



**RAPPAHANNOCK AREA YMCA STINGRAYS**  
**BB Time Trial**  
**March, 3, 2007**  
**SANCTION NO. VS-07-03T**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-07-03T</b>
<b>LOCATION:</b>	Mary Washington University, Goolrick Pool, College Ave, Fredericksburg, VA 22405
<b>FACILITY:</b>	25 Yards Short Course indoor pool, 6 lanes, with non-turbulent lane lines, manual timing system.
<b>MEET DIRECTOR:</b>	Name: Mike Friedel Email: <a href="mailto:friedelmike@yahoo.com">friedelmike@yahoo.com</a> Phone: (540) 907-4657
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming/VSI registered swimmers in the North District. Teams in the Northern Region are: BASS, FAST, NOVA, PWSC, QDD, RACE, RAYS, RPST, SGY, SHKS, TSU, VAST, VSTP, WSC, &amp; WST</li> <li>Swimmers may compete in any event in which they have at least a "BB" time.</li> <li>The qualifying period for this meet is January 1, 2006-March 2, 2007</li> <li>All swimmers participating in this meet must be registered by the first day of the meet.</li> <li>No on deck registration will be permitted.</li> <li>Age on March 3, 2007 will determine age for the entire meet.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>There will be one session.</li> <li>All events are time trials.</li> <li><b>We have the pool until 10:30 AM only.</b> All events must be swum by that time. Any events not swum will be refunded.</li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>Morning sessions: Warm-ups: 6:30-6:50 AM; competition starts at 7:00 AM.</li> <li>There will be a 10 minute warm-up period after event 9 is completed for warm-up/cool down.</li> <li>Distance event: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of Event 16 with competition starting 5 minutes thereafter. Teams are required to bring their own lap counters and provide their own timers.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 12:00 NOON, THURSDAY, MARCH 1, 2007</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in SCY times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li> <li>A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>"No Time" (NT) entries will not be accepted.</li> <li>Swimmers may enter a maximum of 3 <i>individual events</i>.</li> <li>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.</li> <li>Email entries to: <a href="mailto:Suhling.stafford2@verizon.net">Suhling.stafford2@verizon.net</a></li> <li>Late entries will be deck seeded if possible. Please bring deck seeds via USB Flash Drive.</li> </ul>
<b>FEES:</b>	Individual events: \$4.00 No Swimmer surcharge Checks should be made payable to: RAYS.

	<ul style="list-style-type: none"> <li>• Payment must be received by March 3, 2007 for all entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No awards.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded and posted behind the blocks on the wall.</li> <li>• Deck entries will be accepted.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>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.</b></li> <li>• 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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• The overhead start procedure may be used for the morning sessions at the discretion of the Referee.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Stephanie Suhling</b>  <b>Email: <a href="mailto:Suhling.stafford2@verizon.net">Suhling.stafford2@verizon.net</a></b>  <b>Phone: (540) 720-1474 (home) or (540) 903-7164 (cell)</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Official meeting will be at 6:30 AM.</li> </ul>
<b>SAFETY:</b>	<p>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.</p>
<b>TIMERS:</b>	<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 Rays no later than Thursday, March 1, 2007 9:00PM, and will also be emailed to the contact person of each of the individual clubs. Teams are responsible for providing their own timers for the 1650.</p>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• No concessions or heat sheets</li> <li>• No food allowed on the pool deck.</li> <li>• Only plastic water bottles allowed.</li> <li>• Swimmers must have a coach present.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Enter the pool area via the brick terrace and sliding glass doors.</li> <li>• All Parking is in the new parking garage off Alvey Drive. Take the 1<sup>st</sup> right after the light at College Ave going North on Route 1. Do not park in the gym lot. Follow signs for pool.</li> <li>• No on site shaving.</li> <li>• Only officials, coaches, swimmers and timers will be allowed on deck.</li> <li>• All fans must be in the stands.</li> </ul>
<b>DIRECTIONS:</b>	<p>See Rays website under facilities for map: <a href="http://www.swimrays.org">www.swimrays.org</a>. Rear of Building 42.</p>

<u>Event#</u>	<u>Gender</u>	<u>Age</u>	<u>Event Name</u>		
1	Mixed	Open	500 Freestyle	Time	Trial
2	Mixed	Open	400 IM	Time	Trial
3	Mixed	Open	50 Freestyle	Time	Trial
4	Mixed	Open	100 Butterfly	Time	Trial
5	Mixed	Open	200 Breaststroke	Time	Trial
6	Mixed	Open	50 Backstroke	Time	Trial
7	Mixed	Open	200 IM	Time	Trial
8	Mixed	Open	50 Butterfly	Time	Trial
9	Mixed	Open	100 Backstroke	Time	Trial
10	Mixed	Open	100 Breaststroke	Time	Trial
11	Mixed	Open	100 Freestyle	Time	Trial
12	Mixed	Open	200 Backstroke	Time	Trial
13	Mixed	Open	50 Breaststroke	Time	Trial
14	Mixed	Open	200 Freestyle	Time	Trial
15	Mixed	12 & Under	100 IM	Time	Trial
16	Mixed	Open	200 Butterfly	Time	Trial
17	Mixed	13 & Over	1650 Freestyle	Time	Trial