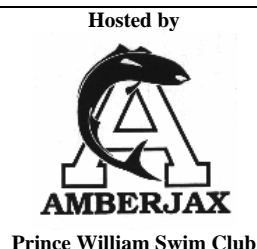




2007 FALL AQUA-FEST
North District Age Group Meet
November 3-4, 2007
SANCTION NO. VS-08-11



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction # VS-08-11
LOCATION:	Freedom Aquatic and Fitness Center, Manassas, Virginia (703) 993-8444
FACILITY:	25 yard, 10 lane indoor pool with non-turbulent lane lines. Two warmup/warmdown lanes available at all times. Colorado timing system with large scoreboard. Large gym to house swimmers.
MEET DIRECTOR:	Arturo Weldon Phone: (703) 878-4981 (home) or (703) 801-9653 (cell) Email: wandaarturo@hotmail.com
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming/VSI registered 14 years old and younger swimmers in North District. Teams in the North District are: BASS, FAST, PATS, PWSC, QDD, RAYS, RPST, STAT, SHKS, TSU, VAST, VSTP, WSC and WST.All swimmers participating in this meet must be registered with USA Swimming/Virginia Swimming by the first day of the meet.No on deck registration will be permitted.8 & Younger swimmers entering the 10 & Younger 200y Freestyle event must have at least a provable B time in the 10 & Younger 100y Freestyle.11-14 year old swimmers entering the 400y IM events 49, 50, 51 and 52 must have at least a provable BB time in the 200 IM or a B time in the 400 IM.2005-2008 NAG top 16 based times are in effect.Age on November 3, 2007 will determine age for the entire meet.
DISABILITY SWIMMERS	<ul style="list-style-type: none">Athletes with a disability are welcomed but must provide advance notice of desired accommodations to the Meet DirectorThe athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competing.
FORMAT:	<ul style="list-style-type: none">All 10 & Younger swimmers will swim on Saturday and Sunday morning.All 11-14 swimmers will swim on Saturday and Sunday afternoon.All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">Saturday & Sunday morning warm-ups 7:30-8:45 a.m.; competition starts at 9:00 a.m. There will be three 25 minute warm-up sessionsAfternoon Warm-ups will start no earlier than 11:45 a.m.; competition will begin no earlier than 1:30 p.m. There will be three 30 minute warm-up sessions.Lane assignment and warm-up times for individual clubs will be posted on the PWSC website www.pwcweb.com/pwsc no later than Tuesday, October 30, 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 WEDNESDAY, OCTOBER 24, 2007</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 of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.Coaches Times (CT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. No times (NT's) will be accepted, but it is requested that all entries have at least a Coaches Time (CT).

	<ul style="list-style-type: none"> • All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of three individual events and one relay event per day. • 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. This meet will be limited to a total of 650 swimmers. • 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 and/or mail entries to: Jerry Hayes, hayesjr56@verizon.net • Mail entries to: Jerry Hayes 14751 Danville Road Woodbridge, VA 22193 Phone: (703) 670-9460 • 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: \$3.50 Relay events: \$13.00 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: PWSC. • Payment must be received by Wednesday, October 31 for email entries. • Failure to pay entry fees prior to the actual beginning of the meet 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 tenth place. <ul style="list-style-type: none"> ○ 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. ○ 8 & Younger events will be given separate awards for 6 & Younger and 7-8. • Heat winner ribbons will be awarded for all 10 & Younger individual events. • Separate awards will be given for BB+ and B/C swimmers. • Relay events: Ribbons will be awarded for first through fifth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except relays and events #49-50 and #51-52, 400y Individual Medley, will be pre-seeded. • 8 & Younger swimmers in the morning session must report to the Clerk of Course located in the gym. From there they will be escorted to the blocks. Other swimmers will report directly to the blocks for their events. • Swimmers in the afternoon sessions report directly to the blocks for their events. • Events 49-50 (400 IM) and 103, 104, 105, & 106 (500 Free) will require a positive check-in to swim. • Positive check-in will close at the end of warm-ups for the session in which the event is scheduled • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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.

