



FAST NEW YEAR'S MEET
Northern District B/C Meet
January 7-8, 2006
SANCTION NO. VS-06-28



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-28
LOCATION:	Savage Natatorium, James Madison University, Harrisonburg, VA
FACILITY:	25 yard, 8 lanes and non-turbulent lane lines. Colorado timing system with a one-line display board will be used, with stopwatch timing as a back-up.
MEET DIRECTOR:	Janet Sheffer Email: janetshef@adelphia.net phone: (540) 433-9519
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Northern District. Teams in Northern District are: BASS, FAST, PWSC, QDD, QS, RAYS, TSU, VAST, VSTP, WSC, and WST• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 8 & Younger swimmers may participate regardless of classification.• Swimmers 9 & Older (or 9-18 years old) may compete in any event and relay strokes in which they have a "B" or "C" Time.• 2005-2008 NAG top 16 based times are in effect.• Age on January 7, 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 10 & Younger swimmers will swim on Saturday and Sunday morning.• All 11 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.• Morning sessions: Warm-ups at 7:00-8:00 AM; competition starts at 8:15 AM.• Afternoon sessions: Warm-ups at 12:00-1:00 PM; competition starts at 1:15 PM.• Distance sessions:<ul style="list-style-type: none">○ 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.○ The approximate start time for the distance sessions will be posted on the VAST website no later than Monday, January 2, 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 VAST website no later than Monday, January 2, 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:	<ul style="list-style-type: none">• DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, DECEMBER 28, 2005• 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) and No Times (NT) entries will be accepted for events which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT and must have been achieved in USA Swimming sanctioned, approved, or observed competition.• Swimmers may enter a maximum of 4 individual events and 1 relay event per day.

	<ul style="list-style-type: none"> Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. 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: jfosterpm@hotmail.com Mail entries to: Jason Foster 1703-A South Dogwood Drive Harrisonburg, VA 22801 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.
	<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: VAST Payment must be received by January 4, 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 8th place 13 & Older events will be given separate awards for 13-14 and 15 & Older 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. 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 events 51, 52, 77, 78, 107, & 108 will be pre-seeded. 8 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be brought to the blocks from there. Swimmers in the afternoon sessions should report directly to the blocks for their events. Events 51, 52 (1650 free). 77, 78 (10 & Y 500 Free), 107, 108 (11 & O 500 Free) will require a positive check-in to swim. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 51 & 52 (1650 Free) will be swum fastest to slowest and alternating heats of girls and boys. 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: Don Kelly E-Mail: kelley@ntelos.net Phone: (540) 943-0867</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 Janet Sheffer, Email: janetshef@adelphia.net , Phone: (540) 433-9519, no later than Wednesday, January 4, 2006 A 15 minute officials meeting will take place 30 minute prior to the start of the meet.
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. The number of timers required per club and their lane assignments will be posted on the VAST website no later than January 2, 2006, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Concession will be available. Heat Sheet will be available for \$5 Hospitality will be available for coaches and officials A swim shop will be available.
FACILITY RULES:	<ul style="list-style-type: none"> Certain areas will be marked off limits. The gym will only be available on Sunday. Other accommodations will be available for teams to camp out. Please obey signs. Access to the pool will be strictly controlled. Swimmers, coaches, officials and staff only will be permitted on the deck during warm-ups and the competition. No smoking is permitted in the building. Please be courteous in sharing the locker rooms and bathrooms by keeping them neat. No food or drinks in the pool area.
DIRECTIONS:	The Godwin pool facility is located on the campus of James Madison University. From Interstate 81, take exit 245. Off the ramp head west on Port Republic Road. At the next light, turn right on to the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall. The pool is on the first floor and the gym and seating area on are the second floor.
HOTELS:	<ul style="list-style-type: none"> Comfort Inn 1440 East Market Street Harrisonburg, VA (540) 433-6066 Days Inn IH 81 at exit 245 (540) 433-9353 Jameson Inn 1400 East Market (540) 442-1515 Courtyard by Marriott 1890 Evelyn Byrd Ave Harrisonburg, VA (540) 432-3031 Hampton Inn 85 University Blvd (540) 432-1111 Four Points by Sheraton 1891 Evelyn Byrd Ave (540) 433-2521

VAST NEW YEAR'S MEET ORDER OF EVENTS

Saturday, January 7, 2006

Morning Session

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

Afternoon Session

Warm-up: 12:00 noon; Start: 1:15 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 50 Free	2	27	11-12 100 Free	28
3	8&Y 25 Free	4	29	13&O 100 Free	30
5	9-10 100 Fly	6	31	11-12 50 Fly	32
7	8&Y 50 Fly	8	33	11&O 200 Fly	34
9	9-10 100 IM	10	35	11-12 200 IM	36
11	8&Y 100 IM	12	37	13&O 200 IM	38
13	9-10 50 Breast	14	39	11-12 50 Breast	40
15	8&Y 25 Breast	16	41	11&O 200 Breast	42
17	9-10 100 Back	18	43	11-12 100 Back	44
19	8&Y 50 Back	20	45	13&O 100 Back	46
21	10&Y 200 Free	22	47	11-12 200 Free Relay	48
23	8&Y 100 Free Relay	24	49	13&O 200 Free Relay	50
25	9-10 200 Free Relay	26		<u>Distance Session</u> (15 minute break)	
			51	11&O 1650 Free	52

Sunday, January 8, 2006

Morning Session

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

Afternoon Session

Warm-up: 12:00 noon; Start: 1:15 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	9-10 100 Free	54	79	11-12 200 Free	80
55	8&Y 50 Free	56	81	13&O 200 Free	82
57	9-10 50 Fly	58	83	11-12 100 Fly	84
59	8&Y 25 Fly	60	85	13&O 100 Fly	86
61	10&Y 200 IM	62	87	11-12 100 IM	88
63	8&Y 50 Breast	64	89	11&O 400 IM	90
65	9-10 100 Breast	66	91	11-12 100 Breast	92
67	8&Y 25 Back	68	93	13&O 100 Breast	94
69	9-10 50 Back	70	95	11-12 50 Back	96
71	8&Y 100 Free	72	97	11&O 200 Back	98
73	9-10 200 Medley Relay	74	99	11-12 50 Free	100
75	8&Y 100 Medley Relay	76	101	13&O 50 Free	102
	<u>Distance Session</u> (15 minute break)		103	11-12 200 Medley Relay	104
			105	13&O 200 Medley Relay	106
77	10&Y 500 Free	78		<u>Distance Session</u> (15 minute break)	
			107	11&O 500 Free	108