
	<b>2008 SPRING SPLASH</b> <b>A/BB/B/C Meet</b> <b>March 29-30, 2008</b> <b>SANCTION NO. VS-08-50</b>	Hosted by 
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<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-08-50</b>
<b>LOCATION:</b>	Godwin Hall, James Madison University, Harrisonburg, VA
<b>FACILITY:</b>	25 Yard, 8 lanes, indoor pool with non-turbulent lane lines; Colorado Timing System with an 8 lane display board.
<b>MEET DIRECTOR:</b>	Susan Kyger Email: <a href="mailto:stopgobber@aol.com">stopgobber@aol.com</a> Home Phone: (540) 434-5201
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming/VSI registered swimmers in the Northern District and others by invitation. Northern District Teams are: BASS, FAST, PATS, PWSC, QDD, RAYS, RPST, SHKS, STAT, TSU, VAST, VSTP, WSC and WST.</li> <li>• 8 &amp; Younger swimmers may swim any age appropriate event regardless of classification.</li> <li>• 9-14 year old swimmers may swim any event or relay strokes in which they do not have a VSI Age Group Championship qualifying time.</li> <li>• 15 &amp; older swimmers may swim any event or relay strokes in which they do not have a VSI Senior Championship qualifying time.</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 March 29, 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 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 10 &amp; Under swimmers will swim on Saturday/Sunday morning.</li> <li>• All 11&amp; Older swimmers will swim on Saturday/Sunday afternoon.</li> <li>• All events will be timed finals.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than March 24, 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>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: Warm-ups at 7:00-8:00 am competition starts at 8:15 am.</li> <li>• Afternoon sessions: Warm-ups not prior to 12:00 pm; competition starts not prior to 1:15 pm</li> </ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY , MARCH 19, 2008</b> <ul style="list-style-type: none"> <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>• 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>• 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. This meet will be limited to a total of 600 swimmers.</li> <li>• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too</li> </ul>

	<p>lengthy a session. This may include combining heats and events, which actions may require reseeding.</p> <ul style="list-style-type: none"> <li>Email entries to: jfosterpm@hotmail.com</li> <li>Mail entries to: Jason Foster 1703 S. Dogwood Dr. Apt. A Harrisonburg, VA 22801</li> <li>Please call Jason Foster @ 540-432-1112 if there is no email confirmation of receipt of entries within 24 hours of sending entries via email.</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: \$3.25 Relay events: \$13.00 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: VAST Swim Team</li> <li>Payment must be received by March 24, 2008 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 eighth place.</li> <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 age groups.</li> <li>Heat winner ribbons will be awarded for all 10 &amp; Younger individual events.</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 will be pre-seeded. 8 &amp; Younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there.</li> <li>Swimmers in the afternoon sessions should report directly to the blocks for their events.</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 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: Janet Sheffer</b>  <b>Email: <a href="mailto:janetshef@comcast.net">janetshef@comcast.net</a></b>  <b>Phone: (540) 433-9519</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 Janet Sheffer no later than March 23, 2008</li> <li>Officials will meet in the Hospitality room 45 minutes before the start of each session.</li> </ul>
<b>SAFETY:</b>	<p>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.</p>
<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> </ul>

	<ul style="list-style-type: none"> <li>The number of timers required per club and their lane assignments will be posted on the VAST website no later than March 24, 2008 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Swimmer/Spectator Conduct: each club is responsible for supervising the conduct of its swimmers/spectators.</li> <li>Heat Sheets will be available for \$5.00.</li> <li>Limited Concessions will be available by James Madison University.</li> <li>Swim Supplies and Apparel will be provided by Aardvark</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Certain areas will be marked off limits. Please obey the rules.</li> <li>No glass is permitted in the facility.</li> <li>No smoking is permitted in the building.</li> <li>Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.</li> <li>No food or drinks in the pool area. All food and drinks must be kept in the gym area.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li><b>FROM THE NORTH:</b> Take 81 S to EXIT 245 Port Republic Road Exit. Turn right off the exit onto Port Republic Road. Turn right at the next light into JMU. Go through one light and at the second light turn left into Godwin Hall.</li> <li><b>FROM THE SOUTH:</b> Take 81 N to EXIT 245 Port Republic Road Exit. Turn right off the exit onto Port Republic Road. Turn right at the next light into JMU. Go through one light and at the second light turn left into Godwin Hall.</li> <li><b>FROM THE EAST:</b> Take 64W to 81 N. to EXIT 245 Port Republic Road Exit. Turn right off the exit onto Port Republic Road. Turn right at the next light into JMU. Go through one light and at the second light turn left into Godwin Hall.</li> <li>The pool is on the first floor and the gym and seating area are on the second floor.</li> </ul>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li><b>Courtyard Marriot:</b> 1890 Evelyn Byrd Avenue, Harrisonburg, Virginia, 540-432-3031. About 5 minutes from the pool.</li> <li><b>Days Inn at James Madison University:</b> 1131 Forest Hill Road, Harrisonburg, Virginia, 540-433-9353. Continental breakfast , about 2 minutes from the pool.</li> <li><b>Hampton Inn:</b> 85 University Boulevard, Harrisonburg, Virginia, 540-432-1111. Continental breakfast, about 5 minutes from the pool.</li> </ul>

**VAST Spring Splash**  
**James Madison University**  
**Order of Events**  
**March 29-30 2008**

**Saturday, March 29, 2008**

<b>Morning Session</b>		
<b>Warm-up: 7:00 am; Start: 8:15 am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	10&U 100 IM	2
3	8&U 25 Free	4
5	10&U 100 Free	6
7	10&U 50 Breast	8
9	8&U 25 Back	10
11	10&U 100 Back	12
13	10&U 50 Fly	14
15	8&U 100 Free Relay	16
17	10&U 200 Free Relay	18
<b>Afternoon Session</b>		
<b>Warm-up: 12:00 noon; Start: 1:15 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
19	11-12 200 IM	20
21	13&O 200 IM	22
23	11-12 50 Back	24
25	13&O 100 Back	26
27	11-12 100 Fly	28
29	11&O 200 Fly	30
31	11-12 50 Breast	32
33	13&O 100 Breast	34
35	11-12 100 Free	36
37	13&O 100 Free	38
39	11-12 200 Medley Relay	40
41	13&O 200 Medley Relay	42

**Sunday, March 30, 2008**

<b>Morning Session</b>		
<b>Warm-up: 7:00 am; Start: 8:15 am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
43	10&U 200 Free	44
45	8&U 25 Breast	46
47	10&U 100 Breast	48
49	10&U 50 Back	50
51	8&U 25 Fly	52
53	10&U 100 Fly	54
55	10&U 50 Free	56
57	10&U 200 IM	58
59	8&U 100 Medley Relay	60
61	10&U 200 Medley Relay	62
<b>Afternoon Session</b>		
<b>Warm-up: 12:00 noon; Start: 1:15 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
63	11-12 50 Free	64
65	13&O 50 Free	66
67	11-12 100 Back	68
69	11&O 200 Back	70
71	11-12 50 Fly	72
73	13&O 100 Fly	74
75	11-12 100 Breast	76
77	11&O 200 Breast	78
79	11-12 200 Free	80
81	13&O 200 Free	82
83	11-12 100 IM	84
85	13&O 200 Free Relay	86
87	11-12200 Free Relay	88