



**AMENDED**  
**SWAT FROSTY INVITATIONAL**  
**A/BB/B/C Meet**  
**January 25-27, 2008**  
**SANCTION NO. VS-08-31**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-08-31</b>	
<b>LOCATION:</b>	Dedmon Center, 101 University Drive, Radford University, Radford, Virginia. (540) 831-5240.	
<b>FACILITY:</b>	25 yards, 8 lanes with non-turbulent lane lines, deck-anchored starting blocks and water depth of 12.0 feet at the starting end. Colorado Timing System with An eight line scoreboard will be used. A 20 yard warm-up/warm-down pool will be available continuously.	
<b>MEET DIRECTOR:</b>	John Gregg <b>Phone:</b> (540) 552-6378 <b>Email:</b> <a href="mailto:jgregg@vt.edu">jgregg@vt.edu</a>	Lori Clark <b>Phone:</b> (276) 233-7080 <b>Email:</b> <a href="mailto:lrclark58@comcast.net">lrclark58@comcast.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all USA Swimming/VSI registered swimmers in SW District and other invited USA Swimming Teams.</li> <li>Teams in SW District are: ACST, CAST, CCA, CVA, CYAC, FUAC, GATR, GRTD, HA, LASO, LU, LY, SCAT, SMAC, STRM, SVFY, and SWAT.</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 <b>January 25, 2008</b> 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 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>Friday 200 Free, 200 IM, and 500 Free Session</li> <li>Saturday: One session for all ages. Sprint events only</li> <li>Sunday: 10&amp;Unders in AM Session, All 11 &amp; older swimmers PM Session.</li> <li><b>Distance Session on Sunday- 1000 Free</b></li> </ul>	
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li><b>Friday Evening Session: warm-ups at 4:00 pm; competition starts at 5:00 pm.</b></li> <li><b>Saturday: Warm-ups at 7:00 am; competition starts at 8:30 am.</b></li> <li><b>Sunday 10 &amp; Under Session: Warm-ups 7:00 am; Competition Starts at 8:15 am.</b></li> <li><b>Sunday 11 &amp; Older Sessions: Warm-ups at 11:30 pm; competition starts at 1:00 pm.</b></li> <li><b>Sunday Distance Session: Warm-ups in Diving Well: competition Starts at 5:30 pm</b></li> <li>Lane assignment and warm-up times for individual clubs will be posted on the SWAT website no later than January 23, 2008, and will also be emailed to the contact person of the participating clubs.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>	
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, JANUARY 17, 2008</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yards 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 to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>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.</li> <li>"No Time" (NT) entries will not be accepted.</li> <li>Swimmers may enter a maximum of <b>5 individual events and 1 relay event per day. 2 event/day on Friday Session's Events</b></li> </ul>	

	<ul style="list-style-type: none"> <li>• Entries will be processed in the order received. This meet will be limited to a total of 400 swimmers plus host team.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• 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:edbaldwi@vt.edu">edbaldwi@vt.edu</a></li> <li>• Mail entries Fees to: Scott Baldwin 7498 James Way Fairlawn, Virginia 24141 Telephone: (540) 998-2327</li> <li>• <b>IMPORTANT:</b> 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> </ul>
<b>FEES:</b>	<p>Individual events: \$3.00 Relay events: \$12.00 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: SWAT Swimming</li> <li>• Payment must be received by January 25, 2008 for email entries. All mailed entries must have the payment included with the entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded 1<sup>st</sup> through 8<sup>th</sup> place. <ul style="list-style-type: none"> <li>○ All 12&amp;Y events will be awarded as single age group. Age groups are as follows: 6&amp;Y, 7, 8, 9,10,11,12 as single age groups.</li> <li>○ All Open events will be awarded as 13-14, and 15&amp;O age groups.</li> </ul> </li> <li>• Relay events: Ribbons will be awarded for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events 200 yards or less will be pre-seeded.</li> <li>• All events 400 yards or longer will be deck seeded with a positive check-in, as described below.</li> <li>• Swimmers in the afternoon sessions should report directly to the blocks for their events.</li> <li>• Positive check-in will close at end of warm-ups.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Open 500 and 1000 free will be swum fastest to slowest and alternating heats of girls &amp; boys</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> <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>• USA Swimming Scratch Procedures and Penalties 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:</b> Greg Ryder  Phone: (540) 951-1080  Email: <a href="mailto:spyder27@juno.com">spyder27@juno.com</a></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 Alison Goforth, <a href="mailto:agoforth@wildblue.net">agoforth@wildblue.net</a> no later than January 20, 2008</li> <li>• There will be a meeting of all Strokes &amp; Turns officials 30 minutes prior to the start of the first session and 45 minutes prior to the start of sessions two through five.</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>• VSI Safety and Warm-up procedures will be in effect.</li> <li>• 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.</li> <li>• Warm-up/warm-down pool will be limited to no more than 12 people in a lane and be patrolled by the deck marshal.</li> </ul>
<b>TIMERS:</b>	<p>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 SWAT website later than January 23, 2008 and to be emailed to the contact person of each of the individual clubs.</p>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Please use "Blue Doors" on River side entrance to the Dedmon Center and use the lower riverside parking lot.</li> <li>• <b>DO NOT PARK IN THE UPPER LOT NEXT TO TENNIS COURTS! YOU WILL HAVE TO MOVE YOUR CAR</b></li> <li>• <b>NO Balloons allowed in any part of the Dedmon Center Facility.</b></li> <li>• <b>NO Pets Allowed</b></li> <li>• <b>There will be assigned Team Seating Areas due to construction at Dedmon and loss of use of parts of the Dedmon Center. All swimmers must remain inside the swimming area. Parents will have access to the pool deck for concessions and vendor use only. Please follow signs displayed directing you where you can and cannot go inside the Dedmon Center Facility.</b></li> </ul>
<b>DIRECTIONS:</b>	<p>Coming from North or South on Interstate 81, take Exit #109 onto VA 177. This will become Tyler Road when you enter the city of Radford. Continue on Tyler Road until it ends at Main Street. (You will see a Bank across the street at this intersection.) Turn right onto Main Street. Turn left at the first traffic light onto University Drive. Follow University Drive over the railroad to Dedmon Center.</p>
<b>HOSPITALITY:</b>	<p>Will be provided to Certified USA Swimming Coaches and Registered USA Swimming Officials only.</p>
<b>HOTELS:</b>	<p>Check SWAT website. <a href="http://www.swat-swimming.org">www.swat-swimming.org</a></p>

