

	<p align="center"> Coventry Commonwealth Games of VA A/BB/B/C Meet (Part 1) June 23-24, 2006 SANCTION NO. VS-06-61 Hosted by  </p>	
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SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-61
LOCATION:	War Memorial Pool, Ridgeview Park, Waynesboro, VA 22980 (540) 949-7665
FACILITY:	Outdoor, 8-lane, 50 meter pool with non-turbulent lane lines and deck-anchored starting blocks. No warm-up/cool-down lanes will be available. Colorado Timing System will be used.
MEET DIRECTOR:	David Bihl Email: davidbihl@yahoo.com Phone: (717)350-3896 (mobile)
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming/VSI registered swimmers. All VSI swimmers will be assigned to one of two identical parts of the Coventry Commonwealth Games of VA meet. • Teams assigned to Part 1 (Friday, June 23 & Saturday, June 24) are: BAC, BASS, CCA, DC, FAST, HA, LASO, NSD, ODAC, PSDN, PWSC, QDD, RTSC, SEVA, SMAC, SSC, STRM, SWAT, TIDE, TSU, VAST, WAC, WSC. • 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 23, 2006 will determine age for both parts of 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 events will be timed finals. • All 12 & Younger swimmers will swim on Friday and Saturday morning. • All 13 & Older swimmers will swim on Friday and Saturday afternoon. • Morning sessions: Warm-ups at 6:30 am; competition starts at 8:00 am. • Afternoon sessions: Warm-ups at 12:00 pm; competition starts at 1:15 pm. • Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the Waynesboro YMCA SMAC website (smacswimming.org) no later than June 21, 2006, and will also be emailed to the contact person of the participating clubs. ○ The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the Waynesboro YMCA SMAC website (smacswimming.org) no later than June 21, 2006, and will also 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, JUNE 14, 2006.</p> <ul style="list-style-type: none"> • Entries must be submitted in Long Course meters 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. 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.

	<ul style="list-style-type: none"> Coaches Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. No Time (NT) entries will not be accepted. Swimmers may enter a maximum of 4 events per day. Entries will be processed in the order received. This meet will be limited to a total of 550 swimmers for each of the two parts. Proof of time is required for the 400 free, 400 IM, and 1500 Free events. Please submit times in the actual course (LCM, SCY, SCM) where the time was achieved. The 1500 Free may be limited to the 5 fastest heats for boys and girls and will be swum 2 per lane. The 1500 Free will be swum alternating girls and boys, from fastest heat to slowest heat. Each swimmer in the event must provide a person to count laps and 2 lane timers. 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: smacrocks@ntelos.net Mail entries to: Suetta Griffith Waynesboro YMCA 648 S. Wayne Ave. Waynesboro, VA 22980 Phone: (540) 942-5107 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: \$3.00 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: Waynesboro YMCA SMAC. Payment must be received by June 21, 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 1st through 8th in all events. <ul style="list-style-type: none"> Separate awards for 1st through 8th will be awarded to both parts of the meet. Medals will be awarded to the three fastest official times for each event, regardless of which part of the meet they were achieved 13 & Older events will be given separate awards for 13-14 and 15 & Over age groups. 11 & Older events will be given separate awards for 11-12, 13-14, and 15 & Older age groups. 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups.
SEEDING:	<ul style="list-style-type: none"> All 100 meter or shorter events will be pre-seeded. All 200 meter or longer events will be deck seeded. Coaches will be provided scratch sheets to report any scratches prior to the end of warm-ups of each session. Events 45, 46 (11 & over 1500 Free), 75, 76 (13 & over 400 IM), and 91, 92 (11 & over 400 Free) will require a positive check-in to swim. Positive check-in will close at 1:00 pm the day of the event for the 400 IM and will close at 2:30 pm the day of the event for the 400 Free and 1500 Free. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. All events are timed finals. There will be no clerk of course. Swimmers should report directly to the blocks for their events. Deck/late entries will not be accepted.
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.

