SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: **VS-06-65**
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, 10900 University Blvd., Manassas, VA 20110 (703) 993-8444.
FACILITY:	Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; 8 lanes will be used for competition with one lane of warm-up/warm-down. However 10 lanes will be used for the 1500 and 800 freestyles, and may be used for additional events.
MEET DIRECTOR:	James Wolfle, VSI Age Group Chair Tom Colasurdo, Host Team Coordinator Phone: (757) 393-1799 Phone: (757) 424-3943 Email: Wolfle@aol.com Email: colasurdo_tjrjh@netzero.net
ELIGIBILITY:	• Open to all 14 and younger USA Swimming/VSI registered swimmers that meet the qualifying time in each event entered. • The qualifying period for this meet is May 1, 2005 through July 19, 2006 • 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 July 20, 2006 will determine age for the entire meet.
DISABILITY SWIMMERS:	• 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:	• All 10 & Younger swimmers will swim timed finals in the afternoon session. o There will be a break after each boy's events to award medals for the previous set of events. If there are no awards to be given there will still be a break. o The competition pool will be closed except for one break midway through the session. • All 11-14 swimmers will swim a preliminary session in the morning session. The top 16 swimmers in 11-12 and the top 16 swimmers in 13-14 will swim the final session each day. • Thursday night session: Warm-ups at 4:00 pm; competition stats at 5:00 pm. General warm-up for 30 minutes, specific warm-ups for 20 minutes • Morning sessions: Warm-ups at 7:00 am (2 warm-up sessions); competition starts at 8:15 am. • Afternoon sessions: o Friday & Sunday: Warm-ups at 12:30 pm; competition starts at 1:15 pm. o Saturday: Warm-ups at 1:30 pm; competition starts at 2:15 pm. • Finals sessions: o Friday & Saturday: Warm-ups at 4:30 pm; competition starts at 5:30 pm. o Sunday: Warm-ups at 5:00 pm; competition starts at 6:00 pm. • The 400 Freestyle for 10 & younger and 11-12 will be swum as Timed Final events swimming slowest to fastest (regular order). Swimmers are expected to provide their own timers and lap counters. • The 1500 freestyle will be swum fastest to slowest, alternating girls then boys using 10 lanes. o There will be a 10-minute warm-up prior to the beginning of the first heat. If there are more than four total heats (boys and girls) there will be an additional 10 minute warm-up period following the third heat overall (second heat of girls). o The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters. • The 800 freestyle will be swum fastest to slowest, alternating girls then boys using 10 lanes. o If there are more than 7 total heats (boys and girls), there will be a 10 minute warm-up period after the fourth head overall (second heat of boys).

	o Swimmers are expected to provide their own timers and lap counters.
	• All relay events will be Timed Finals. The fastest heat of the 200 Medley, 200 Free and 400 Medley relays for 11-12 and 13-14 year old age groups will swim during the finals session each day. All remaining heats will be swum during the Preliminary session.
	o All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session.
	o Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has less than eight teams.
	• Lane assignment and warm-up times for individual clubs will be posted on the VSI website no later than Saturday, July 15, 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:	**DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JULY 11, 2006**
	NEW ENTRY PROCEDURES – OME MEET ENTRY
	SEE OME HIGHLIGHTS ATTACHMENT AT END OF INVITATION FOR MORE INFORMATION
	• **OME OPENS:** 9:00 am EST – Sunday, June11, 2006
	• **OME CLOSES:** 11:59 pm EST – Tuesday, July 11, 2006.
	• Meet Entry Officer: James Wolfle, Phone: (757) 393-1799, Email: Wolfle@aol.com
	• **On-Line Meet Entry (OME)** – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Email entries during the regular entry period will not be accepted.
	o The OME system is accessed from the USA Swimming web site at the address http://www.usaswimming.org/ome
	o Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team".
	• **LATE ENTRIES.** Entries desired after 11:59 pm, Tuesday, July 11, 2006, and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late.
	o The total fees for all entries, including the late entry fee, must be paid prior to the first session of the meet (Thursday July 20, 2006) or the swimmer may not swim those events.
	o A confirmation of entries will not be sent to a club until the fees are marked paid, either by credit card or by arrangement with the Meet Entry Officer.
	o Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee). The request must be prior to the close of the scratch box for the event desired.
	• **OME HELP:** Susan Woessner James Wolfle USA Swimming Meet Entry Officer Phone: (719) 866-3589 Phone: (757) 393-1799 Email: swoessner@usaswimming.org Email: wolfle@aol.com
	• **Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards.**
	• **Individual Entries:** Use the fastest time in national database for entry within the qualifying period.
	o Swimmers may enter using an "Override Time" for times that are not in the national database.
	o Override times must include the meet name and date.
	o Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).
	• **Relay Entries:** Use the fastest time in national database for entry within the qualifying period. Relay times must be provable by team or swimmer aggregate.
	• **Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior the scratch deadline for that event in order to be seeded**.
	• Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
	• **OME RELAY ENTRY PROCEDURES: ENSURE "RELAY ONLY" ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
	o If entering a "B" relay, be sure to select an entry time that does not have a double asterisk (**).
	o The ** signifies that at least one athlete from the entry time of the "A" relay was a member of

