



VAST NEW YEAR'S MEET
North District 12 & Younger Meet
January 6-7, 2007
SANCTION NO. VS-07-30



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-07-30
LOCATION:	Savage Natatorium, James Madison University, Harrisonburg, VA
FACILITY:	25 yard, 8 lanes and non-turbulent lane lines. Colorado timing system with a one-line display board will be used, with stopwatch timing as a back up.
MEET DIRECTOR:	Janet Sheffer Email janetshef@adelphia.net Phone: (540) 433-9519
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Northern District. Teams in Northern District are: BASS, FAST, PWSC, QDD, QS, RAYS, RSTP, TSU, VAST, VSTP, WSC and WST.• Swimmers with two "BB" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the BB+ session.• Swimmers not qualified for the BB+ session can swim any event offered in the B/C session.• 8&U swimmers may participate regardless of classification in the afternoon session.• 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 January 6, 2007 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">• The B/C session will be on Saturday and Sunday morning.• BB+ and 8&Y Session will be on Saturday and Sunday afternoon.• All events will be timed finals.• No distance session will be offered.• Lane assignment and warm-up times for individual clubs will be posted on the VAST(club name) website no later than Tuesday, January 2, 2007, and will also be emailed to the contact person of the participating clubs.• If the afternoon warm-ups will begin immediately after the morning session ends.
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions: Saturday: 7:00 am to 8:00 am; competition starts at 8:10 am. Sunday: 7:20 am to 8:20 am; competition starts at 8:30 am.• Afternoon sessions: 12:00 pm to 1:00 pm; competition starts at 1:10 pm.• Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than Tuesday, January 2, 2007, and will also be emailed to the contact person of the participating clubs.• If the afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, DECEMBER 27, 2006. <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, phone number, and email address 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

	<p>must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> • 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: jfosterpm@hotmail.com • Mail entries to: Jason Foster 1703-A South Dogwood Drive Harrisonburg, VA 22801 • 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: VAST • Payment must be received by January, 3, 2007 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 8 place • 8 & Younger events will be given separate awards for 7-8 and 6 & younger age groups. • Heat winner ribbons will be awarded for all 8 & Younger individual events. • Relay events: Ribbons will be awarded for first through 4th place
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. All age groups in Morning B/C sessions and the 8 & Younger swimmers in the afternoon sessions must report to the Clerk of Course and they will be escorted to the blocks from there. • All other swimmers in the afternoon sessions should report directly to the blocks for their events.
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 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: Don Kelly Email: Kelley@ntelos.net Phone: (540) 943-0867</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 Janet Sheffer at janetshef@adelphia.net no later than January 2, 2007. • A 15 minute officials meeting will take place 45 minutes prior to the start of the morning and afternoon sessions.
SAFETY:	<p>VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups</p>

	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 VAST) no later than Tuesday, January 2, 2007 and will also be emailed to the contact person of each of the individual clubs. 						
GENERAL:	<ul style="list-style-type: none"> • Concessions will be available through Aramark • Heat Sheets will be available • Hospitality will be available for coaches and officials. • A swim shop will be available. 						
FACILITY RULES:	<ul style="list-style-type: none"> • The gym and a viewing area above the pool will be available both days. Some areas may be marked off limits. Please obey signage. • Access to the pool will be limited to swimmers, coaches, officials, staff and timers. • No smoking is permitted in the building. • No food or drink in the pool area. • Please be courteous in sharing the locker rooms and bathrooms by keeping them neat. 						
DIRECTIONS:	The Godwin pool facility is located on the campus of James Madison University. From Interstate 81, take exit 245. Off the ramp head west on Port Republic Road. At the next light, turn right onto the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall. The pool is on the first floor and the gym and seating area are on the second floor.						
HOTELS:	<p>Many Local hotels are available.</p> <table> <tr> <td>Courtyard by Marriot</td> <td>Hampton Inn</td> <td>Jameson Inn</td> </tr> <tr> <td>(540) 432-3031</td> <td>(540) 432-1111</td> <td>(540)442-1515</td> </tr> </table>	Courtyard by Marriot	Hampton Inn	Jameson Inn	(540) 432-3031	(540) 432-1111	(540)442-1515
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Order of Events
VAST 12 & Younger New Years Meet
January 6-7, 2007

Saturday AM B/C Session
Warm-up: 7:00 am; Start: 8:10 am

<u>Girls</u>		<u>Events</u>	<u>Boys</u>
1	11-12	200 Free	2
3	9-10	100 IM	4
5	11-12	100 IM	6
7	9-10	50 Free	8
9	11-12	50 Back	10
11	11-12	200 Back	12
13	9-10	100 Back	14
15	11-12	100 Breast	16
17	9-10	50 Breast	18
19	11-12	50 Fly	20
21	11-12	200 Fly	22
23	9-10	100 Fly	24
25	11-12	50 Free	26
27	9-10	200 Free Relay	28
29	11-12	200 Free Relay	30
31	12 & Y	500 Free	32

Sunday AM B/C Session
Warm-up: 7:20 am; Start 08:30 am

<u>Girls</u>		<u>Events</u>	<u>Boys</u>
77	9-10	200 IM	78
79	11-12	200IM	80
81	9-10	200 Free	82
83	11-12	100 Free	84
85	9-10	100 Free	86
87	11-12	100 Back	88
89	9-10	50 Back	90
91	11-12	50 Breast	92
93	11-12	200 Breast	94
95	9-10	100 Breast	96
97	11-12	100 Fly	98
99	9-10	50 Fly	100
101	9-10	200 Medley Relay	102
103	11-12	200 Medley Relay	104

Saturday PM BB+ Session
Warm-up: 12:00 pm; Start: 1:10 pm

<u>Girls</u>		<u>Events</u>	<u>Boys</u>
33	11-12	200 Free	34
35	8&Y	100 IM	36
37	9-10	100 IM	38
39	11-12	100 IM	40
41	8 & Y	25 Free	42
43	9-10	50 Free	44
45	11-12	50 Back	46
47	8 & Y	50 Back	48
49	11-12	200 Back	50
51	9-10	100 Back	52
53	8& Y	100 Back	54
55	11-12	100 Breast	56
57	9-10	50 Breast	58
59	8 & Y	25 Breast	60
61	11-12	50 Fly	62
63	11-12	200 Fly	64
65	9-10	100 Fly	66
67	8 & Y	50 Fly	68
69	11-12	50 Free	70
71	10 & Y	200 Free Relay	72
73	8 & Y	100 Free Relay	74
75	11-12	200 Free Relay	76

Sunday PM BB+ Session
Warm-up: 12:00pm; Start 1:10 pm

<u>Girls</u>		<u>Events</u>	<u>Boys</u>
105	9-10	200 IM	106
107	11-12	200IM	108
109	8 & Y	50 Free	110
111	9-10	200 Free	112
113	8 & Y	100 Free	114
115	11-12	100 Free	116
117	9-10	100 Free	118
119	8 & Y	25 Back	120
121	11-12	100 Back	122
123	9-10	50 Back	124
125	8 & Y	50 Breast	126
127	11-12	50 Breast	128
129	8 & Y	100 Breast	130
131	11-12	200 Breast	132
133	9-10	100 Breast	134
135	8 & Y	25 Fly	136
137	11-12	100 Fly	138
139	9-10	50 Fly	140
141	8 & Y	100 Fly	142
143	10 & Y	200 Medley Relay	144
145	8 & Y	100 Medley Relay	146
147	11-12	200 Medley Relay	148