

2008 VIRGINIA SWIMMING LC SENIOR CHAMPIONSHIPS July 17-20, 2008 SANCTION NO. NC08075



SANCTION:	Held under the sanction of USA Swimming/North Carolina Swimming. SANCTION NO. NC08075					
LOCATION:	Triangle Aquatic Center, 275 Convention Drive, Cary, North Carolina 27511, Phone: (919) 459.4045, Website: <u>www.triangleaquatics.org</u>					
FACILITY:	8 Lane 50 Meter indoor pool. Separate warm-up, cool-down pool.					
	• Daktronics timing system with two matrix scoreboards. Spectator seating for 1,000.					
MEET DIRECTOR:	George Massey (VSI Senior Vice Chair) Email: headcoach@bacswim.com Phone: (804) 516-7378					
ELIGIBILITY:	Open to all USA Swimming/VSI registered swimmers that meet the qualifying time in each event entered.					
	• The qualifying period for this meet is May 1, 2007 through July 16, 2008.					
	• 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 July 17, 2008 will determine age for the entire meet.					
DISABILITY SWIMMERS:	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:	• Individual events except the 800 M Freestyle and the 1500 M Freestyle will be swum as trials and finals. The top 24 qualifiers in the trials of each event will compete in each day's final session (final, consolation and bonus heats).					
	• The 1500 M Freestyle will be swum fastest to slowest as a timed final event, alternating women and men.					
	• The 800 M Freestyle will be swum slowest to fastest as a timed final event, alternating women and men.					
	 The starting time for the first heat will be scheduled so that the second fastest heat of the men's event is concluded at the start of the finals warm-up session. 					
	 The fastest women's and men's heat will swim in the finals session. 					
	 The event seeding will be distributed following the close of the positive check-ins. 					
	The 400 M Individual Medley and the 400 M Freestyle:					
	 Will be swum as trials and finals. 					
	 In trials, the four fastest women's heats will be swum first followed by the four fastest men's heats. These heats will be swum slowest to fastest. 					
	• The remaining heats in trials will be swum fastest to slowest, alternating women and men.					
	• All relay events will be timed finals. The fastest 2 heats of the 400 M Freestyle relay, the 800 M Freestyle relay, and the 400 M Medley relay will be swum during the finals session with any other heats swum during the trials session.					
WARM-UPS:	• Thursday evening session: Warm-ups at 2:30-3:50 pm; competition starts at 4:00 pm.					
	 2:30 – 3:20 pm: All lanes designated for general warm-up 					
	 3:20 – 3:50 pm: Lanes 1, 2 and 8 designated for pace. Lane 7 designated for sprint; Lanes 3 through 6 and all other lanes will remain general. Competition pool limited to those swimmers participating in the Thursday evening distance session) 					
	 End of the session – 8:00 pm. All lanes designated for general warm-up 					
	• Trials sessions: Warm-ups at 6:30 – 8:20 am; competition starts at 8:30 am.					
	• Morning trials competition may be moved back ½ hour depending upon the timelines of morning sessions. Final determination will be made on Friday, July 11, 2008.					

