5	8&U 50 Back	6
7	9-10 50 Back	8
9	11-12 50 Back	10
11	13-14 200 IM	12
13	10&U 100 Breast	14
15	11-12 100 Breast	16
17	13-14 100 Breast	18
19	8&U 25 Fly	20
23	10&U 100 Free	24
25	11-12 100 Free	26
27	13-14 100 Free	28
29	8&U 50 Fly	30
31	9-10 50 Fly	32
33	11-12 50 Fly	34
35	10&U 100 Back	36
37	11-12 100 Back	38
39	13-14 100 Back	40
41	8&U 100 Free Relay	42
43	9-10 200 Free Relay	44
45	11-12 200 Free Relay	46
47	13-14 200 Free Relay	48

15-Minute Break

Saturday, February 4, 2006

Distance Session

49	14&U 500 Free	50
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Sunday, February 5, 2006

Warm-up: 7:00 am; Start: 8:15 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	10 & U 100 IM	52
53	11-12 100 IM	54
57	8&U 50 BR	58
59	9-10 50 Breast	60
61	11-12 50 Breast	62
63	10&U 100 Fly	64
65	11-12 100 Fly	66
67	13-14 100 Fly	68
69	8&U 25 Back	70
73	8&U 50 Free	74
75	9-10 50 Free	76
77	11-12 50 Free	78
79	13-14 50 Free	80
81	8&U 25 Breast	82
85	10&U 200 IM	86
87	11-12 200 IM	88
89	8&U 100 Medley Relay	90
91	9-10 200 Medley Relay	92
93	11-12 200 Medley Relay	94
95	13-14 200 Medley Relay	96

15-Minute Break

Sunday, February 5, 2006

Distance Session

3	14&U 200 Free	4
21	14&U 200 Fly	22
71	14&U 200 Back	72
83	13-14 200 Breast	84
55	14&U 400 IM	56