



AMENDED #2
WAC WINTER SPLASH
Virginia Swimming Senior Meet
January 19-20, 2008
SANCTION NO. VS-08-30

Hosted by

Williamsburg
Aquatic Club

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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-30 |
| LOCATION: | Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090 |
| FACILITY: | The pool is an 8 lane indoor 25 yd. Short Course facility with non-turbulent lane lines. Two additional lanes will be used for warm-up/warm-down during the meet. The automatic Daktronics timing system will be used. |
| MEET DIRECTORS: | Anne Anderson Email: flandos@cox.net Phone: (757) 220-8633 Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662 |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all USA Swimming/VSI registered 13 year old and older swimmers.• Swimmers with "A" times in two different strokes (including IM as the fifth stroke) can swim any event offered in the A+ session.• Swimmers not qualified for the A+ session can swim any event offered in the BB/B/C session.• Swimmers may only swim relays in the session they are qualified to compete.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 2005-2008 NAG top 16 based times are in effect.• Age on January 19, 2008 will determine age for the entire meet. |
| DISABILITY SWIMMERS: | <ul style="list-style-type: none">• 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: | <ul style="list-style-type: none">• All A+ swimmers will swim in the afternoon sessions on both Saturday and Sunday.• All BB, B & C swimmers will swim in the morning sessions on both Saturday and Sunday.• All events will be timed finals. |
| WARM-UP: | <ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:30 AM• Afternoon sessions: Warm-ups at 12:00 PM; competition starts at 1:00 PM• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions.<ul style="list-style-type: none">○ The distance session competition will start 5 minutes thereafter.○ Any swimmer can enter the Distance Session regardless of their classification.• Warm-up/Warm-down lanes will be available during the meet.• Lane assignment and warm-up times for individual clubs will be posted on the WAC team website, www.swimwac.com, no later than January 16, 2008 and will also be emailed to the contact person of the participating clubs.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. |
| ENTRIES: | DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 9, 2008 <ul style="list-style-type: none">• 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.• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.• 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.• Coaches Time (CT) and No Time (NT) 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 |

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| | <p>must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. 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. Email entries to: coachharold2@cox.net Mail entries to: Williamsburg Aquatic Club 3013 South Court Williamsburg, VA 23185 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. |
| FEES: | <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"> Checks should be made payable to: Williamsburg Aquatic Club Payment must be received by January 15, 2008 for email entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. |
| AWARDS: | <ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> 13 & Older individual events will provide separate awards for 13-14 and 15 & Older age groups Relay events: Ribbons will be awarded for first through fourth place. Bobble-Head Trophies will be given to the Top 3 Point scorers for the meet. <ul style="list-style-type: none"> The awards will be given in both the 13-14 and 15 & O age groups for Boys and Girls. There will be a separate set of awards for the A+ sessions and BB/B/C sessions. |
| SEEDING: | <ul style="list-style-type: none"> All events, except events 13, 14, 37, 38, 51, 52, 65, 66, 89, 90, 103, and 104 will be pre-seeded. Swimmers should report directly to the blocks for their events. Events 13, 14, 37, & 38 (13&O 400 IM), 51 & 52 (13&O 1650 Free), 65, 66, 89, & 90 (13&O 500 Free), 103 & 104 (13&O 1000 Free) will require a positive check-in to swim. <ul style="list-style-type: none"> Positive check-in will close at the end of warm-ups for the 400 IM and the 500 Free. Positive check-in for the distance sessions (1000 Free & 1650 Free) will close at 2:00 PM each day SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Distance session events (13&O 1650 Free and 13&O 1000 Free) will be swum fastest to slowest and alternating heats of girls and boys 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. |
| PENALTIES: | <p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> 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: | <ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. 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. In accordance with VSI Policy, only those coaches who display current, valid USA Swimming |

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| | 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: | <p>Meet Referee: Doug Lockwood Phone: (757) 565-1421 Email: dlockwood3@cox.net</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Cay Pittman, Phone: (757) 565-3599, Email: pittmanc@cox.net • An Officials meeting will be held 60 minutes before the start of the morning and afternoon sessions. They will start at 7:30 AM & 12:00 PM each day. |
| 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 rules. |
| TIMERS: | <ul style="list-style-type: none"> • 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 WAC Website (www.swimwac.com) no later than Tuesday, January 17, 2008 and will also be emailed to the contact person of each of the individual clubs. |
| GENERAL: | <ul style="list-style-type: none"> • Officials and coaches hospitality will be available • Meet programs will be sold |
| FACILITY RULES: | <p>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS:</p> <ul style="list-style-type: none"> • Picture identification will be required to gain access to the base. • Rules will be enforced by meet marshal, aquatic center staff and the Fort Eustis Fire Marshall. • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and/or in the meet program, will be disqualified from the meet and escorted from the facility. • The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • Balcony: Swimmers and their bags will not be allowed to stay in the area. Spectator seating is limited and swimmers must stay on the competition or adventure pool deck. • ADVENTURE POOL AREA RESTRICTED TO SWIMMERS AND COACHES. |
| DIRECTIONS: | From I-64 take Exit 250 (Fort Eustis Blvd) towards Fort Eustis. This will take you onto the base. Go 4 blocks past security and through the circular intersection. Turn right at first Street (Tyler Road) past the circular intersection. The Aquatic facility is the building on your left. If the Aquatic Center lot is full, there are plenty of parking 100 yards down Tyler Road. |

