



AMENDED
Virginia Age Group Championship
March 16-19, 2006
SANCTION NO. VS-06-47



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-47
HOST CLUB:	SWAT Southwest Aquatic Team website: www.swat-swimming.org
LOCATION:	Dedmon Center, University Drive, Radford University, Radford, Virginia. (540) 831-5240.
FACILITY:	25 yards, 8 lanes with non-turbulent lane lines, deck-anchored starting blocks and water depth of 12.0 feet at the starting end. Colorado Timing System with a one line scoreboard will be used. A 20 yard warm-up/warm-down pool will be available continuously.
MEET DIRECTOR:	<div>James Wolfle, Age Group Chair Phone: (757) 393-1799 Email: Wolfle@aol.com</div> <div>Susan Potts, Local Host Coordinator Phone: (540) 961-6566 Email: pottsfamily@adelphia.net</div>
ELIGIBILITY:	<ul style="list-style-type: none">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 January 1, 2005 through March 15, 2006All swimmers participating in this meet must be registered by the first day of the meet.No on deck registration will be permitted.Age on March 16, 2006 will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">All 10 & Younger swimmers will swim timed finals in the afternoon session.<ul style="list-style-type: none">There will be a break after each boy's event to award medals for the previous set of events. If there are no awards to be given there will still be a break.The competition pool will be closed during these breaks.All 11-14 swimmers will swim a preliminary session in the morning session. The top 16 swimmers in the 11-12 and the 13-14 age groups will swim the final session each day.Thursday Timed Finals: Warm-ups: 3:30-4:50 pm Meet Starts: 5:00 pmMorning sessions: Warm-ups at 6:40- 8:20 am; competition starts at: 8:30 am.Afternoon sessions: Warm-ups at:<ul style="list-style-type: none">Friday and Saturday: 1:00-1:50 pm; competition starts at: 2:00 pm.Sunday: 12:30-1:20 pm; competition start at 1:30 pm1650 freestyle session: Competition immediately following the morning session.Finals sessions: Warm-ups will be split into two 20 minute general warm-ups, girls/boys for safety reasons,<ul style="list-style-type: none">Boys general warm-up: 5:00-5:20 pm; Girls general warm-up: 5:20-5:40 pmSpecific warm-up(Girls/Boys): 5:40-5:55 pm; competition starts: 6:00 pmThe 500 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 1000 freestyle will be swum fastest to slowest, alternating girls then boys. The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters.The 1650 freestyle will be swum fastest to slowest, alternating girls then boys, with the final heat to be completed at 4:15 pm on Sunday. The slowest heat of boys and girls may be combined. 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.<ul style="list-style-type: none">All remaining heats will be swum during the Preliminary session. All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session.Relays will be seeded so that the slowest heat has at least three teams, even if this

	<p>means that a heat in the finals session has less than eight teams.</p> <ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the SWAT website www.swat-swimming.org no later than Monday, March 14, 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 TUESDAY, MARCH 7, 2006.</p> <ul style="list-style-type: none"> • Entries must be submitted in Actual Course in which the entry time was achieved 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 VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • 12 and younger swimmers may enter a maximum of 8 individual events, no more than 3 per day. 13-14 swimmers may enter a maximum of 7 events, no more than 3 per day. • Relay teams must be designated A or B, if more than one per club is entered per event. Teams may submit two (2) relays per event. • All relays, entered and swum, must contain at least two swimmers that are entered in at least one individual event in the meet. ALL relay swimmers must appear on the master entry, and pay the applicable surcharge. • The Meet Director reserves the right to combine heats and events, which actions may require reseeding. • Proof of entry times is required for individual and relay events. Entries must include a report showing the date and the meet each swimmer's entry times were achieved. Entries without proof of time will be considered incomplete and will not be processed. • Entries must be submitted in the Actual Course in which the entry time was achieved. All short course yards times will be seeded first, followed by long course meters, followed by short course meters. Converted times will not be accepted. • Incomplete entries not resolved prior to the meet entry deadline will be considered late entries and late fees will be charged accordingly. • Times of swimmers not making the meet qualifying time will be checked and the club notified if there is a problem. • Additional proof of ENTRY time, if requested, must be provided to the Age Group Chairman within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed. • Email entries to: edbaldwi@vt.edu • Mail entries to: Scott Baldwin 7498 James Way Fairlawn, VA 24141 (540) 998-2327 • 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. • Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$4.00 Relay events: \$14.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <p>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.</p> <ul style="list-style-type: none"> • Checks should be made payable to: SWAT Swimming • Payment must be received by March 13, 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. All fees must be paid in full in order for the entries to be considered compete.

