



RAPPAHANNOCK AREA YMCA STINGRAYS
13 & Older A/BB/B/C Meet
November 4-5, 2006
SANCTION NO. VS-07-13

Rappahannock Area



YMCA Stingrays

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-07-13
LOCATION:	Regency Park Sports Center, 6301 Campus Drive, Fredericksburg, Va. 22407
FACILITY:	<ul style="list-style-type: none"> • 25 yard, 8 lanes, with non-turbulent lane lines, Colorado Timing System; indoor. • Three lanes available in separate pool for continuous warm up/warm-down. • Deck space is limited, spectators should only be on deck during their swimmers events, and a gymnasium will be available for spectators and swimmers.
MEET DIRECTOR:	<p>Mike Friedel Email: friedelmike@yahoo.com Phone: (540) 907-4657</p>
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming/VSI registered 13 & Older swimmers in the North and Central Districts and invited out-of-LSC teams. <ul style="list-style-type: none"> ○ North District teams are: BASS, FAST, PWSC, QDD, QS, RAYS, RPST, TSU, VAST, VSTP, WSC, & WST ○ Central District teams are: BAC, DC, NOVA, PSDN, RACE, SGY, SQST, & VACS • Swimmers with two "A" times at any distance, one each in different strokes including IM as the fifth stroke, can swim any event offered in the A+ session. • Swimmers not qualified for the A+ session can swim any event offered in the BB/B/C session. • Swimmers may only swim relays in the session they are qualified to compete. • 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 November 4th 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 A+ swimmers will swim Saturday afternoon (session 2), Saturday Distance (session 3), and Sunday afternoon (session 5) • All BB, B & C swimmers will swim Saturday morning (session 1), Saturday Distance (session 3), and Sunday morning (session 4). • Distance session immediately following the finish of the Saturday afternoon session, with the distance session competition starting 20 minutes thereafter. • All events will be timed finals. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
WARM-UPS:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 6:30 am; competition starts at 8:00 am • Afternoon sessions: Warm-ups no earlier than 11:00 am; competition starts at Noon or the completion of warm-ups. • 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 RAYS' website, www.swimrays.org, by Wednesday, November 1st. They 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 RAYS' website,

	<p>www.swimrays.org, by Wednesday, November 1st. They will also be emailed to the contact person of the participating clubs.</p>
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 25, 2006.</p> <ul style="list-style-type: none"> • 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 Time (CT) and No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition • Swimmers may enter a maximum of four individual events per session with a maximum of 5 individual events per day and one relay event 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 the number of events per day or number of entries per event, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: chopnyip@aol.com . • Mail entries to: Scott Perry 10107 Chatham Court Fredericksburg, VA 22408 • 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: \$4.25 Relay events: \$14.00 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: STINGRAYS. • Payment must be received by November 1, 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 eighth place • 13-18 events will be awarded 13-14, and 15-18 age groups. • Relay awards: Ribbons will be awarded for first through eighth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except events longer than 400 yards and all relays will be pre-seeded. Swimmers should report directly to the blocks for their events. • Events 1-4 (400 IM), 21-24 (200 Medley Relays), 29-32 (400 IM), 49-52 (200 Medley Relays), 57-58 (1000 Free), 75-78, 200 Free Relays), 83-84 (500 Free), 101-104 (200 Free Relays), and 109-110 (500 Free) will require a positive check-in to swim. • Positive check-in will close at the conclusion of the session's warm-ups. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Event 57 & 58 (1000 Free) will be run fastest to slowest alternating girls' and boys' heats. • 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.

