



SWAT FROSTY INVITATIONAL
Southwestern District A/BB/B/C Meet
January 21-22, 2005
SANCTION NO. VS-06-32

Hosted by
SWAT
Swimming

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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-32 |
| LOCATION: | Dedmon Center, 100 University Drive Radford VA 24141, 540-831-5240 |
| FACILITY: | Indoor, 25 yd, 8 lane, with non-turbulent lane lines, 5 lane 20 yd warm-down pool. Balcony Seating for 300 spectators. Colorado Timing system with single-line scoreboard. |
| MEET DIRECTOR: | Name: Susan Potts Email: pottsfamily@adelphia.net Phone: (540) 961-6566 |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Southwestern District.• Teams in SW District are: CCA, CYAC, GATR, HA, HMCH, LASO, LY, RATS, RSTC, SCAT, SMAC, SVFY, & SWAT.• 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 January 21, 2005 will determine age for the entire meet. |
| 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.• Morning sessions: Warm-ups at 8:00 AM; competition starts at 9:15 AM.• Afternoon sessions: Warm-ups at 1:00 PM; competition starts at 2:15 PM.• Lane assignment and warm-up times for individual clubs will be posted on the SWAT website, www.swat-swimming.org, no later than January 18, 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. |
| 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. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 11, 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, 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. 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 individual events and 1 relay event per day.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.• Entries will be processed in the order received. This meet will be limited to a total of 525 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. |

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| | <ul style="list-style-type: none"> Email entries to: edbaldwi@vt.edu Mail entries to: Scott Baldwin 7498 James Way Fairlawn, VA 24141 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 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: SWAT Payment must be received by January 19, 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 8th place Senior events will be given separate awards for 13-14 and 15 & Older age groups. 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. Heat winner ribbons will be awarded for all 10 & Younger individual events. Relay events: Ribbons will be awarded for first through 4th place. |
| SEEDING: | <ul style="list-style-type: none"> All events, except event #41/42 400 IM and #95/96 500 Free will be pre-seeded. 8 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there. Swimmers in the afternoon sessions should report directly to the blocks for their events. Event #41/42 400 IM and #95/96 500 Free will require a positive check-in to swim. Positive check-in will close at the end of Warm-up. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms. |
| 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: Greg Ryder, Email: spyder27@juno.com , Phone (540) 951-1080.</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 Greg Ryder, spyder27@juno.com 540-951-1080 no later than January 15th. Officials meeting 30 minutes prior to start time for 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</p> |

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| | 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 www.swat-swimming.org , no later than January 18th, and will also be emailed to the contact person of each of the individual clubs. |
| GENERAL: | Hospitality, concessions, swim shop, heat sheets, T-shirts will be available. |
| FACILITY RULES: | No Pets or Balloons allowed in the Dedmon Center. Please use the "Blue" doors on riverside for entering/exiting the pool. Do not use the glass doors on the pool deck! |
| DIRECTIONS: | www.swat-swimming.org |
| HOTELS: | www.swat-swimming.org |

Saturday January 21, 2006 12 & Under Morning Session

| Girls | Event Description | Boys |
|-------|-----------------------|------|
| 1 | 11/12 200 IM | 2 |
| 3 | 8&Y 100 IM | 4 |
| 5 | 9/10 100 IM | 6 |
| 7 | 11/12 100 IM | 8 |
| 9 | 8&Y 50 Back | 10 |
| 11 | 9/10 100 Back | 12 |
| 13 | 11/12 100 Back | 14 |
| 15 | 8&Y 25 Breast | 16 |
| 17 | 9/10 50 Breast | 18 |
| 19 | 11/12 50 Breast | 20 |
| 21 | 11/12 200 Breast | 22 |
| 23 | 8&Y 25 Free | 24 |
| 25 | 9/10 50 Free | 26 |
| 27 | 11/12 50 Free | 28 |
| 29 | 8&Y 50 Fly | 30 |
| 31 | 9/10 100 Fly | 32 |
| 33 | 11/12 100 Fly | 34 |
| 35 | 12&Y 200Medley Relay | 36 |
| 37 | 10&Y 200 Medley Relay | 38 |
| 39 | 8&Y 200 Medley Relay | 40 |

Saturday January 21, 2006 13 & Over Afternoon Session

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| 41 | Senior 400 IM | 42 |
| 43 | Senior 200 Free | 44 |
| 45 | Senior 100 Back | 46 |
| 47 | Senior 200 Breast | 48 |
| 49 | Senior 50 Free | 50 |
| 51 | Senior 200 Fly | 52 |
| 53 | 13/14 200 Medley Relay | 54 |
| 55 | Senior 200 Medley Relay | 56 |

All Senior Events will be swum together and Awarded separately by 13/14, 15 & Older age groups with exception to event #55 and #56 where they will be awarded as one age-group.

Sunday January 22, 2006
12 and Under Morning Session

| Girls | Event Description | Boys |
|-------|---------------------------|------|
| 57 | 11/12 200 Free | 58 |
| 59 | 8 & Under 50 Free | 60 |
| 61 | 9/10 100 Free | 62 |
| 63 | 11/12 100 Free | 64 |
| 65 | 8 & Under 25 Back | 66 |
| 67 | 9/10 50 Back | 68 |
| 69 | 11/12 50 Back | 70 |
| 71 | 11/12 200 Back | 72 |
| 73 | 10 & Under 200 IM | 74 |
| 75 | 8& Under 50 Breast | 76 |
| 77 | 9/10 100 Breast | 78 |
| 79 | 11/12 100 Breast | 80 |
| 81 | 8& Under 25 Fly | 82 |
| 83 | 9/10 50 Fly | 84 |
| 85 | 11/12 50 fly | 86 |
| 87 | 11/12 200 Fly | 88 |
| 89 | 8 & Under 200Free Relay | 90 |
| 91 | 10 & Under 200 Free Relay | 92 |
| 93 | 12 & Under 200 Free Relay | 94 |

Sunday January 22, 2006
13 and Over Afternoon Session

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| 95 | Senior 500 Free | 96 |
| 97 | Senior 200 IM | 98 |
| 99 | Senior 100 Breast | 100 |
| 101 | Senior 200 Back | 102 |
| 103 | Senior 100 Fly | 104 |
| 105 | Senior 100 Free | 106 |
| 107 | 13/14 200 Free Relay | 108 |
| 109 | Senior 200 Free Relay | 110 |

All Senior Events will be swum together and Awarded separately by 13/14, 15 & Older age-groups with exception to event #109 and #110 where they will be awarded as one age-group.