Ī			o 6:30 – 7:50	am: All lanes designated for ger	neral warm-up			
				am: Lanes 1 and 8 designated f ough 6 and all other lanes will ren	or pace; Lanes 2 and 7 designated for sprint; main general.			
		•	Finals sessions	(Friday & Saturday): Warm-ups a	at 5:00 – 5:50 pm; competition starts at 6:00 pm.			
				pm: All lanes designated for ger	•			
				pm: Lanes 1 and 8 designated f ough 6 and all other lanes will re	or pace; Lanes 2 and 7 designated for sprint; main general.			
		٠		• •	20 pm; competition starts at 4:30 pm.			
				pm: All lanes designated for ger	•			
			Lanes 3 thr	ough 6 and all other lanes will read	5			
		•			5 min prior to the start of the first scheduled heat			
-	ENTRIES:	SF		min prior to the start of the first s	F INVITATION FOR MORE INFORMATION			
					essed using the USA Swimming On-Line Meet			
					the regular entry period will not be accepted.			
				ystem is accessed from the USA usaswimming.org/ome	Swimming web site at the address:			
			 Coaches m Team". 	ust register for an account (Free)	to utilize the system. Log in and select "Enter			
		•	OME OPENS: 9	9:00 AM EST – Monday, June 2, 1	2008			
		٠	OME CLOSES:	11:59 PM EST – Tuesday, July	8, 2008 (Entry Deadline)			
		•			onday, July 14, 2008 from meets swum prior . These entries will not be considered late.			
		•	Entries after the	e close of OME must be made I	by email to the Meet Entry Officer.			
		•	Meet Entry Offic	cer: Terry Randolph, (757) 887-0	0868 – <u>randtb@msn.com</u>			
		•	OME HELP:	Susan Woessner USA Swimming Phone: (719) 866-3589	Terry Randolph Meet Entry Officer Phone: (757) 887-0868			
				Email: <u>swoessner@usaswimm</u>				
		•		nd Non Conforming times will b Meters then Short Course Yard	e used for entry – Long Course Meters then s.			
		•	Individual Entr period.	ies: Use the fastest time in natio	nal database for entry within the qualifying			
		 Swimmers may enter using an "Override Time" for times that are not in the national data 						
		• Override times must include the meet name and date.						
		 Override times that cannot be proven during the entry process will be annotate asterisk (*) on the meet psych sheet (Entry List). 						
		•	Proof of asteris	provided to the Administrative Referee prior be seeded.				
		 Times that are missing from the National Database should be requested through National Times Coordinator of the meet at which the time was achieved. 						
		•	-	NTRY PROCEDURES: ENSUR ENTRY ROSTER.	E "RELAY ONLY" ATHLETES ARE INCLUDED			
			o If entering a	"B" relay, be sure to select an er	ntry time that does not have a double asterisk (**).			
					the entry time of the "A" relay was a member of her listed time or enter an aggregate relay			
			 All entries for accepted. 	or 200 M Medley relays must use	400 M Medley relay times. NT entries will be			
		•			HLETES: Teams may enter athletes with an DME, select the "Add Unattached/Unregistered			
		•	ATTENTION IN	DIVIDUAL UNATTACHED ATH	LETES: Unattached athletes that are not			

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		awaiting attachment to any team must enter individually.					
	· · ·						
		 These individuals may send a text file of their entries to the Meet Entry Officer to be entered manually. 					
		 Payment must be made by check prior to the first session of the meet (Thursday, July 17, 2008). 					
	ENTRY LIMITS:						
	 Individual Events: Athletes may enter all events which they qualify, however the compete in Six (6) individual events for the meet, and no more than Three (3) ind events per day. 						
		• Relays: Two (2) per team per event.					
	•	 The Meet Director reserves the right to combine heats and events, which actions may requ reseeding. 					
	•	The Meet Director reserves the right to eliminate heats of any event if necessary.					
	•						
	• Entries which improve the time of an earlier entry will be accepted only while OME is open.						
	•	LATE ENTRIES:					
		 Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input. 					
	 Late entries at the meet must be made to the Admin Referee and will only be accepted events for which the scratch box has not closed. 						
		• All late entries must submit proof of time.					
		• Late entries may not be used to improve the seed time of an earlier entry.					
	•	A confirmation of entries will not be sent to a club until the fees are marked paid, either by credit card or by arrangement with the Meet Entry Officer.					
FEES:		Individual events: \$8.25					
		ay events: \$17.00 mmer surcharge: \$2.00 per person (entered in the meet in any capacity)					
	Lat mee	te Entry Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the eet and \$25 per event on or after the first day of the meet will be charged for any entry received after the Entry Deadline.					
	•	OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Checks should be made payable to VSI . Checks should be sent to:					
		George Massey					
		P.O. Box 2562					
		Mechanicsville, VA 23116					
		The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, July 17, 2008) or the swimmer may not swim those events.					
		Payment for events entered at the meet must be made to Meet Director at the time of the request.					
		Failure to pay entry fees by this deadline could result in teams being barred from the meet. All fees must be paid in full in order for the entries to be considered compete.					
AWARDS:	٠	Scoring					
		o Individual Events: F − 20-17-16-15-14-13-12-11, C − 9-7-6-5-4-3-2-1.					
		o Relay Events: F − 40-34-32-30-28-26-24-22, C − 18-14-12-10-8-6-4-2					
		Team: Women's High Point, Men's High Point, Combined High Point. (VSI teams only)					
		Large Team, Medium Team, and Small Team: Women's high point and men's high point in each category. (Virginia teams only)					
	٠	Individual: First through ninth place. Women's High Point, Men's High Point					
	٠	Relay: First through third place.					
SEEDING:	•	All long course meter times will be seeded first, followed by short course meters, followed by short course yards. Non-conforming times will be seeded in time order following all conforming times.					

