



**2007 NORTHERN VIRGINIA REGION
Make-Up Time Trial
March 3, 2007
SANCTION NO. VS-07-02T**

Hosted by:
**NOVA
AQUATICS**
of Virginia

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-07-02T
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, (804) 754-3401
FACILITY:	10-lane 25-yard pool with Kieffer Wave eater lanes, Daktronics Automatic Timing System. 10 lanes will be used for competition with 2 warm-up/warm-down lanes available in adjacent pool at the NOVA facility.
MEET DIRECTOR:	Julie Litz Phone: (804) 550-2341(home) Email: jlitz@mail2.vcu.edu
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming/VSI registered swimmers in Northern Virginia Region. Teams in the Northern Virginia Region are: BASS, FAST, NOVA, PWSC, QDD, RACE, RAYS, RPST, SGY, SHKS, TSU, VAST, VSTP, WSC, & WST • The qualifying period for this meet is January 1, 2006 through February 22, 2007 • All swimmers participating in this meet must be registered by the first day of the meet. • No on deck registration will be permitted. • 13-14 year old swimmers may compete in event 23 or 24 if they have at least a “BB” time, but a time that is slower than the age group championship qualifying time. • 15 and older swimmers may compete in event 23 or 24 if they have a time that is slower than the senior championship qualifying time. • Swimmers may not swim a relay in an event in which they possess an Age Group Championship (14 and younger) or Senior Championship (15&O) qualifying time. • 2005-2008 NAG top 16 based times are in effect. • Age on March 3, 2007 will determine age for the entire meet. • 10, 12, and 14 year old swimmers aging up between February 24 and March 15, 2007 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> ○ Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event. ○ Any 14 year old swimmer who does not qualify to swim at Senior Champs may enter the event. ○ 10, 12, & 14 year old swimmers aging up between championships will be seeded correctly by time, however will swim exhibition only, and will not be eligible to receive an award or compete in the finals session.
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 12 & Younger swimmers will swim timed finals in an afternoon session. • All 13 & Older swimmers will swim a the 1650 immediately after the 12 & Younger session finishes
WARM-UP:	<ul style="list-style-type: none"> • Afternoon session: Warm-ups at 1:00pm; competition starts at 2:30pm. • 1650 freestyle: The 1650 freestyle will begin immediately after the end of the 12 and Younger session. Warm-up lanes will be available in the adjacent pool at the NOVA facility throughout the afternoon. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the NOVA website no later than Friday March 2, 2007 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 NOVA website no

	later than Friday March 2, 2007, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, FEBRUARY 28, 2007.</p> <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 VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) 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. • 12 and younger swimmers may enter a maximum of 3 individual events. • 13 and older swimmers may enter a maximum of 1 individual events. • Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. • 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. • Times of swimmers not making the meet qualifying time will be checked and the club notified if there is a problem. • 15 & Older swimmers without a time of record in an event may enter with a coach's time. Such times must be so indicated on the proof of times and can not be faster than the 15-16 "B" time standard for the event entered. "No Time" (NT) entries will not be accepted. • 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: Aykey1@aol.com • Mail entries and payment to: Leigh Robbins 12207 Gayton Road Richmond, VA 23238 • 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, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
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: NOVA of Virginia Aquatics • Payment must be received by Friday, March 2, 2007 for email entries. Payment must be included with all mailed entries • Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded ribbons for first through eighth place. The 1650 freestyle will be awarded as 13-14 and 15 & older. • Relay events will be awarded ribbons for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except events 23 and 24 will be pre-seeded • Events 23 and 24 (1650 Free) will require a positive check-in to swim and will be swum fastest to slowest and alternating heats of girls and boys. • Positive check-in will close at 3:00 pm for events 23 and 24. • 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:

