



**RAPPAHANNOCK AREA YMCA STINGRAYS**  
**North District A/BB/B/C Meet**  
**February 9-10 2008**  
**SANCTION NO. VS-08-37**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-08-37</b>
<b>LOCATION:</b>	Regency Sports, 6301 Campus Drive, Fredericksburg, VA 22407
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 25 yard, 8 lanes. Non turbulent lane lines. Colorado Timing System.</li><li>• Warm-up /cool down pool; 3 lanes available for continuous warm-ups during the meet.</li><li>• Limited spectator space on deck, Gym is also available for spectators and swimmers.</li></ul>
<b>MEET DIRECTOR:</b>	Scott Perry Email: <a href="mailto:Chopnyip@aol.com">Chopnyip@aol.com</a> Phone: (540) 891-5658
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in the North District and invited out-of-LSC teams. North District teams are: BASS, FAST, PATS, PWSC, QDD, RAYS, RPST, SHRKS, STAT, TSU, VAST, VSTP, WSC, &amp; WST</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>• Age on February 9, 2008 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 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 11 and older swimmers will swim on Saturday and Sunday afternoon.</li><li>• All 10 and younger swimmers will swim Saturday and Sunday morning.</li><li>• All events are timed finals.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:15 am</li><li>• Afternoon sessions: Warm-ups no earlier than 11:00 am; competition starts at Noon or the completion of warm-ups.</li><li>• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter.<ul style="list-style-type: none"><li>○ The approximate start time for the distance sessions will be posted on the RAYS' website, <a href="http://www.swimrays.org">www.swimrays.org</a>, by Wednesday, February 6, 2008. They will also be emailed to the contact person of the participating clubs.</li><li>○ The distance sessions will start no earlier than the estimated times.</li></ul></li><li>• Lane assignment and warm-up times for individual clubs will be posted on the RAYS' website no later than Wednesday, February 6, 2008 and will also be emailed to the POC of participating clubs.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 30, 2008</b></p> <ul style="list-style-type: none"><li>• <b>Entries from teams outside VSI will be accepted until 6:00 pm Thursday, January 31, 2008 as space is available.</b></li><li>• 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.</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) 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</li></ul>

	<p>in USA Swimming sanctioned, approved, or observed competition</p> <ul style="list-style-type: none"> <li>• “No Time” (NT) entries will be accepted.</li> <li>• Swimmers may enter a maximum of 4 <i>individual events</i> and 1 <i>relay event</i> per day</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• 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.</li> <li>• Email entries to: <a href="mailto:ssuhling@yahoo.com">ssuhling@yahoo.com</a></li> <li>• Mail entries to: Stephanie Suhling 6 Daventry Place Stafford, VA 22554</li> </ul> <p>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.</p>
<b>FEES:</b>	<p>Individual events: \$4.00 Relay events: \$14.00 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: RAYS</li> <li>• Payment must be received by the entry deadlines listed above. 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> <li>• Late entry fee is an additional \$5.00 per event per swimmer.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through 8th place <ul style="list-style-type: none"> <li>○ 13 &amp; Older events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>○ 11 &amp; Older events will be given separate awards for 11-12, 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</li> <li>○ Heat winner ribbons will be awarded for all 10 &amp; Younger individual events.</li> </ul> </li> <li>• Relay events: Ribbons will be awarded for first through 4th place</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except events 33 &amp; 34 (11 &amp; O 200 Fly), 51 &amp; 52 (10 &amp; U 500 free), 77 &amp; 78 (11 &amp; O 1650 free) 89 &amp; 90 (11 &amp; O 400 IM) and 107 &amp; 108 (11 &amp; O 500 free) will be pre-seeded. Swimmers in all sessions should report directly to the blocks for their events.</li> <li>• Events 3 &amp; 34 (11 &amp; O 200 Fly), 51 &amp; 52 (10 &amp; U 500 free), 77 &amp; 78 (11 &amp; O 1650 free) 89 &amp; 90 (11 &amp; O 400 IM) and 107 &amp; 108 (11 &amp; O 500 free) will require a positive check-in to swim. )</li> <li>• Positive check-in will close 10 minutes prior to the start of each session for events 33 &amp; 34 and 89 &amp; 90.</li> <li>• Positive check-in will close 20 minutes prior to the start of the distance sessions for events 51 &amp; 52 (10 &amp; U 500 free), 77 &amp; 78 (11 &amp; O 1650 free) and 107 &amp; 108 (11 &amp; O 500 free).</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events 51 &amp; 52 (10 &amp; U 500 free), 77 &amp; 78 (11 &amp; O 1650 free) and 107 &amp; 108 (11 &amp; O 500 free) will be swum fastest to slowest. Distance session events may be swum alternating heats of girls and boys based on the Referee's discretion.</li> <li>• Coaches and swimmers need to be aware that there is not a break between the 11-12 50 free and 11 &amp; O 200 fly and also between the 11-12 100 IM and the 11 &amp; O 400 IM. Extra consideration will not be given to swimmers entered in both these events.</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. Deck entries must be submitted to the Clerk-of-Course on the provided forms.</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> </ul>