	• All timed finals and trials events will be seeded following the close of the scratch and positive check-in periods as listed in the "RULES" section below.					
	All relays require positive check-to swim.					
	• RELAY TEAMS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.					
TIME TRIALS:	• At the conclusion of each day's preliminaries session, time permitting, time trials will be offered to any swimmer entered in an individual event in the meet.					
	• Each day's events will be offered in order, on the following schedule (800 M and 1500 M Freestyle will only be offered as the last events on Saturday):					
	 Thursday: No time trials 					
	 Friday: Friday's events, Saturday's events, Sunday's events (excluding the 800 M Freestyle. 					
	 Saturday: Saturday's events, Sunday's events, Friday's events, 800 M and 1500 M Freestyle. 					
	 Sunday: Sunday's events (excluding the 800 M Freestyle), Friday's events, Saturday's events. 					
	o Cost: \$12.00 per event.					
	• The Meet Referee, at his discretion, to save time, may reorder the day's scheduled events or combine events into a single heat.					
	• A swimmer desiring a time trial must inform the Meet Referee, or his designee, not later than 10:30 am of the day the time trial is desired. Each swimmer participating in these events should provide a timer and/or a counter.					
	Time Trials are included as events in the three events per day limit.					
PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times:					
	 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:	• The General Meeting will be held at 2:00 pm on Thursday, July 17th . Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.					
	• Coach's packets will be available at the Clerk of Course and will be released only if all meet fees have been paid in full.					
	• A listing of any entries lacking proof of time will also be provided to coaches and must be dealt with as described in the ENTRIES section above.					
	 Unattached athletes must have a supervising coach as per USA Swimming rule 202.3.2. Athletes listed as UNAT-CLUB will be supervised by a coach from the named club and all entry/scratch related material will be placed in the respective club coach's packet. 					
	• Athletes listed as UNAT must check in at the Clerk-of-Course and be assigned a supervising coach in order to warm-up and to compete.					
	• The current USA Swimming Rules and Regulations will apply.					
	• The scratch procedures listed in current USA Swimming Rules and Regulations, Article 207.12.10 will apply with the following modifications:					
	Scratches from Individual Events:					
	 Scratches for Thursday's events are due by 3:00pm, Thursday 					
	 Scratches for Friday's events are due by 5:30 pm, Thursday 					
	 Scratches for Saturday's events are due by 6:30 pm, Friday 					
	 Scratches for Sunday's events (including the 800 M Freestyle) are due by 6:30 pm, Saturday Positive check-in: 					

	 Positive check-in for the 800 M Freestyle Relay is due by 9:30 am, Friday.
	 Positive check-in for the 200 M Freestyle Relay is due by 6:30 pm, Friday.
	 Positive check-in for the 400 M Medley Relay is due by 9:30 am, Saturday. Desitive check in for the 200 M Medley Belay is due by 6:30 pm. Saturday.
	 Positive check-in for the 200 M Medley Relay is due by 6:30 pm, Saturday. Desitive shock in for the 400 M Freestyle Below in due by 9:30 pm, Supday.
	 Positive check-in for the 400 M Freestyle Relay is due by 9:30 am, Sunday. Poley teams wanting to guin Sunday marring and not Sunday evening must designed that
	Relay teams wanting to swim Sunday morning and not Sunday evening must designate that desire on the positive check-in sheet.
	• Athletes wanting to swim the 800 M Freestyle in the afternoon and not in the fastest heat swimming in finals must designate that desire on the check-in sheet prior to the close of the scratch box.
	• Swimmers failing to scratch events which if swum would put them in violation of either the 3 event per day or the 6 events in the meet, will not be permitted to swim the event or events.
	• The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation.
	 No other penalty will be applied.
	• The scratch rule regarding finals will apply to all three 3 heats (Final, Consolation, Bonus) excluding the relays, the 1500 M Freestyle, and the 800 M Freestyle.
	• The Meet Referee in accordance with 102.11.2 in the USA Swimming Rules and Regulations will appoint a Meet Jury
	 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:	Meet Referee: Michael Downs
	Email: <u>mhd@cox.net</u> Phone: (757) 846-3820
	Officials at all positions will be required for this meet.
	Officials must have been certified for a year (V1/N1) in the positions in which they are planning to work.
	• Applications for assigned positions (Referee, Starter, and Chief Judge) must be submitted to the Meet Referee no later than July 04, 2008 . Applications to officiate are available on the Officials page of the VSI website at <u>www.virginiaswimming.org</u> .
	• Team Officials Chairpersons should submit the names and session availability of certified officials to the Meet Referee, no later than July 14, 2008 . Applications to officiate are also available on the Officials page of the VSI website at www.virginiaswimming.org .
	• Application is being made to have this meet designated as an Officials Qualifying Meet for N2/N3 Certification/Re-Certification. Officials (including non-VSI officials) desiring to be evaluated MUST also complete an Application for Evaluation (available on the Officials page of the VSI website at www.virginiaswimming.org) and submit it to the Meet Referee no later than July 14, 2008 .
	• Evaluation will be available for V2/N2 at all positions; evaluation at N3 will be contingent upon meet staffing levels and the availability of national evaluators.
	Briefings will be held 1 hour prior to the start of each session.
SAFETY:	 Briefings will be held 1 hour prior to the start of each session. VSI Safety and Warm-up procedures will be in effect.
SAFETY:	
SAFETY:	 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: TIMERS:	 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
	 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 Clubs may be required to provide timers in proportion to the number of swimmers they have
	 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 Clubs may 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 VSI website at www.virginiaswimming.org no later than July 14, 2008, and will also be emailed to the