the relay that achieved that time. Select another listed time or enter an aggregate relay
  - o All entries for 200 M Medley relays must use 400 M Medley relay times. No NT entries will be accepted.
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the "Add Unattached/Unregistered Swimmer" link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
  - o Access the OME system at the address http://www.usaswimming.org/ome - log in and select "Enter Individual."
  - o These individuals may send a text file of their entries to the Meet entry person to be entered manually.
  - o Payment must be made in that case by check to be received not later than July 17, 2006.
- **ENTRY LIMITS:**
  - o **Individual Events:** 12 and younger swimmers may enter a maximum of 8 individual events, no more than three per day. 13-14 swimmers may enter a maximum of 7 events, no more than three per day.
  - o **Relays:** Two (2) per team per event.
- The Meet Director reserves the right to combine heats and events, which actions may require reseeding.
- The Meet Director reserves the right to eliminate heats of any event if necessary.
- The Meet Director reserves the right to use 10 lanes for competition in any event.
- **Proof of entry times is required for individual and relay events. Entries not proven by the scratch deadline** will be scratched. "No Time" relay entries will not be accepted.
- All late entries must submit proof of time.
- Late entries may not be used to improve the seed time of an earlier entry.

FEES:	Individual events: $7.50 Relay events: $20.00 Swimmer surcharge: $2.00 per person (entered in the meet in any capacity) **Late Fees:** In addition to the regular entry fee, a fee of **$10** per event prior to the first day of the meet and **$25** per event on or after the first day of the meet will be charged for any entry received after the entry deadline. • OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Payment by check must be received by July 20, 2006. Checks should be payable to TIDE Swim Team. • Checks should be sent to: James Wolfle 401 Florida Avenue Portsmouth, VA 23707 • Late fees for OME entries will be due prior to the first session of the meet (Thursday, July 20, 2006). • **Failure to pay entry fees by this deadline could result in teams being barred from the meet. All fees must be paid in full in order for the entries to be considered compete.**

AWARDS:	• Individual events will be awarded medals for first through eighth place.
	 • Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place.
	 • Team awards will be given. The winning team will receive a banner. The teams placing second through sixth will receive a plaque.
	 • Scoring
	    o Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1.
	    o Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2

SEEDING:	• All events will be pre-seeded with the exception of the following events that will require a positive check-in at the Clerk of Course:
	    o Thursday evening events by 4:30 pm.
	    o 400 Freestyle, 400 IM, and the 400 meter relays by 9:30 a.m. the day the event is to be swum.

