



**2007 SHARKS FEEDING FRENZY**  
**B/C/Mini Meet**  
**December 1-2, 2007**  
**SANCTION NO. VS-08-21**

Hosted by:



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-08-21</b>	
<b>LOCATION:</b>	Regency Park Sports, 6301 Campus Drive, Fredericksburg VA., 22407	
<b>FACILITY:</b>	Eight Lane 25 yard indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System <b>Additional Lanes will be available for continuous warm-up and cool down.</b>	
<b>MEET DIRECTOR:</b>	Stu Faux Phone: (540) 840-6800 Email: <a href="mailto:coachfaux@qsst.org">coachfaux@qsst.org</a>	Andy Bertolet Phone: (540) 840-0680 Email: <a href="mailto:coachbertolet@qsst.org">coachbertolet@qsst.org</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming registered swimmers/VSI swimmers in VSI Northern District and invited out-of-LSC teams.</li><li>• Teams in the Northern District are: BASS, FAST, PATS, PWSC, QDD, RAYS, RPST, SHKS, STAT, TSU, VAST, VSTP, WSC, &amp; WST.</li><li>• <b>8 &amp; Younger Swimmers may participate regardless of classification.</b></li><li>• <b>Swimmers 9-18 years old may compete in any event and relay strokes in which they have a "B" or "C" time.</b></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>• 2005-2008 NAG top 16 based times are in effect.</li><li>• Age on December 1, 2007 will determine the swimmer's age for the 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 also 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 9-12 year old swimmers will swim on Saturday and Sunday morning.</li><li>• All 8 year old &amp; Younger and 13-18 year old swimmers will swim on Saturday and Sunday afternoon.</li><li>• All events will be timed finals.</li></ul>	
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 7:30-8:30 am, competition starts at 8:45 am.</li><li>• Afternoon sessions: Warm-ups will begin no earlier than 12:30 and will run for 1 hour. Competition starts 15 minutes after the completion of warm-ups.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the Sharks website (<a href="http://www.qsst.org">www.qsst.org</a>) no later than Monday, November 27, 2007 and will also be emailed to the contact person of the participating clubs.</li></ul>	
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 8:00 PM, MONDAY, NOVEMBER 20, 2007</b></p> <ul style="list-style-type: none"><li>• <b>Entries from teams outside the VSI LSC will be accepted until 8:00 pm, Tuesday, November 21, 2007, if space is available after Northern District have been accepted.</b></li><li>• Entries must be submitted in <b>short course yards</b> 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 of the person, phone number, and email address to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>• Coaches Times (CT) and "No Time" (NT) 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.</li><li>• <b>Swimmers may enter a maximum of 4 individual events per day.</b> If a swimmer exceeds</li></ul>	

	<p>the maximum entries, the last event, by numerical order, will be dropped.</p> <ul style="list-style-type: none"> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. <b>Relays are co-ed and must be made up of 2 male and 2 female athletes per relay.</b></li> <li>Entries will be processed in the order received. Meet will be limited to 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.</li> <li>Email entries to: <a href="mailto:meetentries@qsst.org">meetentries@qsst.org</a></li> <li>Send entries to: Debby Martinich 52 Kane Way Stafford VA 22556</li> <li>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.</li> <li>Refunds will be made to anyone cut from an event by the Meet Director, because of a need to limit competition.</li> <li></li> </ul>
<b>FEES:</b>	<p>Individual events: <b>\$3.00</b> Relay events: <b>\$12.00</b> Swimmer surcharge: \$2.00 per person</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: <b>QSST</b></li> <li>Payment must be received by Wednesday, November 22, 2007 for email entries. 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> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through 8<sup>th</sup> Place. <ul style="list-style-type: none"> <li>8 &amp; Younger events will be given separate awards for 6 &amp; under and 7-8 age groups.</li> <li>11-18 events will be given separate awards for 11-12, 13-14, and 15-18 age groups.</li> <li>13-18 events will be given separate awards for 13-14, and 15-18 age groups.</li> </ul> </li> <li>Relay events will be awarded ribbons for first through fourth place</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, <b>except</b> events 25 &amp; 26 (11-12 400 IM), 31 &amp; 32 (13-18 400 IM), 47 &amp; 48 (11-18 200 Breast), 81 &amp; 82 (9-12 500 Free), 91 &amp; 92 (11-18 200 Fly), 107 &amp; 108 (11-18 200 Back), 109 &amp; 110 (13-18 500 Free) will be pre-seeded.</li> <li><b>Positive check-in will close at the conclusion of warm-ups for each session.</b></li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT</b></li> <li><b>Late entries will be accepted.</b> If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. Additional heats will not be added.</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> <li><b>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.</b></li> <li>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 all sessions.</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: Jerry Hayes</b>  <b>Email: <a href="mailto:hayesj_r56@verizon.net">hayesj_r56@verizon.net</a></b>  <b>Phone: (703) 670-9460</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 Rich Stuckey, Email: <a href="mailto:ssstuckey@earthlink.net">ssstuckey@earthlink.net</a> by Tuesday, November 27<sup>th</sup>.</li> <li>• Officials will meet outside Hospitality 45 minutes before the start of every session</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>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the <a href="http://www.qsst.org">www.qsst.org</a> no later than Monday, November 26, 2007, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers competing in the 500 free <b>are responsible for providing their own lap counters and timers.</b></li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be sold for \$5.</li> <li>• A Hospitality Suite will be available (refreshments &amp; lunch) for USS officials &amp; coaches.</li> <li>• Concessions snack bar and PRO SHOP will be available.</li> <li>• Refreshments, lunch and evening snacks will be provided for USS officials &amp; coaches</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each club is responsible for supervising the conduct of their swimmers.</li> <li>• Swimmers are not permitted in any room of the buildings not directly associated with this swim meet.</li> <li>• No towels or suits etc. are to be hung on or around the lifeguard stands.</li> <li>• Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the spectator bleachers, in the hallway, or in the Gym.</li> <li>• No cars are to be left in the fire lanes.</li> </ul>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Holiday Inn Select 540-786-8321</li> <li>• Best Western Fredericksburg 540-371-5050</li> <li>• WyteStone Suites 540-891-1112</li> <li>• Wingate Inn 540-368-8000</li> <li>• Sleep Inn Southpoint 540-710-5500</li> </ul>