	<ul style="list-style-type: none"> ○ All club entries (individual and relay) and entries from unattached individuals will be scratched unless all the applicable meet fees have been paid prior to the close of the scratch box for the applicable session. ○ If full payment is received late the athletes will be allowed to compete in sessions for which the scratch box has not yet closed. ○ In any case, clubs and unattached individuals are wholly responsible for full payment of meet fees for all events entered, whether as a complete or incomplete entry.
AWARDS:	<ul style="list-style-type: none"> • 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.
SEEDING:	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> ○ Thursday evening events by 4:30 pm. ○ 500 Freestyle, 400 IM, and the 400 yard relays by 9:30 am the day the event is to be swum. ○ 200 yard 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. ○ 1650 freestyle by 9:30 am Sunday • 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. • Scratch procedures: Only sections D and E of the scratch procedures listed in the 2005 USA Swimming Rules and Regulations, Article 207.7.9 will apply. Sections A, B, and C will not be applied. The scratch rule regarding finals will apply to both final and consolation heats of all 11-12 and 13-14 events excluding the relays, 1000 Free, and 1650 Free. • 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, Email: spyder27@juno.com, no later than March 12, 2006. • There will be a meeting of all Strokes & Turns officials 30 minutes prior to the start of the first session and 45 minutes prior to the start of sessions two through five.
SAFETY:	<ul style="list-style-type: none"> • 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

	<p>failure to follow the safety rules.</p> <ul style="list-style-type: none"> The warm-up/warm-down pool will have no more than 12 swimmers per lane.
TIMERS:	<p>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 SWAT website www.swat-swimming.org no later than March 14, 2006 and will also be emailed to the contact person of each of the individual clubs.</p>
GENERAL:	<ul style="list-style-type: none"> There will be an Athlete Parade at the start of Saturday Night Finals. Teams participating should report to line-up in the hallway 30 minutes prior to start of Finals. Costumes encouraged, please NO BALLOONS. Hospitality, concessions, heat sheets and T-shirts will be available. Kast-a-Way swim shop will be in attendance for all swimming related needs. All vendors will be located in the Arena.
FACILITY RULES:	<ul style="list-style-type: none"> All Parking to be on Riverside Lower-level Parking Lot. A swimmer Drop-OFF area will be available on the Riverside Arena Entrance of the Dedmon Center. Additional swimmer/parent area available in the Arena. NO BALLOONS Allowed anywhere in the facility! Please no roaming through the Dedmon Center, stay in designated areas only. NO PET(S) ALLOWED anywhere on the Dedmon Center Campus.
DIRECTIONS:	<p>Coming from North or South on Interstate 81, take Exit #109 onto VA 177. This will become Tyler Road when you enter the city of Radford. Continue on Tyler Road until it ends at Main Street. (You will see a Suntrust Bank across the street at this intersection.) Turn right onto Main Street. Turn left at the first traffic light onto University Drive. Follow University Drive over the railroad to Dedmon Center</p>
HOTELS:	<p>Please check website www.swat-swimming.org for hotel links.</p>

Virginia Swimming 2006

Short Course Age Group Championships

Order of Events

Thursday Timed Finals

Women		Men
1	10&under 500 free	2
3	11-12 500 free	4
5	13-14 1000 free	6

G Friday Preliminaries

B

7	11-12 200 Medley Relay(*)	8
9	13-14 200 Medley 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	11-12 100 IM	24
25	13-14 400 IM	26
27	11-12 200 Backstroke	28

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

G Saturday Preliminaries

B

39	13-14 200 Free Relay (*)	40
41	11-12 200 Free Relay (*)	42
43	13-14 200 Butterfly	44
45	11-12 200 Butterfly	46
47	13-14 50 Freestyle	48
49	11-12 50 Freestyle	50
51	13-14 200 Breaststroke	52
53	11-12 100 Breaststroke	54
55	13-14 100 Backstroke	56
57	11-12 50 Backstroke	58
59	13-14 500 Freestyle	60
61	11-12 200 IM	62
63	13-14 400 Medley Relay(*)	64
65	11-12 400 Medley Relay(*)	66

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

G Sunday Preliminaries

B

79	11-12 200 Breaststroke	80
81	13-14 200 Backstroke	82
83	11-12 100 Backstroke	84
85	13-14 100 Freestyle	86
87	11-12 100 Freestyle	88
89	13-14 200 IM	90
91	11-12 50 Butterfly	92
93	13-14 400 Free Relay (*)	94
95	11-12 400 Free Relay (*)	96
97	13-14 1650 Freestyle (**)	98