	<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 current USA Swimming Rules and Regulations will apply. • The overhead start procedure will be used. • 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: Tom Elliott Phone: (804) 360-5001 Email: telliott@courts.state.va.us</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 Marty Martinez at Martin.Martinez@DLA.MIL no later than Thursday, March 1, 2007. • General meeting for coaches and officials will be held in the hospitality room 45 minutes 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 may be required to provide timers. • If timers are needed, the number of timers required per club and their lane assignments will be posted on the NOVA website no later than Thursday, March 1, 2007, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Bleacher seating for 280 • The Virginia Swim Shop will be open for swimming accessories and shopping. • Please inform swimmers and parents that spectator deck space may be extremely tight. • Any help in reducing the number of spectators and their carry in possessions would be greatly appreciated • Swim bags should be placed under the seats • No glass containers, smoking or alcohol is permitted in the pool area.
FACILITY RULES:	<ul style="list-style-type: none"> • The NOVA Aquatics Center has parking available. • Additional parking is available in the lot next door, and in several lots one block east of the pool at the intersection of Gayton and Cambridge. • PLEASE DO NOT PARK AT THE APARTMENT BUILDING.
DIRECTIONS:	<p>NOVA AQUATICS CENTER 12207 GAYTON RD. RICHMOND, VA 23238 PHONE: 754-4301</p> <ul style="list-style-type: none"> • SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Rd. south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Rd. (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. • NORTH – 95 South to 64 West to the Gaskins Road South exit. Then follow the directions above. • WEST – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Rd. Take a left at that light. Follow Pump Rd. to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield to Gayton Rd. (2 lights); take a left on to Gayton. Pool is less than ½ mile on your left. • SOUTHSIDE – Take Chippenham Parkway North which will turn into Parham Rd. Follow Parham to Quioccasin/Gayton Rd. (Regency Mall on left); take a left at that light. Proceed for 4-

Saturday, March 3, 2007
Afternoon Timed Finals
Warm-ups:1:00pm Start: 2:30PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Fly	2
3	10 & Under 100 Fly	4
5	11-12 50 Free	6
7	10 & Under 50 Free	8
9	11-12 200 Breast	10
11	10 & Under 50 Back	12
13	11-12 50 Back	14
15	10 & Under 200 Medley Relay	16
17	11-12 200 Medley Relay	18
19	10 & Under 500 Free	20
21	11-12 500 Free	22
23	13 and Over 1650 Free	24