	○ 200 meter relays by 8:00 am the day the event is to be swum. ○ 10 and younger relays 30 minutes before the beginning of the session on the day the event is to be swum. ○ 800 freestyle by 9:30 am Sunday **SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.**
PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times: **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:	- The 2006 USA Swimming Rules and Regulations will apply. - The scratch procedures listed in *2006 USA Swimming Rules and Regulations*, **Article 207.12.10**, sections D and E will apply with the following modifications: **The scratch rule regarding finals will apply to both heat's, final and consolation, excluding the relays, the 800 Free, and the 1500 Free.** - 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:	**Meet Referee: Dave Strider,** dvs7e@virginia.edu**,** (H) 434-973-4832 (W) 434-924-9768**.** - Officials at all positions will be required for this meet. - There will be an officials pre-session briefing one hour prior to the start of each session. - Team Officials Chairpersons should submit the names and session availability of certified officials to Tom Colasurdo, Phone: (757) 424-3943, Email: colasurdo_tjrjh@netzero.net
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 Virginia Swimming website no later than July 15, 2006, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	- Heat sheets will be sold for $10. This includes a copy of the finals heat sheet - There will be NO CONCESSION STAND at this meet. Swimmers should bring any food and drink items they require for the meet. - Hospitality will be available for coaches and officials throughout the meet - There will be a swim shop and T-shirt vendor at the meet
FACILITY RULES:	- Each club is responsible for the conduct of its swimmers, coaches and parents - Swimmers, parents and coaches are not permitted in any area of the facility not directly involved in the running of this meet - Only coaches, swimmers, officials and volunteers are allowed on the pool deck. All spectators must remain in the spectator viewing area, or in the hallway - No cars are to be left in the fire lanes
HOTELS:	- Best Western Manassas, 8640 Mathis Ave., Manassas, VA , 703/368-7070 - Comfort Suites of Manassas, 9350 Williamson Blvd, Manassas, VA, 703/686- - Hampton Inn, Manassas, 7295 Williamson Blvd, Manassas, VA 703/369-1100 - Days Inn Manassas, 10653 Balls Ford Road, Manassas, VA 703/368-2800 - Holiday Inn Manassas, 10800 Vendor Lane, Manassas, VA 703/335-0000 - Manassas Courtyard by Marriott 10701 Battleview Parkway, 703/335-1300

Virginia Swimming 2006 Long Course Age Group Championships
Order of Events

Thursday Timed Finals

Women		Men
1	10&under 400 free	2
3	11-12 400 free	4
5	13-14 1500 free	6

G	Friday Preliminaries	B
7	11-12 200 Free Relay(*)	8
9	13-14 200 Free Relay(*)	10
11	11-12 50 Breaststroke	12
13	13-14 100 Breaststroke	14
15	11-12 200 Freestyle	16
17	13-14 200 Freestyle	18
19	11-12 100 Butterfly	20
21	13-14 100 Butterfly	22
23	11-12 200 Backstroke	24
25	13-14 400 IM	26
27	11-12 400 Medley Relay(*)	28
29	13-14 400 Medley Relay(*)	30

(*) Timed Final – final heat to swim during finals session

G	Saturday Preliminaries	B
41	13-14 200 Medley Relay(*)	42
43	11-12 200 Medley Relay(*)	44
45	13-14 200 Butterfly	46
47	11-12 200 Butterfly	48
49	13-14 50 Freestyle	50
51	11-12 50 Freestyle	52
53	13-14 200 Breaststroke	54
55	11-12 100 Breaststroke	56
57	13-14 100 Backstroke	58
59	11-12 50 Backstroke	60
61	13-14 400 Freestyle	62
63	11-12 200 IM	64

(*) Timed Final – final heat to swim during finals session

G	Sunday Preliminaries	B
75	11-12 200 Breaststroke	76
77	13-14 200 Backstroke	78
79	11-12 100 Backstroke	80
81	13-14 100 Freestyle	82
83	11-12 100 Freestyle	84
85	13-14 200 IM	86
97	11-12 50 Butterfly	88
89	13-14 400 Free Relay (*)	90
91	11-12 400 Free Relay (*)	92
93	13-14 800 Freestyle (**)	94

(*) Timed Final – all heats to swim in preliminary session

(**) Timed Final – heats alternated fast to slow, women/men after 10 and younger session