	<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: Jerry Hayes E-mail: hayesjr56@verizon.net Phone: (703) 670-9460</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Team Officials Chairpersons should submit the names, certified position and session availability of officials, as well as the names and session availability of trainees to Mark Owens markaowens@comcast.net no later than Thursday, November 1, 2007. Officials will meet 45 minutes prior to the beginning of competition for each session Coaches Meeting on Saturday morning at 8:45.
SAFETY:	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.
TIMERS:	<ul style="list-style-type: none"> Clubs are 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 PWSC website no later than Thursday, November 1, 2007, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Complimentary lunch will be served for coaches, deck officials, Timing Judges, Recorders, Clerk of Course, Marshals, Chief Timers and Timing System Operators. A concession stand will be available for swimmers and spectators. Results will be posted in the hallway outside the pool. Complimentary heat sheets will be provided for officials and coaches. These heat sheets can be obtained from the Clerk of Course. Heat sheets will be sold to spectators for \$5.00 each.
FACILITY RULES:	<ul style="list-style-type: none"> Each club is responsible for supervising the conduct of their swimmers. Swimmers are not permitted in any room of any university building not directly associated with this swim meet. No towels or suits, etc. are to be hung on or around the lifeguard stands. Only coaches, swimmers and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the hallway. Contact the Freedom Center staff, 703/993-8444, to request group rate use of the entire facility for your non-swimming children/adults (\$3/person). No cars are to be left in the fire lanes. No camping in the hallway. Swimmers must be housed in the gym.
DIRECTIONS:	<ul style="list-style-type: none"> Freedom Aquatic and Fitness Center is located on the Prince William campus of George Mason University. From Interstate 95-North on Route 234, Exit (152) Dumfries-Manassas. Proceed towards Manassas approximately 15 miles to University Boulevard (this is approximately one mile north of VA Route 28). Proceed ½ mile and follow signs into Freedom Aquatic and Fitness Center. From Interstate 66-South on Route 234, Exit (44) (Prince William Parkway). Proceed approximately 4 miles to University Boulevard. Turn left and follow directions in preceding paragraph. Directions are also available on the Virginia Swimming web site www.virginiaswimming.org.
HOTELS:	<ul style="list-style-type: none"> Best Western Manassas, 8640 Mathis Ave., Manassas, VA , 703/368-7070 Comfort Suites of Manassas, 9350 Williamson Blvd, Manassas, VA, 703/686-1100 Hampton Inn, Manassas, 7295 Williamson Blvd, Manassas, VA 703/369-1100 Days Inn Manassas, 10653 Balls Ford Road, Manassas, VA 503/368-2800 Holiday Inn Manassas, 10800 Vendor Lane, Manassas, VA 703/335-0000

Order of Events

Saturday, November 3, 2007

Warm-ups, 7:30-8:45 a.m. (AM Session) & 11:45-1:15 p.m. (PM Session)

AM Session

Girls	Events	Boys
1	9-10 50y Freestyle	2
3	8 & Y 25y Freestyle	4
5	9-10 100 Butterfly	6
7	8 & Y 50y Butterfly	8
9	9-10 100y IM	10
11	8 & Y 100y IM	12
13	9-10 50y Breaststroke	14
15	8 & Y 25y Breaststroke	16
17	9-10 100y Backstroke	18
19	8 & Y 50y Backstroke	20
21	10 & Y 200 Freestyle	22
23	8 & Y 100 Free Relay	24
25	10 & Y 200y Free Relay	26

PM Session

Girls	Events	Boys
27	11-12 100y Freestyle	28
29	13-14 100y Freestyle	30
31	11-12 50y Butterfly	32
33	11-12 200y IM	34
35	13-14 200y IM	36
37	11-12 50y Breaststroke	38
39	13-14 200y Breaststroke	40
41	11-12 100y Backstroke	42
43	13-14 100y Backstroke	44
45	11-12 200y Free Relay	46
47	13-14 200y Free Relay	48
49	11-12 400y IM	50
51	13-14 400y IM	52

Sunday, November 4, 2007

Warm-ups, 7:45-8:45 a.m. (AM Session) & 11:45-1:15 p.m. (PM Session)

AM Session

Girls	Events	Boys
53	9-10 100y Freestyle	54
55	8 & Y 50y Freestyle	56
57	9-10 50y Butterfly	58
59	8 & Y 25y Butterfly	60
61	9-10 200y IM	62
63	8 & Y 50y Breaststroke	64
65	9-10 100 Breaststroke	66
67	8 & Y 25y Backstroke	68
69	9-10 50y Backstroke	70
71	8 & Y 100y Freestyle	72
73	9-10 200y Medley Relay	74
75	8 & Y 100 Medley Relay	76

PM Session

Girls	Events	Boys
77	11-12 200 y Freestyle	78
79	13-14 200y Freestyle	80
81	11-12 100y Butterfly	82
83	13-14 100y Butterfly	84
85	11-12 100y IM	86
87	13-14 100y Breaststroke	88
89	11-12 100y Breaststroke	90
91	13-14 200y Backstroke	92
93	11-12 50y Backstroke	94
95	13-14 50y Freestyle	96
97	11-12 50y Freestyle	98
99	13-14 200y Medley Relay	100
101	11-12 200y Medley Relay	102
103	11-12 500y Freestyle	104
105	13-14 500y Freestyle	106