**ORDER OF EVENTS**  
**SHARKS FEEDING FRENZY**  
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**Saturday AM**

Warm-ups 7:30-8:30 AM, Meet Start 8:45 AM

1	11-12 200 Y IM	2
3	9-10 100 Y Breast	4
5	11-12 100 Y Breast	6
7	9-10 50 Y Back	8
9	11-12 50 Y Back	10
11	9-10 200 Y Free	12
13	11-12 200 Y Free	14
15	9-10 100 Y Fly	16
17	11-12 100 Y Fly	18
19	9-10 50 Y 50 Free	20
21	11-12 50 Y Free	22
23	9-10 200 Y IM	24
25	11-12 400 Y IM	26
27	9-10 Co-Ed 200 Y Medley Relay	
28	11-12 Co-Ed 200 Y Medley Relay	

**Sunday AM**

Warm-ups 7:30-8:30 AM, Meet Start 8:45 AM

61	9-10 100 Y Back	62
63	11-12 100 Y Back	64
65	9-10 50 Y Breast	66
67	11-12 50 Y Breast	68
69	9-10 100 Y IM	70
71	11-12 100 Y IM	72
73	9-10 100 Y Free	74
75	11-12 100 Y Free	76
77	9-10 50 Y Fly	78
79	11-12 50 Y Fly	80
81	9-12 500 Y Free	82
83	9-10 Co-Ed 200 Free Relay	
84	11-12 Co-Ed 200 Free Relay	

**Saturday PM**

Warm-ups 12:30 PM, Meet Start 1:45 PM

29	8 & Y 100 Y Free	30
31	13-18 400 Y IM	32
33	8 & Y 50 Breast	34
35	13-14 100 Y Back	36
37	15-18 100 Y Back	38
39	8 & Y 25 Y Back	40
41	13-14 50 Y Free	42
43	15-18 50 Y Free	44
45	8 & Y 50 Y Free	46
47	11-18 200 Y Breast	48
49	13-14 100 Y Fly	50
51	15-18 100 Y Fly	52
53	8 & Y 25 Y Fly	54
55	13-14 200 Y Free	56
57	15-18 200 Y Free	58
59	8 & Y Co-Ed 100 Y Free Relay	
60	13-18 Co-Ed 200 Y Free Relay	

**Sunday PM**

Warm-ups 12:30 PM, Meet Start 1:45 PM

85	13-14 100 Y Breast	86
87	15-18 100 Y Breast	88
89	8 & Y 25 Y Breast	90
91	11-18 200 Y Fly	92
93	8 & Y 50 Y Fly	94
95	13-14 100 Y Free	96
97	15-18 100 Y Free	98
99	8 & Y 25 Y Free	100
101	13-14 200 Y IM	102
103	15-18 200 Y IM	104
105	8 & Y 100 Y IM	106
107	11-18 200 Y Back	108
109	8 & Y 50 Y Back	110
111	13-18 500 Y Free	112
113	8 & Y Co-Ed 100 Medley Relay	
114	13-18 Co-Ed 200 Medley Relay	