G	Friday Timed Finals	B
31	10&u 200 Medley Relay	32
33	10&u 50 Breaststroke	34
35	10&u 200 Freestyle	36
37	10&u 100 Butterfly	38
39	10&u 50 Backstroke	40

G	Saturday Timed Finals	B
65	10&u 200 Free Relay	66
67	10&u 50 Freestyle	68
69	10&u 200 IM	70
71	10&u 100 Breaststroke	72
73	10&u 400 Medley Relay	74

G	Sunday Timed Finals	B
95	10&u 100 Backstroke	96
97	10&u 100 Freestyle	98
99	10&u 50 Butterfly	100
101	10&u 400 Freestyle Relay	102

2006 Long Course Age Group Championship
Qualifying Times

July 20 – 23, 2006 -- Freedom Aquatic Center

10 and younger girls / 10 and younger boys

SCM	YARDS	LCM		LCM	YARDS	SCM
35.69	32.15	**36.49**	50 free	**36.19**	31.88	35.29
1:19.89	1:12.29	**1:21.89**	100 free	**1:20.59**	1:10.79	1:18.19
2:52.79	2:36.39	**2:58.69**	200 free	**2:52.39**	2:31.89	2:47.89
5:57.39	6:48.39	**6:09.69**	400 free	**6:06.79**	6:44.59	5:54.09
42.19	38.19	**43.69**	50 back	**44.19**	38.39	42.39
1:30.89	1:22.19	**1:35.29**	100 back	**1:33.69**	1:21.69	1:30.19
46.49	41.99	**48.29**	50 breast	**48.49**	42.49	46.89
1:43.19	1:33.39	**1:47.09**	100 breast	**1:45.99**	1:32.69	1:42.39
41.19	37.28	**42.09**	50 fly	**40.99**	36.29	40.29
1:35.79	1:26.69	**1:38.69**	100 fly	**1:37.19**	1:25.69	1:34.69
3:14.49	2:55.99	**3:20.59**	200 IM	**3:18.89**	2:55.29	3:13.69

11-12 girls / 11-12 boys

SCM	YARDS	LCM		LCM	YARDS	SCM
31.69	28.54	**32.49**	50 free	**32.59**	28.59	31.59
1:09.49	1:02.60	**1:11.09**	100 free	**1:10.59**	1:02.15	1:08.99
2:32.79	2:17.65	**2:35.99**	200 free	**2:34.19**	2:16.02	2:30.89
5:21.99	6:07.94	**5:28.39**	400 free	**5:26.89**	6:04.69	5:19.19
37.89	34.29	**38.69**	50 back	**38.29**	33.69	37.29
1:21.39	1:13.32	**1:22.59**	100 back	**1:22.59**	1:12.29	1:19.89
2:53.59	2:37.09	**2:57.49**	200 back	**3:00.29**	2:33.79	2:49.99
41.09	37.02	**42.09**	50 breast	**43.09**	37.59	41.49
1:30.79	1:21.79	**1:32.79**	100 breast	**1:33.59**	1:21.09	1:29.59
3:16.29	2:57.69	**3:21.49**	200 breast	**3:21.19**	2:52.99	3:11.09
35.59	32.06	**36.29**	50 fly	**36.59**	32.39	35.79
1:21.29	1:13.41	**1:22.89**	100 fly	**1:22.09**	1:12.19	1:19.79
2:56.49	2:39.63	**2:59.99**	200 fly	**3:00.89**	2:38.29	2:54.89
2:51.99	2:34.94	**2:55.19**	200 IM	**2:56.09**	2:35.75	2:52.29

