



4TH ANNUAL DISTANCE MEET & Sprint Challenge

January 26-27, 2008
SANCTION NO. VS-08-33

Hosted by
Burkwood
Aquatic
Club

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-33
LOCATION:	Burkwood Swim and Racquet Club (804) 730-4076 (BAC office) 9120 Burkwood Club Drive (804) 730-2472 (number to call day of the meet) Mechanicsville, VA 23116
FACILITY:	<ul style="list-style-type: none"> • 8 lane 25 yard indoor pool with non-turbulent lane lines. • Bleacher seating on one side of pool. Ample room for personal chairs on the other side. • Colorado timing system will be in use. • Depending upon size of meet, one lane may be used for continuous warm-up/warmdown or a separate 8 lane 25 meter pool will be used. This separate pool is a three minute walk from the meet pool.
MEET DIRECTOR:	Karen Seeber Phone: 804-730-8833 Email: headcoach@bacswim.com
ELIGIBILITY:	<ul style="list-style-type: none"> • Meet open to all USA Swimming/VSI registered swimmers with first priority given to teams who competed in previous year's meet (BAC, CGBD, DC, NOVA, PSDN, SQST, TCAC, VACS). • 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 26, 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"> • Distance Meet: <ul style="list-style-type: none"> ○ Swimmers may participate in one individual event per session and one relay for a maximum of four events for the meet. ○ All events will be timed finals. • Sprint Meet: <ul style="list-style-type: none"> ○ Swimmers may participate in four individual events and one relay. ○ All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> • Distance Meet: <ul style="list-style-type: none"> ○ Morning sessions: General warm-ups: 6:30-7:50 am. Competition begins at 8:00 am ○ Saturday afternoon session: General warm-ups: no earlier than 1:00-1:45 pm. Competition starts no earlier than 2:00 pm. Teams will be notified by Wednesday, January 23, 2008 regarding exact warm-up times. ○ The final 20 minutes of each warm-up period will have lanes 1, 2, 7 & 8 designated for pace lanes, and lanes 3 & 6 designated for start/sprint lane. • Sprint Meet: Warm-ups: No earlier than 12:30 pm; competition begins no earlier than 1:30 pm.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, JANUARY 21, 2008</p> <ul style="list-style-type: none"> • Entries from BAC, DC, CGBD, NOVA, PSDN, SQST, TCAC, and VACS will have priority acceptance for the Distance sessions. All other entries will be accepted on a first come, first served basis. • 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 of the person to contact in case of questions must accompany the entries, regardless

	<p>of how they are submitted.</p> <ul style="list-style-type: none"> Coaches Times (CT) 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. "No Time" (NT) entries will not be accepted for the Distance Classic but are acceptable for the Sprint Challenge. Entry limits: <ul style="list-style-type: none"> Distance Classic: Limited to one individual event per session and one relay. Sprint Challenge: 4 events. <p>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.</p> <ul style="list-style-type: none"> Email entries to: 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:	<table border="0"> <tr> <td><u>Distance Classic</u></td><td><u>Sprint Challenge</u></td></tr> <tr> <td>Individual events: \$6.00</td><td>Individual events: \$2.50</td></tr> <tr> <td>Swimmer surcharge: \$2.00 per person</td><td>Relay: \$4.00</td></tr> <tr> <td></td><td>Swimmer surcharge: \$2.00 per person (not required if entered into the Distance Classic)</td></tr> </table> <ul style="list-style-type: none"> Checks should be made payable to: BURKWOOD AQUATIC CLUB Payment must be received by 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. 	<u>Distance Classic</u>	<u>Sprint Challenge</u>	Individual events: \$6.00	Individual events: \$2.50	Swimmer surcharge: \$2.00 per person	Relay: \$4.00		Swimmer surcharge: \$2.00 per person (not required if entered into the Distance Classic)
<u>Distance Classic</u>	<u>Sprint Challenge</u>								
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AWARDS:	<ul style="list-style-type: none"> Distance Classic <ul style="list-style-type: none"> Individual events: Medals will be awarded for 1st – 8th place. Ribbons will be awarded for 9th – 16th place. Separate awards will be given for 10&U, 11-12, 13-14, and 15-18 age groups. Plaques will be awarded on Sunday to the top two finishers in each age category and gender that swims in all three events and scores the lowest overall combined time. Sprint Challenge <ul style="list-style-type: none"> Individual events: Ribbons will be awarded for 1st – 10th place. Relay events: Ribbons will be awarded for 1st – 4th place. 								
SEEDING:	<ul style="list-style-type: none"> There will be positive check-in up to ½ hour before the morning sessions and Saturday afternoon session begins. Swimmers in all sessions should report directly to the blocks for their events. Deck entries will be accepted in the order received to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms. 								
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 in effect. 								