# ORDER OF EVENTS

SWAT January Invitational

January 25-27, 2008

VS-08-31

Friday Evening Session		
Girls	Event	Boys
1	10&U 200 IM	2
3	Open 200 IM	4
5	10& Under 200 Free	6
7	Open 500 Free	8

Friday Warm-ups: 4:00PM Meet Start: 5:00pm

Saturday Sprint Session All Ages

Saturday Warm-ups: 7:00 AM

Saturday Meet Start: 8:30AM

Saturday Sprint Session		
Girls	Event	Boys
9	Open 100 Free	10
11	8&Under 25 Free	12
13	9/10 50 Free	14
15	11/12 50 Free	16
17	Open 50 Free	18
19	8&Under 25 Fly	20
21	9/10 50 Fly	22
23	11/12 50 Fly	24
25	Open 100 Fly	26
27	8&Under 25 Back	28
29	9/10 50 Back	30
31	11/12 50 Back	32
33	Open 100 Back	34
35	8&Under 25 Breast	36
37	9/10 50 Breast	38
39	11/12 50 Breast	40
41	Open 100 Breast	42

**Sunday 10&Unders Session:**

**Warm-ups: 7:00 AM**

**Meet Start: 8:15 AM**

**Sunday 11&Over Session**

**Warm-ups: 11:30am**

**Meet Start: 1:00pm**

Sunday AM Session 10 & Unders		
Girls	Event	Boys
43	9/10 100 Free	44
45	8&Under 50 Free	46
47	6&Under 25 Free	48
49	9/10 100 Fly	50
51	8&Under 50 Fly	52
53	6&Under 25 Fly	54
55	9/10 100 Back	56
57	8&Under 50 Back	58
59	6&Under 25 Back	60
61	9/10 100 Breast	62
63	8&Under 50 Breast	64
65	6&Under 25 Breast	66
67	9/10 100 IM	68
69	8&Under 100 IM	70
71	10&Under 200Free Relay	72
73	8&under 100 Free Relay	74

Sunday PM Session 11&Overs		
Girls	Event	Boys
75	Open 400 IM	76
77	11/12 100 Free	78
79	Open 200 Free	80
81	11/12 100 Fly	82
83	Open 200 Fly	84
85	11/12 100 Back	86
87	Open 200 Back	88
89	11/12 100 Breast	90
91	Open 200 Breast	92
93	11&12 200 Free Relay	94
95	Open 200 Free Relay	96

**SUNDAY DISTANCE SESSION**

<b>97</b>	<b>Open 1000 Free</b>	<b>98</b>
-----------	-----------------------	-----------

**SWAT January Invitational  
January 25-27, 2008  
Sanction No. VS-08-31**

**Meet Entry Check List and Summary Form**

**Mail in with entries:**

- **Team Manager Printout of entries**
- **Check for entries payable to: SWAT Swimming**
- **Meet Entry Check List and Summary Form**

**Name of Team:** \_\_\_\_\_

**Team Code:** \_\_\_\_\_

**Number female swimmers-morning:** \_\_\_\_\_

**Number female swimmers-afternoon:** \_\_\_\_\_

**Number male swimmers-morning:** \_\_\_\_\_

**Number male swimmers-afternoon:** \_\_\_\_\_

**Total number of swimmers:** \_\_\_\_\_ **x \$2.00 = \$** \_\_\_\_\_

**Total number of individual entries:** \_\_\_\_\_ **x \$3.00 = \$** \_\_\_\_\_

**Total number of relays:** \_\_\_\_\_ **x \$12.00 = \$** \_\_\_\_\_

**Total Amount Enclosed = \$** \_\_\_\_\_

Send Meet Entries Check to: 2008 SWAT January Invitational  
c/o Scott Baldwin  
7498 James Way  
Fairlawn, Virginia 24141  
Telephone: (540) 998-2327  
Email: edbaldwi@vt.edu

**Meet Entry Deadline:**

**Email entries to: [edbaldwi@vt.edu](mailto:edbaldwi@vt.edu) by Thursday, January 17, 2008 by email**

**Person to contact in case there are questions or problems with the entries:**

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Telephone (day):** \_\_\_\_\_

**Telephone (night):** \_\_\_\_\_