	<ul style="list-style-type: none"> • 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 all sessions at the discretion of the Referee. • No-recall false start procedures will be followed. • 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 Referees: Don Kelley Suetta Griffith email: kelleys@ntelos.net email: suetta@cfw.com Phone: (540) 943-0867 Phone: (540) 943-2698</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 David Bihl, email: davidbihl@yahoo.com or phone: (717) 350-3896 by Monday June 12, 2006. • There will be an officials' meeting approximately 45 minutes prior to the start of each session. • There will be a coaches' meeting immediately following the close of warm-ups at the first 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:	<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. • Clubs which travel in chartered buses are asked to ensure they have an appropriate number of timers and officials available for all sessions in which they have swimmers entered. • The number of timers required per club and their lane assignments will be posted on the Waynesboro YMCA SMAC website (smacswimming.org) no later than Wednesday, June 23, 2006, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for \$10. • Concessions, vendors, and meet T-shirts will be available. • Lunches will be provided for coaches and officials. Dinner will be provided only for coaches and officials working the evening distance sessions. • Vendors will be set up in the baby pool area.
FACILITY RULES:	<ul style="list-style-type: none"> • THE BABY POOL IS OFF LIMITS TO SWIMMERS AND SPECTATORS. • No smoking or glass containers in pool area. • Please do not use any tape in the pool area. • Swimmers, coaches, and/or teams may be held responsible for any damages. • Tarps will be allowed outside pool area only. • No parking of vehicles on the entrance road between the park entrance and the parking lots next to the swimming pool. • Park closes at dark or upon completion of the evening sessions. • No vehicles or participants are allowed in the park boundaries between dusk and dawn. • No alcoholic beverages are allowed in park. • Please clean your team area and picnic pavilions before leaving the park.
DIRECTIONS:	Take exit 94 off I-64 onto US 340 North (Rosser Ave.) into Waynesboro. Go approx. 2 miles and turn right at the stoplight onto 13 th St. Take the first right onto Linden Ave., which will take you to the grassy parking area at the pool.

HOTELS:	<p>Days Inn (540) 943-1101 Hampton Inn (540) 885-3762 Hampton Inn (540) 213-9500 Holiday Inn (540) 932-7170 Quality Inn (540) 942-1171 Super 8 (540) 943-3888</p> <p>Additional Hotels can be found along the I-81 & I-64 corridors in Charlottesville, Staunton, Lexington, and Harrisonburg.</p> <p>RV and camping sites: Waynesboro 340 North Campground: (540) 943-9573 Misty Mountain Camp Resort: 888-647-8900 Shenandoah National Park (National Park Service): 1-800-365-CAMP Sherando Lake (US Forest Service) (540) 291-2188</p>
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2006 Coventry Commonwealth Games of VA (Part 1)

June 23 – 24, 2006

Order of Events

Session 1		
Friday Morning		
Girls	Event	Boys
1	11-12 50 Fly	2
3	10 & under 50 Fly	4
5	11-12 50 Free	6
7	10 & under 50 Free	8
9	11-12 200 IM	10
11	11-12 100 Breast	12
13	10 & under 100 Breast	14
15	11-12 100 Back	16
17	10 & under 100 Back	18
19	11-12 200 Fly	20
21	10 & under 400 Free	22
23	11-12 200 Back	24

Session 2		
Friday Afternoon		
Girls	Event	Boys
25	13 & over 50 Fly	26
27	13-14 50 Free	28
29	15 & over 50 Free	30
31	13 & over 200 IM	32
33	13-14 100 Breast	34
35	15 & over 100 Breast	36
37	13-14 100 Back	38
39	15 & over 100 Back	40
41	13 & over 200 Fly	42
43	13 & over 200 Back	44

Session 3		
Friday evening		
Girls	Event	Boys
45	11 & over 1500 Free	46

Session 4		
Saturday Morning		
Girls	Event	Boys
47	11-12 50 Breast	48
49	10 & under 50 Breast	50
51	11-12 50 Back	52
53	10 & under 50 Back	54
55	10 & under 200 IM	56
57	11-12 100 Free	58
59	10 & under 100 Free	60
61	11-12 100 Fly	62
63	10 & under 100 Fly	64
65	11-12 200 Free	66
67	10 & under 200 Free	68
69	11-12 200 Breast	70

Session 5		
Saturday afternoon		
Girls	Event	Boys
71	13 & over 50 Breast	72
73	13 & over 50 Back	74
75	13 & over 400 IM	76
77	13-14 100 Free	78
79	15 & over 100 Free	80
81	13-14 100 Fly	82
83	15 & over 100 Fly	84
85	13-14 200 Free	86
87	15 & over 200 Free	88
89	13 & over 200 Breast	90

Session 6		
Saturday Evening		
Girls	Event	Boys
91	11 & over 400 Free	92

Coventry Commonwealth Games of VA (Part 1)

June 23-24, 2006

Meet Entry Check List and Summary Form

Mail in with entries:

- Team Manager printout of entries
- Check for entries payable to: Waynesboro YMCA SMAC
- Meet Entry Check List and Summary Form (this form)

Name of Team: _____ Team Code: _____

Total number of swimmers: _____ x \$2.00 = \$ _____

Total number of individual entries: _____ x \$3.00 = \$ _____

Total amount enclosed: \$ _____

Send Meet Entries Check to: Coventry Commonwealth Games of VA (Part I)
C/o Waynesboro YMCA SMAC
648 South Wayne Ave.
Waynesboro, VA 22980
Phone (540) 942-5107

Email entries to: smacrocks@ntelos.net by Wednesday, June 14, 2006

Person to contact in case there are questions or problems with the entries:

Name: _____

Email: _____

Telephone (day): _____

Telephone (night): _____