	will contain coupons for a copy of each Trials and Finals program. The Finals programs will be available for \$2.00 without a coupon.					
FACILITY RULES:	 Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or at other needed volunteer positions. 					
	 Spectators may not sit in the aisles and may not reserve blocks of seats 					
	Glass containers are not allowed on deck.					
	• Clubs are responsible for keeping their areas of the deck clean. Bags will be provided in which to gather trash.					
	• Marshals will enforce the facility rules and can, with the concurrence of the Meet Referee, remove any person from the venue for failure to adhere to the rules.					
DIRECTIONS:	Directions to the pool can be found by going to: <u>http://www.triangleaquatics.org/AboutUs/Directions/</u>					

SCHEDULE OF EVENTS 2008 VIRGINIA SWIMMING LONG COURSE SENIOR CHAMPIONSHIPS

Please use the time standards listed below (* indicates revised faster than 2007 times).

	Qualifying	Times		THURSDAY		Qualifying	Times	
Women	SCY	SCM	LCM	JULY 17, 2008	LCM	SCM	SCY	Men
1	19:08.99	19:02.29	19:37.19	1500 M FREE*	18:34.49	17:54.69	18:00.99	2
				res positive check-in to swi				
Α	All events sw	um as time	d finals. Ord	er: fastest heat of 1, fastest	heat of 2.	All subsequ	uent heats	
	Qualifying	Times		FRIDAY		Qualify	/ing Times	
Women	SCY	SCM	LCM	JULY 18, 2008	LCM	SCM	SCY	Men
3	2:02.79*	2:15.79*	2:19.69*	200 M FREE	2:08.59*	2:03.39*	1:51.49*	4
5	1:13.19	1:20.89	1:24.09	100 M BREAST	1:17.19	1:13.29	1:06.29	6
7	1:03.99*	1:10.69*	1:12.59*	100 M FLY	1:05.09*	1:02.99*	56.89*	8
9	4:52.49*	5:24.09*	5:33.19*	400 M IM	5:10.89*	5:00.79*	4:31.79*	10
	11	- -		800 Y FREE REL [†]			12	
				ck-in to swim; fastest two h				_
Orde			wards (1-4),	7, 8, Awards (5-6), Break (<u>5 min), 9, 1</u>			2
	Qualifying			SATURDAY		-	/ing Times	1
<u>Women</u>	SCY	SCM	LCM	JULY 19, 2008	LCM	SCM	SCY	<u>Men</u>
	13	1		200 M FREE REL			14	
15	2:20.49	2:35.19	2:37.79	200 M FLY	2:25.89	2:22.29	2:08.79	16
17	26.49	29.29	30.29	50 M FREE	27.49*	26.29*	23.79*	18
19	2:37.79	2:54.39	3:00.59	200 M BREAST	2:46.99	2:38.99	2:23.89	20
21	1:04.89	1:11.69	1:14.99	100 M BACK	1:08.59*	1:04.79*	58.69*	22
23	5:28.79*	4:47.19*	4:54.19*	400 M FREE	4:35.19*	4:26.89*	5:05.79*	24
	25		+	400 M MED REL^{+}			26	
				res positive check-in to swi				
				ck-in to swim; fastest two h				
Order of	Finals: 15, 1	6, Awards (18, Awards (13-16), 19, 20, 22), 25, 26, Awards (23-24)		ards (17-20)), 23, 24, A	wards
	Qualifying	Times	(21-2	SUNDAY		Qualify	/ing Times	
Women	SCY	SCM	LCM	JULY 20, 2008	LCM	SCM	SCY	Men
<u></u>	27	00111	Low	200 M MED REL†	Loin	00111	28	
29	2:18.39*	2:33.09*	2:38.89*	200 M BACK	2:27.39*	2:19.19*	2:06.59*	30
31	57.39	1:03.39	1:05.39	100 M FREE	1:00.19*	57.49*	51.99*	32
33	2:20.59	2:35.19	2:39.09	200 M IM	2:28.39	2:22.19	2:08.79	34
	35	I		400 M FREE REL‡			36	I
37	11:18.99*	9:53.39*	10:08.19*	800 M FREE#	9:29.19*	9:13.59*	10:33.99*	38
†Rec	†Requires positive check-in to swim; enter using your 400 Medley Relay time. All heats swim in prelims.							
	‡Requires positive check-in to swim; fastest two heats swim in finals.							
Order	#Fastest heat swims in finals. Order of Finale: 37, 38, Awarda (25, 26), 30, 30, Awarda (37, 38), 31, 32, Awarda (37, 30), 33, 34, Awarda (31							
Order of Finals: 37, 38, Awards (25-26), 29, 30, Awards (37-38), 31, 32, Awards (27-30), 33, 34, Awards (31- 32), Break (5 min), 35, 36, Awards (33-36)								
Note: Fo	Note: For planning purposes, awards for two events are approximately equal to a five minute break and awards							
11016.10	n planning p			approximately equal to a ter				100
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USA SWIMMING – ON-LINE MEET ENTRY HIGHTLIGHTS