WAC WINTER SPLASH

ORDER OF EVENTS

Saturday, January 19, 2008

Morning BB/B/C Session

Warm-up: 7:30 am; Start: 8:30 am

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|---------------------|-----------------------------|--------------------|
| 1 | 13-14 100 Breaststroke | 2 |
| 3 | 15&O 100 Breaststroke | 4 |
| 5 | 13-14 200 Freestyle | 6 |
| 7 | 15&O 200 Freestyle | 8 |
| 9 | 13-14 100 Butterfly | 10 |
| 11 | 15&O 100 Butterfly | 12 |
| 13 | 13&O 400 Individual Medley | 14 |
| 15 | 13-14 200 Backstroke | 16 |
| 17 | 15&O 200 Backstroke | 18 |
| 19 | 13-14 200 Individual Medley | 20 |
| 21 | 15&O 200 Individual Medley | 22 |
| 23 | 13&O 200 Free Relay | 24 |

Afternoon A+ Session

Warm-up: 12:00 noon; Start: 1:00 pm

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|---------------------|-----------------------------|--------------------|
| 25 | 13-14 100 Breaststroke | 26 |
| 27 | 15&O 100 Breaststroke | 28 |
| 29 | 13-14 200 Freestyle | 30 |
| 31 | 15&O 200 Freestyle | 32 |
| 33 | 13-14 100 Butterfly | 34 |
| 35 | 15&O 100 Butterfly | 36 |
| 37 | 13&O 400 Individual Medley | 38 |
| 39 | 13-14 200 Backstroke | 40 |
| 41 | 15&O 200 Backstroke | 42 |
| 43 | 13-14 200 Individual Medley | 44 |
| 45 | 15&O 200 Individual Medley | 46 |
| 47 | 13-14 200 Freestyle Relay | 48 |
| 49 | 15&O 200 Freestyle Relay | 50 |

Distance Session

(15 minute break)

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| 51 | 13&O 1650 Freestyle | 52 |
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Sunday, January 20, 2008

Morning BB/B/C Session

Warm-up: 7:30 am; Start: 8:30 am

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|---------------------|------------------------|--------------------|
| 53 | 13-14 100 Backstroke | 54 |
| 55 | 15&O 100 Backstroke | 56 |
| 57 | 13-14 200 Breaststroke | 58 |
| 59 | 15&O 200 Breaststroke | 60 |
| 61 | 13-14 50 Freestyle | 62 |
| 63 | 15&O 50 Freestyle | 64 |
| 65 | 13&O 500 Freestyle | 66 |
| 67 | 13-14 200 Butterfly | 68 |
| 69 | 15&O 200 Butterfly | 70 |
| 71 | 13-14 100 Freestyle | 72 |
| 73 | 15&O 100 Freestyle | 74 |
| 75 | 13&O 200 Medley Relay | 76 |

Afternoon A+ Session

Warm-up: 12:00 noon; Start: 1:00 pm

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|---------------------|------------------------|--------------------|
| 77 | 13-14 100 Backstroke | 78 |
| 79 | 15&O 100 Backstroke | 80 |
| 81 | 13-14 200 Breaststroke | 82 |
| 83 | 15&O 200 Breaststroke | 84 |
| 85 | 13-14 50 Freestyle | 86 |
| 87 | 15&O 50 Freestyle | 88 |
| 89 | 13&O 500 Freestyle | 90 |
| 91 | 13-14 200 Butterfly | 92 |
| 93 | 15&O 200 Butterfly | 94 |
| 95 | 13-14 100 Freestyle | 96 |
| 97 | 15&O 100 Freestyle | 98 |
| 99 | 13-14 200 Medley Relay | 100 |
| 101 | 15&O 200 Medley Relay | 102 |

Distance Session

(15 minute break)

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| 103 | 13&O 1000 Free | 104 |
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