2007 REGION CHAMPIONSHIP QUALIFYING TIMES

Qualifying Period: January 1, 2006 to February 22, 2007

Girls 10 & Under														Boys 10 & Under			
LCM		SCM		SCY		Events		SCY		SCM		LCM					
Faster than	Slower than	Faster than	Slower than	Faster than	Slower than			Faster than	Slower than	Faster than	Slower than	Faster than	Slower than				
40.89	36.39	39.99	35.59	36.19	32.09	50	Free	35.59	31.89	39.29	35.29	40.39	36.19				
1:32.99	1:20.69	1:30.69	1:19.09	1:22.09	1:11.29	100	Free	1:19.99	1:10.79	1:28.29	1:18.19	1:31.09	1:20.09				
3:23.79	2:56.79	3:16.99	2:52.79	2:58.29	2:36.39	200	Free	2:50.89	2:31.89	3:08.89	2:47.89	3:13.99	2:51.79				
6:55.79	6:04.49	6:42.09	5:57.39	7:39.49	6:48.39	500	Free	7:35.19	6:44.59	6:38.39	5:54.09	6:52.69	6:01.09				
49.89	42.39	48.09	41.79	43.49	37.69	50	Back	43.89	38.09	48.49	42.19	50.49	42.79				
1:48.89	1:31.29	1:43.79	1:30.09	1:33.99	1:21.19	100	Back	1:32.49	1:21.69	1:42.19	1:30.19	1:46.09	1:31.79				
54.89	47.69	52.79	46.49	47.79	41.99	50	Breast	48.19	42.49	53.29	46.89	55.09	48.09				
2:02.39	1:45.59	1:57.89	1:43.19	1:46.69	1:33.39	100	Breast	1:44.89	1:32.69	1:55.79	1:42.39	1:59.79	1:44.99				
48.59	41.09	47.49	40.39	42.99	36.39	50	Fly	41.99	36.69	46.39	40.49	46.89	40.99				
1:56.19	1:37.59	1:52.79	1:35.79	1:42.09	1:26.69	100	Fly	1:40.59	1:25.69	1:51.09	1:34.69	1:53.99	1:36.49				
		1:44.29	1:30.29	1:34.39	1:21.39	100	IM	1:31.39	1:21.29	1:40.99	1:29.79						
3:47.29	3:18.49	3:40.29	3:14.49	3:19.39	2:55.99	200	IM	3:18.09	2:55.29	3:38.89	3:13.69	3:44.79	3:17.69				
Girls 11-12							Boys 11-12										
36.39	32.39	35.49	31.59	32.19	28.49	50	Free	30.99	28.49	34.29	31.59	35.79	32.39				
1:20.19	1:09.99	1:15.49	1:08.39	1:08.29	1:01.69	100	Free	1:08.09	1:02.39	1:15.19	1:09.19	1:17.49	1:10.79				
2:52.39	2:33.09	2:47.79	2:29.89	2:31.79	2:15.09	200	Free	2:27.99	2:15.19	2:43.49	2:29.99	2:48.69	2:33.19				
6:00.09	5:17.69	5:50.09	5:11.29	6:40.09	5:55.99	500	Free	6:35.09	5:59.99	5:45.79	5:14.89	5:56.59	5:21.29				
42.49	37.59	40.99	36.99	37.09	33.39	50	Back	36.79	33.69	40.59	37.39	42.29	37.99				
1:34.39	1:19.59	1:30.49	1:18.39	1:21.89	1:10.69	100	Back	1:19.09	1:11.69	1:27.39	1:19.49	1:31.39	1:20.69				
3:15.79	2:51.59	3:08.09	2:49.19	2:50.19	2:32.49	200	Back	2:46.59	2:32.69	3:04.09	2:49.39	3:15.29	2:51.79				
45.59	42.09	45.49	41.59	41.09	37.49	50	Breast	41.09	37.59	45.39	41.49	47.09	42.69				
1:41.89	1:31.39	1:38.69	1:29.39	1:29.29	1:20.59	100	Breast	1:28.39	1:21.09	1:37.59	1:29.59	1:41.99	1:31.99				
3:40.59	3:17.89	3:32.69	3:13.89	3:12.49	2:54.69	200	Breast	3:07.39	2:52.99	3:26.99	3:11.09	3:37.99	3:15.99				
39.69	35.49	39.09	34.79	35.39	31.39	50	Fly	35.49	32.39	39.19	35.79	39.99	36.59				
1:30.79	1:20.79	1:29.09	1:19.39	1:20.59	1:11.59	100	Fly	1:19.29	1:10.99	1:27.59	1:18.79	1:30.19	1:20.19				
3:17.79	2:59.99	3:11.19	2:56.49	2:52.99	2:39.69	200	Fly	2:51.49	2:38.29	3:09.49	2:54.89	3:15.89	2:58.49				