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

(**) Timed Final – heats alternated slow to fast, women/men to end at 5pm

G Friday Timed Finals

B

29	10&u 200 Free Relay	30
31	10&u 50 Breaststroke	32
33	10&u 100 IM	34
35	10&u 50 Backstroke	36
37	10&u 200 Freestyle	38

G Saturday Timed Finals

B

67	10&u 200 Medley Relay	68
69	10&u 50 Butterfly	70
71	10&u 100 Freestyle	72
73	10&u 200 IM	74
75	10&u 100 Breaststroke	76
77	10&u 400 Freestyle Relay	78

G Sunday Timed Finals

B

99	10&u 100 Backstroke	100
101	10&u 50 Freestyle	102
103	10&u 100 Butterfly	104
105	10&u 400 Medley Relay	106

2006 Short Course Age Group Championship Qualifying Times

March 16-19, 2006 -- Dedmon Pool, Radford University

10&Y GIRLS

<i>SCM</i>	<i>LCM</i>	<i>YARDS</i>
35.61	36.41	32.09
1:19.13	1:20.73	1:11.29
2:52.79	2:56.79	2:36.39
5:57.39	6:04.49	6:48.39
41.83	42.43	37.69
1:30.12	1:31.32	1:21.19
46.49	47.70	41.99
1:43.19	1:45.66	1:33.39
40.39	41.09	36.39
1:35.79	1:37.62	1:26.69
1:30.34		1:21.39
3:14.49	3:18.54	2:55.99

10&Y BOYS

<i>YARDS</i>	<i>LCM</i>	<i>SCM</i>
50 free	36.19	35.29
100 free	1:20.17	1:18.19
200 free	2:51.79	2:47.89
500 free	6:01.09	5:54.09
50 back	42.87	42.27
100 back	1:31.87	1:30.19
50 breast	48.16	46.89
100 breast	1:44.99	1:42.39
50 fly	40.99	40.49
100 fly	1:36.51	1:34.69
100 IM		1:29.79
200 IM	3:17.77	3:13.69

11-12 GIRLS

<i>SCM</i>	<i>LCM</i>	<i>YARDS</i>
31.62	32.42	28.49
1:08.47	1:10.07	1:01.69
2:29.94	2:33.14	2:15.09
5:11.32	5:17.72	5:55.99
37.06	37.66	33.39
1:18.46	1:19.66	1:10.69
2:49.26	2:51.66	2:32.49
41.61	42.09	37.49
1:29.45	1:31.45	1:20.59
3:13.90	3:17.90	2:54.69
34.84	35.54	31.39
1:19.46	1:20.86	1:11.59
2:56.49	3:00.05	2:39.69
1:19.13		1:11.29
2:49.04	2:52.24	2:32.29

11-12 BOYS

<i>YARDS</i>	<i>LCM</i>	<i>SCM</i>
50 free	32.42	31.59
100 free	1:10.85	1:09.25
200 free	2:33.26	2:30.06
500 free	5:21.29	5:14.89
50 back	37.99	37.39
100 back	1:20.77	1:19.57
200 back	2:51.88	2:49.48
50 breast	42.72	41.49
100 breast	1:32.00	1:29.59
200 breast	3:16.01	3:11.09
50 fly	36.59	35.79
100 fly	1:20.19	1:18.79
200 fly	2:58.50	2:54.89
100 IM		1:19.68
200 IM	2:53.90	2:50.70

13-14 GIRLS

<i>SCM</i>	<i>LCM</i>	<i>YARDS</i>
29.84	30.64	26.89
1:04.36	1:05.96	57.99
2:19.95	2:23.15	2:06.09
4:55.25	5:01.65	5:37.99
10:25.32	10:38.12	11:54.99
20:05.09	20:36.43	20:12.19
1:14.24	1:15.44	1:06.89
2:39.49	2:41.89	2:23.69
1:24.79	1:26.79	1:16.39
3:02.47	3:06.47	2:44.39
1:13.47	1:14.87	1:06.19
2:42.49	2:45.29	2:26.39
2:38.16	2:41.36	2:22.49
5:34.43	5:40.83	5:01.29

13-14 BOYS

<i>YARDS</i>	<i>LCM</i>	<i>SCM</i>
50 free	29.09	28.29
100 free	1:03.41	1:01.81
200 free	2:18.05	2:14.85
500 free	4:50.49	4:44.09
1000 free	10:21.17	10:08.37
1650 free	19:52.87	19:22.69
100 back	1:12.67	1:11.47
200 back	2:33.68	2:31.28
100 breast	1:22.24	1:19.89
200 breast	2:57.48	2:52.69
100 fly	1:10.98	1:09.58
200 fly	2:39.07	2:35.59
200 IM	2:34.81	2:31.61
400 IM	5:28.28	5:21.88