



AMENDED
MOTHER'S DAY SPRING DIP
BB/B/C/Mini Meet
May 10-11, 2008
SANCTION NO. VS-08-55

Hosted by
Burkwood
Aquatic
Club

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-55
LOCATION:	Burkwood Swim and Racquet Club. 9111 Burkwood Club Drive Mechanicsville, VA 23116. Phone: (804) 730-4076.
FACILITY:	8 lane 25 meter outdoor heated pool with non-turbulent lane lines. Colorado timing system. Ample seating for swimmers and parents.
MEET DIRECTOR:	Name: Karen Seeber Email: Tech9T2@comcast.net Phone: 804-730-4076 (days); 804-730-8833 (evenings)
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers. Non-VSI registered teams may participate if space is available.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 8 & Younger swimmers may participate regardless of classification.• Swimmers 9 & Older may compete in any event and relay strokes in which they have a "BB", "B" or "C" or no time.• 2005-2008 NAG top 16 based times are in effect.• Age on May 10, 2008 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 swimmers will compete in a single session on Saturday and Sunday• Distance Session immediately follows the Saturday session.• All events will be timed finals.• No time trials will be offered.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 8:30-9:20 am; competition starts at 9:35 am.• Saturday Distance sessions: Warm ups – No earlier than 1:00 pm. The pool will be open for 25 minutes of open warm-ups immediately following the finish of the Saturday afternoon session, 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 Burkwood Aquatic Club (BAC) website (www.bacswim.com) no later than Monday, May 5th, and will also be emailed to the contact person of the participating clubs.○ The distance sessions will start no earlier than the estimated times.○ Swimmers are responsible for providing their own timer and an individual to count laps.• Lane assignment and warm-up times for individual clubs will be posted on the BAC website no later than Mon, May 5th and will also be emailed to the contact person of the participating clubs.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, MAY 1, 2008</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.

	<ul style="list-style-type: none"> Coaches Times (CT) will be accepted for events which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT and must have been achieved in USA Swimming sanctioned, approved, or observed competition. "No Time" (NT) entries will not be accepted except for 8 & under events. Swimmers may enter a maximum of 4 individual events and 1 relay event per day PLUS one distance event on Saturday evening. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Entries will be processed in the order received. 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: George Massey at headcoach@bacswim.com Mail entries to: Burkwood Aquatic Club P.O. Box 1886 Mechanicsville, VA 23116 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: Burkwood Aquatic Club Payment must be received by May 10, 2008, the first day of the meet. 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 sixteenth place. <ul style="list-style-type: none"> 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups. 11 & Older events will be given separate awards for 11-12, 13-14, and 15 & Older age groups. 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. Heat winner ribbons will be awarded for all 12 & Younger individual events. Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events except events #117 & 118 (10&Y 400 Free), 119 & 120 (11&O 400 Free), and 121 & 122 (12&O 800 Free) will be pre-seeded. Swimmers report directly to the blocks for their events. Events #117 & 118 (10&Y 400 Free), 119 & 120 (11&O 400 Free), and 121 & 122 (12&O 800 Free) will require a positive check-in to swim. Positive check-in will close 30 minutes before the scheduled start of the Saturday afternoon distance session. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. All events will be swum slowest to fastest. 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 Meet Director or Session Director.
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. 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. Overhead starts will be used for all sessions.
OFFICIALS:	<p>Meet Referee: Bob Rustin Phone: (804) 276-9220 Email: bob.a.rustin@usa.dupont.com</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 Tedd Smith (Meet officials coordinator) tsmith@helloinc.com or call (804) 550-3332 no later than April 29, 2008. Officials meeting will occur at 8:45 am for the morning sessions There will be a coaches meeting on Saturday morning at 9:25 am.
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. Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet
TIMERS:	BAC will provide timers for all sessions except for the Saturday afternoon distance session.
GENERAL:	<ul style="list-style-type: none"> Heat sheets will be sold at a cost of \$1.00. A concession stand will be on premises. A hospitality room will be provided for the officials and coaches. There are bleachers and ample room for parents and swimmers to bring their own chairs. Bathrooms and locker rooms are located in the basement of the clubhouse. The doors are to you left as you are walking through the gate to the pool.
FACILITY RULES:	<ul style="list-style-type: none"> Please do not go inside the roped off area surrounding the upper pool. This is for your own safety.
DIRECTIONS:	From I-295, take exit 41A (301 North towards Hanover). Fifth stoplight take a right onto Shady Grove. First stoplight make a left onto Studley Road. Studley Road veers to the left. Follow for approximately ¼ mile. Right onto Burkwood Club Drive (just after the church). Go to the end of the drive and park to the far right hand side of the clubhouse. Use the gravel pathway to the right of the clubhouse to access the pool.

MOTHER'S DAY SPRING DIP

MAY 10-11, 2008

Saturday Morning, May 10, 2008

Warm Up: 8:30 am Meet Start: 9:35 am

Girls	Event	Boys
1	11 – 12 100 Freestyle	2
3	10&Y 200 Free	4
5	13 & older 100 Freestyle	6
7	8&Y 100 Free	8
9	11 – 12 50 Butterfly	10
11	6&Y 25 Free	12
13	7 yr old 25 Free	14
15	8 yr old 25 Free	16
17	11& older 200 Butterfly	18
19	9&10 50 Fly	20
21	8&Y 50 Fly	22
23	11 – 12 200 IM	24
25	9&10 100 IM	26
27	13 & older 200 IM	28
29	6&Y 25 Back	30
31	7 yr old 25 Back	32
33	8 yr old 25 Back	34
35	10&Y 100 Back	36
37	11 – 12 50 Breaststroke	38
39	11 & older 200 Breast	40
41	8&Y 50 Breast	42
43	9&10 50 Breast	44
45	11 – 12 100 Backstroke	46
47	13 & older 100 Back	48
	-- 5 minute break --	
49	*200 Free Mixed Age Relay	50

* one 8&U, one 9-10, one 11-12, one 15-18

Saturday Evening Distance, May 10

Warm Up: No earlier than 1:00 pm

Meet Start: No earlier than 1:30 pm

Girls	Event	Boys
57	10& under 400 freestyle	58
59	11 & over 400 freestyle	60
61	12 & over 800 freestyle	62

Sunday Morning, May 11, 2008

Warm Up: 8:30 am Meet Start: 9:35 am

Girls	Event	Boys
63	10&Y 200 IM	64
65	11 – 12 200 Freestyle	66
67	13 & older 200 Freestyle	68
69	10&Y 100 Breast	70
71	6&Y 25 Breast	72
73	7 yr old 25 Breast	74
75	8 yr old 25 Breast	76
77	11 – 12 100 Butterfly	78
79	13 & older 100 Butterfly	80
81	9&10 50 Back	82
83	8&Y 50 Back	84
85	11 – 12 100 IM	86
87	13 & older 100 Breast	88
89	9 & 10 100 Free	90
91	6&Y 25 Fly	92
93	7 yr old 25 Fly	94
95	8 yr old 25 Fly	96
97	11 – 12 100 Breaststroke	98
99	10&Y 100 Fly	100
101	8&Y 50 Free	102
103	9&10 50 Free	104
105	11& older 200 Backstroke	106
107	11 – 12 50 Backstroke	108
109	8&Y 100 IM	110
111	13 & older 50 Freestyle	112
113	11 -12 50 Freestyle	114
	-- 5 minute break --	
115	9&10 200 Med Relay	116
117	8&Y 100 Med Relay	118
119	13 & older 200 Med Relay	120
121	11 – 12 200 Medley Relay	122