13-14 girls / 13-14 boys

SCM	YARDS	LCM		LCM	YARDS	SCM
30.09	27.11	**30.89**	50 free	**30.19**	26.47	29.39
1:05.19	58.73	**1:06.79**	100 free	**1:05.59**	57.64	1:03.99
2:21.49	2:07.47	**2:24.69**	200 free	**2:22.99**	2:05.79	2:18.99
5:00.79	5:44.19	**5:07.19**	400 free	**5:01.59**	5:37.91	4:55.19
10:27.19	11:57.07	**10:39.99**	800 free	**10:23.99**	11:39.14	10:11.19
20:00.79	20:00.77	**20:24.79**	1500 free	**19:59.39**	19:29.49	19:22.69
1:17.79	1:10.08	**1:18.99**	100 back	**1:15.09**	1:04.89	1:11.69
2:42.79	2:29.18	**2:47.99**	200 back	**2:41.59**	2:19.49	2:34.19
1:26.09	1:17.55	**1:28.09**	100 breast	**1:23.59**	1:12.29	1:19.89
3:05.69	2:47.55	**3:09.99**	200 breast	**3:02.39**	2:36.29	2:52.69
1:15.19	1:07.73	**1:16.59**	100 fly	**1:11.99**	1:03.39	1:10.09
2:44.19	2:28.45	**2:47.59**	200 fly	**2:39.89**	2:20.79	2:35.59
2:41.79	2:25.76	**2:44.99**	200 IM	**2:40.19**	2:21.43	2:36.69
5:47.29	5:12.87	**5:53.69**	400 IM	**5:42.79**	5:02.39	5:34.19

- Ensure that swimmers times are loaded into the USA Swimming SWIMS database
  - o Particular attention should be given to times achieved at observed and approved meets.
  - o Do not wait until immediately before the entry deadline to discover the time has not been loaded. Coaches and swimmers can verify that times are in the database by using the times look up at www.usaswimming.org/times.
  - o Contact the host LSC National Times Coordinator of the meet at which the times were achieved to have the missing times loaded.

- Only one account per team (Head Coach) can be used for team entries. The USAS ID number of the head coach will be required to begin the entry process.

- Read the tutorial comments on each page during the entry process. Most questions will be answered if the instructions are read.

- When advancing to through the entry process, each time the "NEXT" link is pressed, the information on that page is saved.
  - o This allows the entry to be processed during multiple sessions.
  - o Coaches can start an entry, save it as-you-go, and sign out without paying for it – in other words coaches don't have to pay every time an addition is made and OME will retain the progress that has been made on the entry.

- Use the links on the left side of the entry page to jump forward or backwards to specific sections of the entry process (i.e. Relay, payment/checkout, etc.). Using these links also saves the information on the previous page.

- On-line payment must be made using VISA, MasterCard, American Express or Discover. Clubs may also pay by check.

- Once an event entry has been purchased, there are no refunds.

- Teams do not have to wait until the entire entry is complete to purchase events. Teams can enter some athletes, purchase those entries, then return at a later date and add more events, relays, or athletes and purchase events.

- When entering "Override Times" (times not currently showing up in the SWIMS database), in the meet name field, give meet name and brief details on where the time was achieved – i.e.: FGJO13-14-400FRelay Lead – There is room for 25 characters of data.
  - o Also enter the date of the meet in the date field.
  - o The National Times Coordinator will pre-clear as many (*) times as possible.

- Relays: When entering more than one relay per event (A and B), OME selects the fastest time in the database for the A relay and the fastest remaining time in the database for the B relay.
  - o If one of the athletes on the B relay (that OME selected) was also an athlete on the A relay, OME will signify that time with a (**).
  - o That time is not eligible for entry for the "B" relay.
  - o Select another listed time for the "B" relay or enter an aggregate time.

- Hy-Tek Team Manager can be used as a tool to assist in the OME process.
  - o First load the "Meet Events File".
  - o In the Meet Maintenance panel, set the minimum age for open events as desired.
  - o Click on the "Enforce Qualifying Times".
  - o Set the "Use Times Since" date to the beginning of the qualifying period for the meet.
  - o Create a "Meet Eligibility" report. REPORTS/PERFORMANCE/MEET ELIGIBILITY. Select "Only Eligible Swimmers". This report shows all eligible swimmers for the meet.
  - o Highlight events to be entered for each swimmer. Proceed with On-Line Meet Entry.