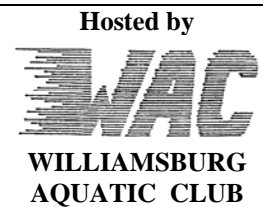




**WILLIAMSBURG AQUATIC CLUB**  
**Southeast District B/C Mini Meet**  
**December 9-10, 2006**  
**SANCTION NO. VS-07-23**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-07-23</b>
<b>LOCATION:</b>	Fort Eustis Aquatic center, Building 641, Tyler Ave. Newport News, Va. Phone (757)878-1090
<b>FACILITY:</b>	Eleven (11) lane 25 yard indoor pool. All sessions will be run using a eight (8)-lane course for competition. Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines.
<b>MEET DIRECTOR:</b>	Anne Anderson <a href="mailto:Flandos@cox.net">Flandos@cox.net</a> (757) 220-8633
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in Southeast District. Team in Southeast District are: CGBD, CYAT, NSD, ODAC, OBX, PRO, PYAC, SEVA, SSC, TAC, TCAC, TIDE, and WAC</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>• <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>• 2005-2008 NAG top 16 based times are in effect.</li><li>• Age on December 9, 2006 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>• All 10 &amp; Younger swimmers will swim on Saturday and Sunday morning.</li><li>• All 11 &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 am; competition starts at 8:30 pm</li><li>• Afternoon sessions: Warm-ups at 12:00 pm; competition starts at 1:00 pm</li><li>• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter. Warm-up/Warm-down lanes will be available during the meet.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the <a href="http://www.swimwac.com">www.swimwac.com</a> website no later than Wednesday, December 6, 2006, and will also be emailed to the contact person of the participating clubs.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 29, 2006</b> <ul style="list-style-type: none"><li>• 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.</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>• 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</li><li>• Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per day.</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.</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:coachharold2@aol.com">coachharold2@aol.com</a></li> <li>Mail entries to: Williamsburg Aquatic Club 3909 Midlands Road, Suite B Williamsburg, VA 23188</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> </ul>
<b>FEES:</b>	<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"> <li>Checks should be made payable to: Williamsburg Aquatic Club</li> <li>Payment must be received by December 6, 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 1<sup>st</sup> through 8<sup>th</sup> place</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 individual events will be given separate awards for 13-14 and 15 &amp; Older age groups</li> <li>10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</li> <li>8 &amp; Younger events will be given separate awards for 7 &amp; 8 and 6 &amp; under</li> <li>Heat winner Candy Canes will be awarded for all 10 &amp; Younger individual events.</li> <li>Relay events: Ribbons will be awarded for 1st through 8<sup>th</sup> place</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except events 27-28 (9-10 500 Free), 31-32 (13&amp;O 400 IM) 55-56 (11&amp;O 500 Free) and 105-106 (13&amp;O 1650 Free) will be pre-seeded.</li> <li>Swimmers should report directly to the blocks for their events.</li> <li>Events 27-28 (9-10 500 Free), 31-32 (13&amp;O 400 IM) 55-56 (11&amp;O 500 Free) and 105-106 (13&amp;O 1650 Free) will require a positive check-in to swim.</li> <li>Positive check-in will closed one (1) hour after warm-ups..</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>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.</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 the afternoon sessions, and 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: Phil Mease</b>  <b>Email: <a href="mailto:pmease@james-city.va.us">pmease@james-city.va.us</a></b>  <b>Phone: (757) 229-2109</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 <b>Cay Pittman at (757) 565-3599 no later than Friday, December 1, 2006</b></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.swimwac.com">www.swimwac.com</a> no later than Wednesday, December 6, 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>• Officials' and Coaches' Hospitality will be available.</li> <li>• Meet programs will be sold.</li> </ul>
<b>FACILITY RULES:</b>	<p><b>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS:</b></p> <ul style="list-style-type: none"> <li>• Picture identification will be required to gain access to the base.</li> <li>• Rules will be enforced by meet marshal, aquatic center staff and the Fort Eustis Fire Marshall.</li> <li>• Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and/or in the meet program, will be disqualified from the meet and escorted from the facility.</li> <li>• <b>The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.</b></li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition.</li> <li>• <b>Balcony:</b> Swimmers and their bags <b><u>will not be allowed</u></b> to stay in the area. Spectator seating is limited and swimmers must stay on the competition or adventure pool deck.</li> <li>• <b>ADVENTURE POOL AREA RESTRICTED TO SWIMMERS AND COACHES.</b></li> </ul>
<b>DIRECTIONS:</b>	<p>From I-64 take Exit 250(Fort Eustis Blvd) towards Fort Eustis. This will take you onto the base. Go 4 blocks past security and through the circular intersection. Turn right at first Street (Tyler Road) past the circular intersection. The Aquatic facility is the building on your left. If the Aquatic Center lot is full, there are plenty of parking 100 yards down Tyler Road.</p>

# WAC B/C/MINI MEET

## ORDER OF EVENTS

**Saturday, December 9, 2006**

### Morning Session

Warm-up: 7:30 am; Start: 8:30 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 100 Individual Medley	2
3	8&Y 25 Free	4
5	9-10 50 Free	6
7	8&Y 50 Breast	8
9	10&Y 100 Breast	10
11	8&Y 100 Free	12
13	10&Y 200 Free	14
15	8&Y 25 Fly	16
17	9-10 50 Fly	18
19	8&Y 50 Back	20
21	10&Y 100 Back	22
23	8&Y 100 Free Relay	24
25	9-10 200 Free Relay	26
<b><u>Distance Session</u></b>		
(10 minute break)		
27	9-10 500 Free	28

### Afternoon Session

Warm-up: 12:00 noon; Start: 1:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	11-12 100 Individual Medley	30
31	13&O 400 Individual Medley	32
33	11-12 50 Free	34
35	13&O 50 Free	36
37	11&O 200 Fly	38
39	11-12 50 Back	40
41	13&O 100 Back	42
43	11-12 200 Free	44
45	13&O 200 Free	46
47	11&O 200 Breast	48
49	11-12 50 Fly	50
51	13&O 200 Free Relay	52
53	11-12 200 Free Relay	54
<b><u>Distance Session</u></b>		
(10 minute break)		
55	11&O 500 Free	56

**Sunday, December 10, 2006**

### Morning Session

Warm-up: 7:30 am; Start: 8:30 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	9-10 50 Breast	58
59	8&Y 25 Breast	60
61	10&Y 200 Individual Medley	62
63	8&Y 100 Individual Medley	64
65	9-10 100 Free	66
67	8&Y 50 Free	68
69	10&Y 100 Fly	70
71	8&Y 50 Fly	72
73	9-10 50 Back	74
75	8&Y 25 Back	76
77	9-10 200 Medley Relay	78
79	8&Y 100 Medley Relay	80

### Afternoon Session

Warm-up: 12:00 noon; Start: 1:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	11-12 100 Free	82
83	13&O 100 Free	84
85	11-12 200 Individual Medley	86
87	13&O 200 Individual Medley	88
89	11-12 50 Breast	90
91	13&O 100 Breast	92
93	11-12 100 Back	94
95	11&O 200 Back	96
97	11-12 100 Fly	98
99	13&O 100 Fly	100
101	11-12 100 Breast	102
103	13&O 200 Medley Relay	104
105	11-12 200 Medley Relay	106
<b><u>Distance Session</u></b>		
(15 minute break)		
107	13&O 1650 Free	108