	<ul style="list-style-type: none"> 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: Bob Griffin Phone: (804) 744-6944 Email: bob.griffin3@verizon.net</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 at tsmith@helloinc.com no later than January 21, 2008.. There will be an officials meeting at 7:15am on Saturday and Sunday mornings, one no earlier than 1:15 pm on Saturday afternoon, and one no earlier than 12:45 pm on Sunday afternoon.
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. During the competition, swimmers must enter the warm-up lane from the far end of the pool (opposite the starting blocks), jumping in feet first.
TIMERS:	Clubs may be required to provide timers. If required, this information will be sent to the participating clubs by Wednesday, January 23, 2008
GENERAL:	<ul style="list-style-type: none"> Enter the meet through the side doors on the left of the building. Please do not use the front doors. Heat sheets will be available for \$1.00 Hospitality room will be open to coaches and certified officials No glass containers, smoking or alcohol is permitted in the pool area.
PARKING:	<ul style="list-style-type: none"> PLEASE DO NOT PARK IN FRONT OF THE BUILDING. You may park on the side of the building or in the parking area across the drive. Please follow the signs.
DIRECTIONS:	<ul style="list-style-type: none"> Go to www.bacswim.com, under Team Info, and click on the icon for Mapquest to get specific directions from your location. From I-295, take exit 41A (301 North towards Hanover). Fifth stoplight right onto Shady Grove. First stop light left onto Studley Road. Studley Road veers to the left. Follow for approximately ¼ mile. Right onto Burkwood Club Drive (just after the church). First building on the left.

BAC DISTANCE CLASSIC

SATURDAY, JAN 26TH

Girls	Distance - Session One	Boys
	Warmups: 6:30am Meet Start: 8:00am	
1	11& Over 1000 Free 11& Over 1650 Free	2

Girls	Distance - Session Two	Boys
	Warmups: no earlier than 1:00pm Meet Start: no earlier than 2:00pm	
3	12&Under 500 Free	4
5	11&Over 400 IM	6
7	12& U 800 Mixed Medley Relay	7
8	13&O 800 Mixed Medley Relay	8

SUNDAY, JAN 27TH

Girls	Distance - Session Three	Boys
	Warmups: 6:30am Meet Start: 8:00am	
	11&Over 1000 Free	9
10	11&Over 1650 Free	

“Pain is weakness leaving the body.
It is never a question of how much more
You can take, but how much more you can give.
Just when you’re ready to quit, your mind says
Push harder, you listen. Sensing an inner strength
That wasn’t there before, and suddenly, you discover,
You no longer feel the pain. Now you have succeeded.”
- U.S. Marines

*“Every morning when the sun comes up
a fish wakes up knowing that it must swim faster
than the fastest shark or it will be eaten and die.*

*Every morning when the sun comes up a shark wakes up
knowing that it must swim faster than the slowest fish or
it will starve to death.*

*The moral of the story is, when the sun comes up, you
better be swimming fast!”*

- Anonymous

BAC *Sprint* Challenge

January 27, 2008

9120 Burkwood Club Drive, Mechanicsville, VA 23116

Specific meet information is listed above with the Distance Meet

Swimmers may enter up to 4 individual events and 1 relay.

There will be Penny Grab to start the meet for all 12&U swimmers. The pool will be filled with 2000 pennies and 5 special gold coins that can be turned in for special prizes.

Cost: \$2.00 swimmer surcharge (do not need to pay if already entered in the Distance meet).
\$2.50 per individual event
\$4.00 per relay

Sunday – January 27, 2008

Warm-ups - No earlier than 12:30 pm

Meet starts - No earlier than 1:30 pm

Girls	Event Information	Boys
13	8&U 25 yd fly	14
15	9-10 50 yd fly	16
17	11-12 50 yd fly	18
19	13&O 100 yd fly	20
21	8&U 25 yd back	22
23	9-10 50 yd back	24
25	11-12 50 yd back	26
27	13&O 100 yd back	28
29	8&U 25 yd breast	30
31	9-10 50 yd breast	32
33	11-12 50 yd breast	34
35	13&O 100 yd breast	36
37	8&U 25 yd free	38
39	9-10 50 yd free	40
41	11-12 50 yd free	42
43	13&O 100 yd free	44
45	*200 yd Mixed Age Free Relay	46

* One 10&U, 11-12, 13-14, 15-18)