- Ensure that swimmers times are loaded into the USA Swimming SWIMS database
 - o Particular attention should be given to times achieved at observed and approved meets.
 - Do not wait until immediately before the entry deadline to discover the time has not been loaded. Coaches and swimmers can verify that times are in the database by using the times look up at <u>www.usaswimming.org/times</u>.
 - Contact the host LSC National Times Coordinator of the meet at which the times were achieved to have the missing times loaded. Only one account per team (Head Coach) can be used for team entries. The USAS ID number of the head coach will be required to begin the entry process.
- Read the tutorial comments on each page during the entry process. Most questions will be answered if the instructions are read.
- When advancing to through the entry process, each time the "NEXT" link is pressed, the information on that page is saved.
 - o This allows the entry to be processed during multiple sessions.
 - Coaches can start an entry, save it as-you-go, and sign out without paying for it in other words coaches don't have to pay every time an addition is made and OME will retain the progress that has been made on the entry.
- Use the links on the left side of the entry page to jump forward or backwards to specific sections of the entry process (i.e. Relay, payment/checkout, etc.). Using these links also saves the information on the previous page.
- On-line payment must be made using VISA, MasterCard, American Express or Discover. Clubs may also pay by check.
- Once an event entry has been purchased, there are no refunds.
- Teams do not have to wait until the entire entry is complete to purchase events. Teams can enter some athletes, purchase those entries, then return at a later date and add more events, relays, or athletes and purchase events.
- When entering "Override Times" (times not currently showing up in the SWIMS database), in the meet name field, give meet name and brief details on where the time was achieved i.e.: FGJO13-14-400FRelay Lead There is room for 25 characters of data.
 - Also enter the date of the meet in the date field.
 - The National Times Coordinator will pre-clear as many (*) times as possible.
- Relays: When entering more than one relay per event (A and B), OME selects the fastest time in the database for the A relay and the fastest remaining time in the database for the B relay.
 - If one of the athletes on the B relay (that OME selected) was also an athlete on the A relay, OME will signify that time with a (**).
 - That time is not eligible for entry for the "B" relay.
 - Select another listed time for the "B" relay or enter an aggregate time.
- Hy-Tek Team Manager can be used as a tool to assist in the OME process.
 - First load the "Meet Events File".
 - o In the Meet Maintenance panel, set the minimum age for open events as desired.
 - o Click on the "Enforce Qualifying Times".
 - o Set the "Use Times Since" date to the beginning of the qualifying period for the meet.
 - Create a "Meet Eligibility" report. REPORTS/PERFORMANCE/MEET ELIGIBILITY. Select "Only Eligible Swimmers". This report shows all eligible swimmers for the meet.
 - o Highlight events to be entered for each swimmer. Proceed with On-Line Meet Entry.