	<ul style="list-style-type: none"> 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 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: Stephanie Suhling Email: Suhling.stafford2@verizon.net Phone: (540) 720-1474 (home), (540) 903-7164 (cell)</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 Wally Hunt, hunt66@highstream.net, (540) 424-0212, no later than October 27th. Walk-on official are welcome. Stroke and Turn Clinic is being offered. Contact Wally Hunt for training. There will be an officials' meeting approximately 45 minutes prior to the start of each session. 				
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 failure to follow the safety rules. First Aid Station is located in the scoring room by the main entrance door to the pool area. 				
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 RAYS' website no later than Wednesday, November 1st and will also be emailed to the contact person of each of the individual clubs. Swimmers must provide their own timers and counters for distance events. 				
GENERAL:	<ul style="list-style-type: none"> Concessions and meet programs will be available in the lobby area. Sports Fair will sell equipment and apparel in the gym. Snacks, refreshments and lunch will be provided to officials and coaches in the hospitality room at the far end of the pool on the locker room side. Coaches and officials with special dietary concerns are encouraged to bring their own food. Pool deck space is limited. All spectators are required to be in the bleachers or along the back wall unless currently working as a timer, official or event staff. Please do not use the bulkhead to access the bleachers. The deck space on the locker room side is reserved for coaches. Space in the gymnasium has been reserved for swimmers and spectators to rest between events. Please put down blankets to minimize the damage to the gym floor. Food/coolers are allowed in the gym. 				
FACILITY RULES:	<ul style="list-style-type: none"> Each club is responsible for supervising the conduct of its swimmers. Absolutely no food is allowed on deck. Coolers will not be permitted on deck or in the stands. Swimmers must dry off prior to leaving the pool area. Please bring your towel with you to the locker room. All swimmers must enter and exit the pool area via the locker rooms. 				
DIRECTIONS:	Directions to the Regency Park Sports are posted on the RAYS' website, www.swimrays.org				
HOTELS:	<table> <tr> <td>Holiday Inn Select (540) 786-8321</td> <td>Wingate Inn (540) 368-8000</td> </tr> <tr> <td>Wystestone Suites (540) 710-5500</td> <td>Sleep Inn Southpoint (540) 710-5500</td> </tr> </table>	Holiday Inn Select (540) 786-8321	Wingate Inn (540) 368-8000	Wystestone Suites (540) 710-5500	Sleep Inn Southpoint (540) 710-5500
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SESSION I
BB/B/C
SATURDAY AM, NOVEMBER 4, 2006

WOMEN'S #	EVENT	MEN'S #
1	13-14 400 IM	2
3	15-18 400 IM	4
5	13-14 50 Free	6
7	15-18 50 Free	8
9	13-14 200 Breast	10
11	15-18 200 Breast	12
13	13-14 100 Fly	14
15	15-18 100 Fly	16
17	13-14 200 Free	18
19	15-18 200 Free	20
21	13-14 200 Medley Relay	22
23	15-18 200 Medley Relay	24
25	13-14 200 Back	26
27	15-18 200 Back	28

SESSION II
A +
SATURDAY PM, NOVEMBER 4, 2006

WOMEN'S #	EVENT	MEN'S #
29	13-14 400 IM	30
31	15-18 400 IM	32
33	13-14 50 Free	34
35	15-18 50 Free	36
37	13-14 200 Breast	38
39	15-18 200 Breast	40
41	13-14 100 Fly	42
43	15-18 100 Fly	44
45	13-14 200 Free	46
47	15-18 200 Free	48
49	13-14 200 Medley Relay	50
51	15-18 200 Medley Relay	52
53	13-14 200 Back	54
55	15-18 200 Back	56

Session III
Distance

WOMEN'S #	EVENT	MEN'S #
57	13-18 1000 Free	58

SESSION IV
SUNDAY AM, NOVEMBER 5, 2006
BB/B/C

WOMEN'S #	EVENT	MEN'S #
59	13-14 200 IM	60
61	15-18 200 IM	62
63	13-14 100 Free	64
65	15-18 100 Free	66
67	13-14 200 Fly	68
69	15-18 200 Fly	70
71	13-14 100 Breast	72
73	15-18 100 Breast	74
75	13-14 200 Free Relay	76
77	15-18 200 Free Relay	78
79	13-14 100 Back	80
81	15-18 100 Back	82
83	13-18 500 Free	84

SESSION V
A+
SUNDAY AM, NOVEMBER 5, 2006

WOMEN'S #	EVENT	MEN'S #
85	13-14 200 IM	86
87	15-18 200 IM	88
89	13-14 100 Free	90
91	15-18 100 Free	92
93	13-14 200 Fly	94
95	15-18 200 Fly	96
97	13-14 100 Breast	98
99	15-18 100 Breast	100
101	13-14 200 Free Relay	102
103	15-18 200 Free Relay	104
105	13-14 100 Back	106
107	15-18 100 Back	108
109	13-18 500 Free	110