



**2006 SHARKS FEEDING FRENZY**  
**North District B/C Meet**  
**December 16-17, 2006**  
**SANCTION NO. VS-07-26**

Hosted by:



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-07-26</b>
<b>LOCATION:</b>	Regency Park Sports, 6301 Campus Drive, Fredericksburg VA., 22407
<b>FACILITY:</b>	Eight Lane 25 yard indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System. Additional Lanes will be available on Saturday Only for continuous warmup and cool down. The warmup and cool down pool will NOT be available on Sunday.
<b>MEET DIRECTOR:</b>	Stu Faux Phone: (540) 840-6800 Email: <a href="mailto:coachfaux@qsst.org">coachfaux@qsst.org</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming registered swimmers/VSI swimmers in North District. Teams in the North District are: BASS, FAST, PWSC, QDD, QS, RAYS, RPST, TSU, VAST, VSTP, WSC, and WST.</li><li>• <b>8 &amp; Younger Swimmers may participate regardless of classification.</b></li><li>• <b>Swimmers 9 &amp; Older may compete in any event and relay strokes in which they have a "B" or "C" time.</b></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>• 2005-2008 NAG top 16 based times are in effect.</li><li>• Age on December 16, 2006 will determine the swimmer's age for the 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>• All 9-10 and 11-12 swimmers will swim on Saturday and Sunday morning.</li><li>• All 8 &amp; Younger and 13 &amp; Older swimmers will swim on Saturday and Sunday afternoon.</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 7:30-8:30 am, competition starts at 8:45 am.</li><li>• Afternoon sessions: Warm-ups will begin no earlier than 12:30 pm and will run for 1 hour. Competition starts 15 minutes after the completion of warm-ups.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the Sharks website (<a href="http://www.qsst.org">www.qsst.org</a>) no later than Monday, December 11th, and will also be emailed to the contact person of the participating clubs.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 8:00 PM, MONDAY, DECEMBER 4, 2006</b></p> <ul style="list-style-type: none"><li>• <b>Entries from teams outside the Northern District and the VSI LSC will be accepted until 8:00 pm, Tuesday, December 5th, 2006, if space is available after Northern District and other VSI entries have been accepted.</b></li><li>• Entries must be submitted in <b>short course yards</b> 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 of the person, phone number, and email address to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>• Coaches Times (CT) and No Time (NT) 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.</li><li>• <b>Swimmers may enter a maximum of 4 individual events per day.</b> If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</li></ul>