		1:28.79	1:19.09	1:20.29	1:11.29	100	IM	1:18.29	1:11.69	1:26.49	1:19.59						
3:15.19	2:52.19	3:09.79	2:48.99	2:51.79	2:32.29	200	IM	2:49.69	2:33.79	3:07.49	2:50.69	3:13.89	2:53.89				
Girls 13-14							Boys 13-14										
35.49	30.59	34.29	29.79	30.99	26.89	50	Free	28.79	25.49	31.89	28.29	33.19	29.09				
1:16.99	1:05.89	1:14.49	1:04.29	1:07.39	57.99	100	Free	1:02.89	55.69	1:09.49	1:01.79	1:12.19	1:03.39				
2:45.29	2:23.09	2:40.69	2:19.89	2:25.39	2:06.09	200	Free	2:16.29	2:01.49	2:30.59	2:14.79	2:37.09	2:17.99				
5:42.99	5:01.59	5:34.59	4:55.19	6:22.39	5:37.99	500	Free	6:07.69	5:25.49	5:21.79	4:44.09	5:31.09	4:50.49				
11:41.99	10:38.09	11:29.89	10:25.29	13:08.29	11:54.99	1000	Free	12:39.99	11:35.99	11:05.99	10:08.29	11:23.99	10:21.09				
22:23.09	20:36.39	21:45.59	20:05.09	21:53.19	20:12.19	1650	Free	21:06.99	19:29.49	20:59.59	19:22.69	21:54.19	19:52.79				
1:26.79	1:15.39	1:22.19	1:14.19	1:14.39	1:06.89	100	Back	1:10.29	1:04.39	1:17.69	1:11.39	1:21.29	1:12.59				
3:05.69	2:41.89	2:56.29	2:39.49	2:39.59	2:22.89	200	Back	2:31.09	2:16.29	2:46.99	2:31.19	2:55.09	2:33.59				
1:36.59	1:26.79	1:33.39	1:24.79	1:24.49	1:16.39	100	Breast	1:18.39	1:12.29	1:26.59	1:19.89	1:30.49	1:22.19				
3:27.99	3:06.39	3:21.09	3:02.39	3:01.99	2:44.39	200	Breast	2:49.39	2:36.29	3:07.09	2:52.69	3:17.59	2:57.39				
1:23.69	1:14.79	1:21.49	1:13.39	1:13.79	1:06.19	100	Fly	1:08.69	1:02.69	1:15.89	1:09.49	1:17.99	1:10.89				
3:03.59	2:45.29	2:57.89	2:42.49	2:40.99	2:26.39	200	Fly	2:32.59	2:20.79	2:48.59	2:35.59	2:53.29	2:38.99				
3:06.79	2:41.29	3:01.09	2:38.09	2:43.89	2:22.49	200	IM	2:33.69	2:16.59	2:49.79	2:31.59	2:56.39	2:34.79				
6:32.49	5:40.79	6:22.59	5:34.39	5:46.19	5:01.29	400	IM	5:27.59	4:49.99	6:01.99	5:21.79	6:15.09	5:28.19				
Girls 15 & Over							Boys 15 & Over										
No Minimum Qualifying Time	30.29	No Minimum Qualifying Time	29.29	No Minimum Qualifying Time	26.49	50	Free	No Minimum Qualifying Time	24.09	No Minimum Qualifying Time	26.59	No Minimum Qualifying Time	27.79				
	1:05.39		1:03.39		57.39	100	Free		52.49		57.99		1:00.69				
	2:20.79		2:16.89		2:03.89	200	Free		1:53.39		2:05.29		2:10.49				
	4:59.19		4:52.19		5:33.79	500	Free		5:11.69		4:32.79		4:41.09				
	10:15.19		10:00.39		11:25.99	1000	Free		10:44.19		9:23.79		9:39.39				
	19:37.19		19:02.29		19:08.99	1650	Free		18:00.99		17:54.69		18:34.49				
	1:14.99		1:11.69		1:04.89	100	Back		58.79		1:04.89		1:08.69				
	2:40.29		2:34.49		2:19.79	200	Back		2:07.09		2:20.49		2:27.89				
	1:24.09		1:20.89		1:13.19	100	Breast		1:06.29		1:13.29		1:17.19				
	3:00.59		2:54.39		2:37.79	200	Breast		2:23.89		2:38.99		2:46.99				
	1:12.69		1:10.79		1:04.09	100	Fly		57.99		1:04.09		1:06.19				
	2:37.79		2:35.19		2:20.49	200	Fly		2:08.79		2:22.29		2:25.89				
	2:39.09		2:35.19		2:20.59	200	IM		2:08.79		2:22.19		2:28.39				
5:41.69	5:32.59	5:00.99	400	IM	4:37.09	5:06.09	5:16.19										