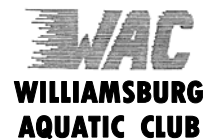




AMENDED
WAC WINTER SPLASH
AA Meet
January 21-22, 2006
SANCTION NO. VS-06-31



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-31	
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090	
FACILITY:	The pool is an 8 lane indoor 25 yd. Short Course facility with non-turbulent lane lines. Two additional lanes will be used for warm-up/warm-down during the meet. The automatic Daktronics timing system will be used.	
MEET DIRECTOR:	Anne Anderson Email: flandos@cox.net Phone: (757) 220-8633	Harold Baker Email: coachharold2@aol.com Phone: (757) 229-8662
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers• 10 & Younger swimmers must have an “A” time for each event entered.• 11-14 year old swimmers who have one “AA” entry time may enter two additional events in which they have at least an “A” time.• 15 & Older swimmers who have one 15-16 “AA” entry time may enter two additional events in which they have at least a 15-16 “A” time.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 2005-2008 NAG top 16 based times are in effect.• Age on January 21, 2006 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 7:30 AM; competition starts at 8:45 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 WAC website, www.swimwac.com, no later than January 18, 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 www.swimwac.com website 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:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 11, 2006. <ul style="list-style-type: none">• Entries must be submitted in Short Course Yards 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.	

	<ul style="list-style-type: none"> All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per day. 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: coachharold2@aol.com Mail entries to: Williamsburg Aquatic Club 3909 Midlands Road Suite B Williamsburg, VA 23188 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: Williamsburg Aquatic Club Payment must be received by January 18, 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 eight place. 13 & Older events will be given separate awards for 13-14 and 15 & Older (or 15-18) age groups. 12 & Younger events will be given separate awards for 11-12 and 10 & Younger age groups. Relay events: Ribbons will be awarded for first through four places.
SEEDING:	<ul style="list-style-type: none"> All events, except events 12&U 500 Free, 13&O 500 Free, 1000 Free, 1650 Free, and the 400 IM will be pre-seeded. Swimmers in the afternoon sessions should report directly to the blocks for their events. Events #29, 30 (12&U 500 Free), 51, 52 (13-14 400 IM), 53, 54 (15&O 400 IM), 57, 58 (13&O 1000 Free), 101, 102 (13-14 500 Free), 103, 104 (15&O 500 Free), 115, & 116 (13&O 1650 Free) will require a positive check-in to swim. Positive check-in will close at 9:00 AM for events #29 & 30 and 1:30 PM for events #57, 58, 115 & 116 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: Phil Mease, Email: pmease@james-city.va.us , Phone: (757) 229-2109</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 Eric Young, Phone: (757) 258-4546, no later than Friday, January 13, 2006.
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 WAC website, www.swimwac.com, no later than January 18, 2006, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Officials and coaches hospitality will be available • Meet programs will be sold
FACILITY RULES:	<p>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS:</p> <ul style="list-style-type: none"> • Picture identification will be required to gain access to the base. • Rules will be enforced by meet marshal, aquatic center staff and the Fort Eustis Fire Marshall. • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and/or in the meet program, will be disqualified from the meet and escorted from the facility. • The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • Balcony: Swimmers and their bags <u>will not be allowed</u> to stay in the area. Spectator seating is limited and swimmers must stay on the competition or adventure pool deck. • ADVENTURE POOL AREA RESTRICTED TO SWIMMERS AND COACHES.
DIRECTIONS:	From I-64 take Exit 250(Fort Eustis Blvd) towards Fort Eustis. This will take you onto the base. Go 4 blocks past security and through the circular intersection. Turn right at first Street (Tyler Road) past the circular intersection. The Aquatic facility is the building on your left. If the Aquatic Center lot is full, there are plenty of parking 100 yards down Tyler Road.

WAC WINTER SPLASH ORDER OF EVENTS

Saturday, January 21, 2006

Morning Session

Warm-up: 7:30 am; Start: 8:45 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Breast	2
3	10&U 100 Breast	4
5	11-12 50 Fly	6
7	10&U 50 Fly	8
9	11-12 200 Back	10
11	10&U 100 IM	12
13	11-12 100 IM	14
15	10&U 200 Free	16
17	11-12 200 Free	18
19	10&U 50 Back	20
21	11-12 50 Back	22
23	11-12 200 Fly	24
25	10&U 200 Free Relay	26
27	11-12 200 Free Relay	28
<u>Distance Session</u> (15 minute break)		
29	12&U 500 Free	30

Afternoon Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	13-14 100 Breast	32
33	15&O 100 Breast	34
35	13-14 200 Free	36
37	15&O 200 Free	38
39	13-14 100 Fly	40
41	15&O 100 Fly	42
43	13-14 200 IM	44
45	15&O 200 IM	46
47	13-14 200 Back	48
49	15&O 200 Back	50
51	13-14 400 IM	52
53	15&O 400 IM	54
55	13&O 400 Free Relay	56
<u>Distance Session</u> (15 minute break)		
57	13&O 1000 Free	58

Sunday, January 22, 2006

Morning Session

Warm-up: 7:30 am; Start: 8:45 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	11-12 100 Back	60
61	10&U 100 Back	62
63	11-12 50 Breast	64
65	10&U 50 Breast	66
67	11-12 100 Free	68
69	10&U 100 Free	70
71	11-12 200 IM	72
73	10&U 200 IM	74
75	11-12 100 Fly	76
77	10&U 100 Fly	78
79	11-12 50 Free	80
81	10&U 50 Free	83
83	11-12 200 Breast	85
85	10&U 200 Medley Relay	86
87	11-12 200 Medley Relay	88

Afternoon Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	13-14 200 Fly	90
91	15&O 200 Fly	92
93	13-14 50 Free	94
95	15&O 50 Free	96
97	13-14 200 Breast	98
99	15&O 200 Breast	100
101	13-14 500 Free	102
103	15&O 500 Free	104
105	13-14 100 Back	106
107	15&O 100 Back	108
109	13-14 100 Free	110
111	15&O 100 Free	112
113	13&O 400 Medley Relay	114
<u>Distance Session</u> (15 minute break)		
115	13&O 1650 Free	116