	<ul style="list-style-type: none"> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. <b>Relays are co-ed and must be made up of 2 male and 2 female athletes per relay.</b></li> <li>Entries will be processed in the order received. Meet will be limited to 550 Swimmers, not including the host team.</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:meetentries@qsst.org">meetentries@qsst.org</a></li> <li>Send entries to: Debby Martinich 52 Kane Way Stafford VA 22554</li> <li><b>IMPORTANT:</b> 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.</li> <li>Refunds will be made to anyone cut from an event by the Meet Director, because of a need to limit competition.</li> <li><b>Late entries will be accepted.</b> 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. Additional heats will not be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: <b>\$3.00</b>  Relay events: <b>\$12.00</b>  Swimmer surcharge: \$2.00 per person</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: <b>QSST</b></li> <li>Payment must be received by Wednesday, December 13, 2006 for email entries. Payment must be included with all mailed entries.</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eight Place.</li> <li>8 &amp; Younger events will be given separate awards for 6 &amp; under and 7-8 age groups.</li> <li>11 &amp; Older events will be given separate awards for 11-12, 13-14, and 15 &amp; Older age groups.</li> <li>13 &amp; Older events will be given separate awards for 13-14, and 15 &amp; Older age groups.</li> <li>Relay events will be awarded ribbons for first through fourth place</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, <b>except</b> events 25 &amp; 26 (11-12 400 IM), 30 &amp; 31 (13-18 400 IM), 46 &amp; 47 (11-18 200 Breast), 80 &amp; 81 (9-12 500 Free), 90 &amp; 91(11-18 200 Fly), 106 &amp; 107 (11-18 200 Back), 110 &amp; 111 (13-18 500 Free) will be pre-seeded.</li> <li><b>Positive check-in will close at the conclusion of warm-ups for each session.</b></li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT</b></li> <li>Swimmers competing in the 500 free <b>are responsible for providing their own lap counters and timers.</b></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 will be used for all sessions.</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: Jerry Hayes</b>  <b>Email: <a href="mailto:hayesj_r56@verizon.net">hayesj_r56@verizon.net</a></b>  <b>Phone: (703) 670-9460</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Frank Rosa, Email: <a href="mailto:fjrosa@verizon.net">fjrosa@verizon.net</a> by Tuesday, December 12<sup>th</sup>.</li> <li>• Officials will meet outside Hospitality 45 minutes before the start of every session</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>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the <a href="http://www.gsst.org">www.gsst.org</a> no later than Monday, December 11, 2006, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be sold for \$5.</li> <li>• A Hospitality Suite will be available (refreshments &amp; lunch) for USS officials &amp; coaches.</li> <li>• Concessions snack bar and PRO SHOP will be available.</li> <li>• Refreshments, lunch and evening snacks will be provided for USS officials &amp; coaches</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each club is responsible for supervising the conduct of their swimmers.</li> <li>• Swimmers are not permitted in any room of the buildings not directly associated with this swim meet.</li> <li>• No towels or suits etc. are to be hung on or around the lifeguard stands.</li> <li>• Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the spectator bleachers, in the hallway, or in the Gym.</li> <li>• No cars are to be left in the fire lanes.</li> </ul>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Holiday Inn Select (540) 786-8321</li> <li>• Best Western Fredericksburg (540) 371-5050</li> <li>• WyteStone Suites (540) 891-1112</li> <li>• Wingate Inn (540) 368-8000</li> <li>• Sleep Inn Southpoint (540) 710-5500</li> </ul>

## ORDER OF EVENTS

### Saturday AM

Warm-ups 7:30-8:30 AM, Meet Start 8:45 AM

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

### Sunday AM

Warm-ups 7:30-8:30 AM, Meet Start 8:45 AM

61	9-10 100 Y Back	62
63	11-12 100 Y Back	64
65	9-10 50 Y Breast	66
67	11-12 50 Y Breast	68
69	9-10 100 Y IM	70
71	11-12 100 Y IM	72
73	9-10 100 Y Free	74
75	11-12 100 Y Free	76
77	9-10 50 Y Fly	78
79	11-12 50 Y Fly	80
81	9-12 500 Y Free	82
83	9-10 Co-Ed 200 Free Relay	
84	1-12 Co-Ed 200 Free Relay	

### Saturday PM

Warm-ups 12:30 PM, Meet Start 1:45 PM

29	8 & Y 100 Y Free	30
31	13-18 400 Y IM	32
33	8 & Y 50 Breast	34
35	13-14 100 Y Back	36
37	15-18 100 Y Back	38
39	8 & Y 25 Y Back	40
41	13-14 50 Y Free	42
43	15-18 50 Y Free	44
45	8 & Y 50 Y Free	46
47	11-18 200 Y Breast	48
49	13-14 100 Y Fly	50
51	15-18 100 Y Fly	52
53	8 & Y 25 Y Fly	54
55	13-14 200 Y Free	56
57	15-18 200 Y Free	58
59	8 & Y Co-Ed 100 Y Free Relay	
60	13-18 Co-Ed 200 Y Free Relay	

### Sunday PM

Warm-ups 12:30 PM, Meet Start 1:45 PM

85	13-14 100 Y Breast	86
87	15-18 100 Y Breast	88
89	8 & Y 25 Y Breast	90
91	11-18 200 Y Fly	92
93	8 & Y 50 Y Fly	94
95	13-14 100 Y Free	96
97	15-18 100 Y Free	98
99	8 & Y 25 Y Free	100
101	13-14 200 Y IM	102
103	15-18 200 Y IM	104
105	8 & Y 100 Y IM	106
107	11-18 200 Y Back	108
109	8 & Y 50 Y Back	110
111	13-18 500 Y Free	112
113	8 & Y Co-Ed 100 Medley Relay	
114	13-18 Co-Ed 200 Medley Relay	