	<ul style="list-style-type: none"> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b> 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: Stephanie Suhling, Email: <a href="mailto:ssuhling@yahoo.com">ssuhling@yahoo.com</a>, Phone: 540-720-1474</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 Mike Friedel (officials' coordinator) no later than Monday, January 28, 2008. E-mail: <a href="mailto:friedelmike@yahoo.com">friedelmike@yahoo.com</a></li> <li>• Officials meeting will be held 45 minutes prior to the session in the Hospitality Room (door on left by the smaller pool).</li> <li>• There will be a coach's meeting at 8:00 AM Saturday in the Hospitality Room. All teams are expected to have a coach attend. Coaches are responsible for all information given out during the meeting.</li> </ul>
<b>SAFETY:</b>	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.
<b>TIMERS:</b>	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 – <a href="http://www.swimrays.org">www.swimrays.org</a> – no later than Wednesday, February 6, 2008, and will also be emailed to the contact person of each of the individual clubs.
<b>GENERAL:</b>	<p>Hospitality will be available for all USA Swimming Officials and Coaches</p> <p>Extensive concessions will be available for all swimmers and spectators.</p> <p>Heat sheets will be available for \$5.00 charge.</p> <p>Sport Fair will be available for your equipment and apparel needs.</p> <p>Premier Jewelry will be on hand for last minute Valentine presents.</p>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Swimmers and spectators are not allowed in the office areas or the third gym.</li> <li>• Swimmers must enter and exit the pool area by the locker rooms. Please bring your towel with you to dry off.</li> <li>• Only water and Gatorade are allowed on the pool deck.</li> <li>• Swimmers and spectators may not eat on the pool deck or in the stands.</li> <li>• No glass containers allowed.</li> <li>• Nothing is to be hung on the life guard chairs.</li> <li>• Only Coaches are allowed to sit on the locker room side of the pool.</li> <li>• Swimmers and parents are not allowed on the turn end of the pool due to lack of space.</li> <li>• Spectators are to sit in the bleacher seats or against the back wall at the far end of the smaller pool.</li> <li>• Coaches are responsible for supervising swimmers in the warm-up pool. Feet first entry only!</li> <li>• Each club is responsible for policing the conduct of their swimmers and leaving their area in an orderly fashion after they leave.</li> </ul> <p><b>No parking of vehicles in the fire lanes.</b></p>
<b>DIRECTIONS:</b>	Directions to Regency Park Sports will be posted on the Stingrays web site – <a href="http://www.swimrays.org">www.swimrays.org</a> . It's located a few miles east on RT 3 from the RT 3/I-95 interchange (VA exit #130).
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Holiday Inn Select (540) 786-8321</li> <li>• Sleep Inn (540) 891-5658</li> <li>• Wingate Inn (540) 368-8000</li> <li>• Others in/around Fredericksburg exits 130 and 126.</li> </ul>

# **RAYS February Open Feb 9-10, 2008**

## **ORDER OF EVENTS:**

### **Saturday, February 9, 2008**

#### **Morning Session:**

<b><u>Girls:</u></b>	<b><u>Events:</u></b>	<b><u>Boys:</u></b>
1	9-10 50 Free	2
3	8&Y 25 Free	4
5	9-10 100 Fly	6
7	8&Y 50 Fly	8
9	9-10 100 IM	10
11	8&Y 100 IM	12
13	9-10 50 Breast	14
15	8&Y 25 Breast	16
17	9-10 100 Back	18
19	8&Y 50 Back	20
21	10&Y 200 Free	22
23	8 & Y 100 Free Relay	24
25	9-10 200 Free Relay	26

### **Saturday, February 9, 2008**

#### **Afternoon Session:**

<b><u>Girls:</u></b>	<b><u>Events:</u></b>	<b><u>Boys:</u></b>
27	11-12 100 Free	28
29	13&O 100 Free	30
31	11-12 50 Fly	32
33	11&O 200 Fly	34
35	11-12 200 IM	36
37	13&O 200 IM	38
39	11-12 50 Breast	40
41	11&O 200 Breast	42
43	11-12 100 Back	44
45	13&O 100 Back	46
47	11-12 200 Free Relay	48
49	13&O 200 Free Relay	50
	<b><u>Distance Session:</u></b>	
	(20 minute break)	
51	11&O 1650 Free	52

### **Sunday, February 10, 2008**

#### **Morning Session:**

<b><u>Girls:</u></b>	<b><u>Events:</u></b>	<b><u>Boys:</u></b>
53	9-10 100 Free	54
55	8&Y 50 Free	56
57	9-10 50 Fly	58
59	8&Y 25 Fly	60
61	10&Y 200 IM	62
63	8&Y 50 Breast	64
65	9-10 100 Breast	66
67	8&Y 25 Back	68
69	9-10 50 Back	70
71	8&Y 100 Free	72
73	9-10 200 Medley Relay	74
75	8&Y 100 Medley Relay	76
	<b><u>Distance Session:</u></b>	
	(20 minute break)	
77	10&Y 500 Free	78

### **Sunday, February 10, 2008**

#### **Afternoon Session:**

<b><u>Girls:</u></b>	<b><u>Events:</u></b>	<b><u>Boys:</u></b>
79	11-12 200 Free	80
81	13&O 200 Free	82
83	11-12 100 Fly	84
85	13&O 100 Fly	86
87	11-12 100 IM	88
89	11&O 400 IM	90
91	11-12 100 Breast	92
93	13&O 100 Breast	94
95	11-12 50 Back	96
97	11&O 200 Back	98
99	11-12 50 Free	100
101	13&O 50 Free	102
103	11-12 200 Medley Relay	104
105	13&O 200 Medley Relay	106
	<b><u>Distance Session:</u></b>	
	(20 minute break)	
107	11&O 500 Free	108