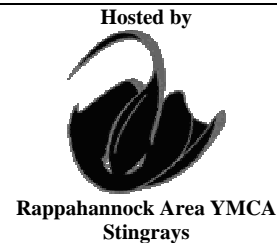




AMENDED
RAPPAHANNOCK AREA YMCA STINGRAYS
A/BB/B/C Meet
June 7-8, 2008
SANCTION NO. VS-08-57
Sponsored by the Sell Family



SANCTION:	Held under the sanction of USA Swimming & Virginia Swimming, Inc. SANCTION NO. VS-08-57
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
FACILITY:	Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; The pool will be configured to conduct competition in 10-lanes except as noted.
MEET DIRECTOR:	Scott Perry Email: Chopnyip@aol.com Phone: (540) 891-5658
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers• 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 June 7, 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">• The meet announcement has been revised. The events order has changed. 50 Meter events will be run first in each session. We are no longer offering relays due to time limitations.• All 12 & Younger swimmers will swim on Saturday and Sunday morning.• All 13 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 6:30 am; competition starts at 8:00 am.• Afternoon sessions: Warm-ups no earlier than 12:00 noon. Information will be posted on the RAYS' website, www.swimrays.org, by Wednesday, June 4th.• Distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the 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 RAYS' website by Wednesday, June 4th, and will also be emailed to the contact person of the participating clubs.○ The distance session will start no earlier than the estimated times.○ Lane 1 will be open during the 800 free for warm-up/cool down. Lane 2 will be closed as a buffer lane.• Lane assignment and warm-up times for individual clubs will be posted on the RAYS' website by Wednesday, June 4th, 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, MAY 28, 2008</p> <ul style="list-style-type: none">• Entries must be submitted in long course meter 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.• 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. All entry times other than Coaches Times

	<p>must have been achieved in USA Swimming sanctioned or approved competition.</p> <ul style="list-style-type: none"> • No Time (NT) entries will not be accepted. • Swimmers may enter a maximum of three <i>individual events</i>. • Entries will be processed in the order received. This meet will be limited to a total of 750 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 entries to: ssuhling@yahoo.com • Mail entries to: Stephanie Suhling 6 Daventry Place Stafford, VA 22554 • 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. • If you do not receive an email confirming receipt of your entries within 24 hours of sending them contact the Stephanie Suhling 540-903-7164 cell or via email immediately. • After May 30, late entries will only be accepted if there is room in existing heats. New heats will not be created.
FEES:	<p>Individual events: \$4.75 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$5 per event prior to the first day of the meet and \$10 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: RAYS. • Payment must be received by May 28, 2008 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. • 13 & Older events will be given separate awards for 13-14 and 15 & Over age groups. • 9-12 events will be given separate awards for 9-10 and 11-12 age groups. • 12 and Under events will be given separate awards for 11-12, 9-10 and 8 & Younger 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 10 & Younger individual events.
SEEDING:	<ul style="list-style-type: none"> • All events, except events 43, 44, 45, 46 (400 IM), 47 & 48 (800 Free), 69 & 70 (400 Free), 71, & 72 (400 IM) will be pre-seeded. Swimmers should report directly to the blocks for their events. • Events 15 & 16 (200 IM), 19 & 20 (200 free), 43, 44, 45, 46 (400 IM) 47 & 48 (800 Free), 69 & 70 (400 Free), 71, & 72 (400 IM) will require a positive check-in to swim. • Event 47 and 48 (800 Free) will be swum fastest to slowest. Two to a lane using 8 lanes (3-10). • Swimmers who are alternates for events must report to the referee prior to the event starting. • Chase starts will be used for all 50 meter events and for the 800 free. • All odd numbered events (girls) will be swum fastest to slowest. • The 11-12 200 free and the 11-12 200 IM have been combined with the 10 & Y events. • Event 21 and 22 will be swum fastest to slowest alternating girl/boy. If the 4 hour timeline expires, the session will be immediately terminated. Any swimmers not able to swim due to time constraints will be given a refund. • Coaches are encouraged to report known scratches to try to accommodate alternate swimmers. • Positive check-in will close at the conclusion of that session's warm-ups. • 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. 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: Stephanie Suhling Email: ssuhling@yahoo.com Phone: (540) 720-1474</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 Stephanie Suhling no later than May 28th. Training will be allowed at this meet. Please contact Stephanie prior to the meet to make sure she has someone to mentor you. There will be an officials' meeting approximately 45 minutes prior to the start of each session. 	
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:	<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 RAYS' website no later than Friday, May 30th and will also be emailed to the contact person of each of the individual clubs. Teams with swimmers in the 800 free must provide 2 timers for each swimmer. 	
GENERAL:	<ul style="list-style-type: none"> Concessions with food and heat sheets will be provided. Sports Fair will sell equipment and apparel. 	
FACILITY RULES:	<ul style="list-style-type: none"> Swimmers are not permitted in any room of the building not directly associated with the meet. Swimmers and spectators are expected to camp out in the gym or outside patio off the pool deck. By order of the Fire Marshall, swimmers will not be allowed to set up "camp" areas in the hallways. Only swimmers, coaches, and officials can be on deck. All spectators are required to be in the elevated bleachers or in the gyms. Each club is responsible for the conduct of its swimmers. 	
DIRECTIONS:	Directions to the Freedom Center are posted on the RAYS' website.	
HOTELS:	The Courtyard, Manassas VA (At I-66 exit #47) 703-335-1300 Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) 703-393-9966 Springhill Suites by Marriott, Centreville, VA 703-815-7800 Best Western Battlefield (5 miles to pool) (703) 361-8000	Country Inn & Suites by Marriott (703) 393-9797 Fairfield Inn by Marriott (5.5 miles to pool) (703) 393-9966 Hampton Inn (4.8 miles to pool) (703) 369-1100 Comfort Suites (4.8 miles to pool) (703) 686-1100

ORDER OF EVENTS

SATURDAY AM SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 50 Free	2
3	10 & U 50 Fly	4
5	11-12 50 Back	6
7	10 & U 50 Breast	8
9	10 & U 100 Back	10
11	11-12 200 Back	12
13	11-12 100 Fly	14
15	12 & U 200 IM	16
17	10 & U 100 Free	18
19	12 & U 200 Free	20
21	11-12 100 Breast	22

SATURDAY PM SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
23	13-14 50 Free	24
25	15 & O 50 Free	26
27	13-14 100 Breast	28
29	15 & O 100 Breast	30
31	13-14 200 Free	32
33	15 & O 200 Free	34
35	13-14 100 Fly	36
37	15 & O 100 Fly	38
39	13-14 200 Back	40
41	15 & O 200 Back	42
43	13-14 400 IM	44
45	15 & O 400 IM	46

SATURDAY EVENING SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
47	13 & O 800 Free	48

All teams please bring your own LAP COUNTERS
Must have at least a BB time in your age group

SUNDAY AM SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
49	11-12 50 Fly	50
51	10 & U 50 Back	52
53	11-12 50 Breast	54
55	10 & U 50 Free	56
57	11-12 200 Fly	58
59	10 & U 100 Fly	60
61	11-12 100 Back	62
63	11-12 200 Breast	64
65	10 & U 100 Breast	66
67	11-12 100 Free	68
69	9-12 400 Free	70
71	11-12 400 IM	72

SUNDAY PM SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
73	13-14 200 Fly	74
75	15 & O 200 Fly	76
77	13-14 100 Back	78
79	15 & O 100 Back	80
81	13-14 200 IM	82
83	15 & O 200 IM	84
85	13-14 400 Free	86
87	15 & O 400 Free	88
89	13-14 200 Breast	90
91	15 & O 200 Breast	92
93	13-14 100 Free	94
95	15 & O 100 Free	96