



2010 FALL FESTIVAL SWIM MEET
A/BB/B/C Meet
October 16-17, 2010
SANCTION NO. VS-11-05

Hosted by:
QDD
Swim Team

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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-05 |
| LOCATION: | George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444 |
| FACILITY: | <ul style="list-style-type: none">• Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in a 25 yards, starting from the deep end (13.5" feet deep) and swimming into a bulkhead (6 feet deep).• At least 3 lanes will be available throughout the meet for continuous warm-up and cool down• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). |
| MEET DIRECTOR: | Susan Campbell Phone: (703) 335-1240 Email: smbcampbell@comcast.net |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all USA Swimming athletes registered by the first day of the meet• No on deck USA Swimming athlete registration will be permitted.• Age on October 16, 2010 will determine the swimmer's age for the 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 12 & Under swimmers will swim on Saturday and Sunday morning. Distance session will follow Saturday morning session for 9-12 swimmers (Event #19-20)• All 13 & Over swimmers will swim on Saturday and Sunday afternoon. Distance session will follow each afternoon session for 13&O swimmers (Event #33-34 & 63-64)• All events will be timed finals. |
| WARM-UP: | <ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00-8:00 am, competition starts at 8:10 am.• Afternoon sessions: Warm-ups will begin no earlier than 12:00 and will run for 1 hour beginning immediately following events 19 and 20. Competition starts 10 minutes after the completion of warm-ups• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions. The distance session competition will start 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the QDD website (www.qddswim.org) no later than Tuesday October 13th, and will also be emailed to the contact person of the participating clubs.• Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Wednesday, October 13, 2010 |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 6, 2010</p> <ul style="list-style-type: none">• Entries from teams outside the North District and VSI LSC will be accepted until 6:00 pm, Thursday, October 7, 2010, if space is available after North district and VSI entries have been accepted.• 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 submit entries as an e-mail attachment• 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.• Coach's Times (CT) and "No Time" (NT) entries will be accepted for events in which a |

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| | <p>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.</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 4 individual events per day. If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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: rlisbon@comcast.net • Send entries to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192 • 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. • Refunds will be made to anyone cut from an event by the Meet Director, because of a need to limit competition. • Late entries will be accepted. Late entries will be accepted if time limits have not been exceeded. <ul style="list-style-type: none"> ○ 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. |
| FEES: | <p>Individual events: \$4.50 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: QDD Swim Team, Inc. • Payment must be received by Tuesday, October 12, 2010 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. • 12 & Under events will be given separate awards for 11-12, 9-10 and 8 & Under groups. • 13 & Over events will be given separate awards for 13-14 and 15 and Over age groups.. |
| SEEDING: | <ul style="list-style-type: none"> • All events, except events 19 & 20 (12 & U 500 Free), 31 & 32 (13 & Over 400 IM), 33 & 34 (13 & Over 1000 Free), 63 & 64 (13 & Over 500 Free) will be pre-seeded • Positive check-in will close at 9:00 am, Saturday October 16, 2010 for events 19 & 20. • Positive check-in will close at 2:00 pm, Saturday October 16, 2010 for events 31, 32, 33, 34. • Positive check-in will close at 2:00 pm, Sunday October 17, 2010 for events 63 & 64. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT • Events 33 & 34 (13 & Over 1000 Free) will be swum fastest to slowest alternating girls heats with boys heats |
| PENALTIES: | <p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for 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. • Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S |

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| | <p>coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</p> <ul style="list-style-type: none"> The overhead start procedure will be used for all sessions. In accordance with VSI Policy, only those coaches who have 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: | <p>Meet Referee: Rick Lisbon Email: rlisbon@comcast.net Phone: (703) 491-8210</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 Andrea Morisi, Email: andrea@adameen.com by October 12, 2010 Officials will meet in Hospitality 45 minutes before the start of every session There will be a training session for new stroke and turn officials on Sunday October 17, 2010 at 10:30 am until 1:00 pm. | | | | | | | | | | |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. | | | | | | | | | | |
| 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 www.pwcweb.com/qddsims no later than Tuesday October 12, 2010, and will also be emailed to the contact person of each of the individual clubs. Swimmers competing in the 500 free and 1000 Free are responsible for providing their own lap counters and timers. These are events 19, 20, 33, 34, 63 and 64. | | | | | | | | | | |
| GENERAL: | <ul style="list-style-type: none"> Heat sheets will be sold for \$5. A Hospitality Suite will be available (refreshments & lunch) for USS officials & coaches. Concessions snack bar and PRO SHOP will be available. Refreshments, lunch and evening snacks will be provided for USS officials & coaches | | | | | | | | | | |
| FACILITY RULES: | <ul style="list-style-type: none"> Each club is responsible for supervising the conduct of their swimmers. Swimmers are not permitted in any room of the buildings not directly associated with this swim meet. No towels or suits etc. are to be hung on or around the lifeguard stands. Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the hallway. No cars are to be left in the fire lanes. The facility no longer allows parking in the lot adjacent to the facility. Drop off points will be provided for discharging swimmers and directions will be given to the overflow parking lots. | | | | | | | | | | |
| HOTELS: | <table border="0"> <tr> <td>The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy (703) 335-1300</td> <td>Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797</td> </tr> <tr> <td>Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966</td> <td>Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966</td> </tr> <tr> <td>Springhill Suites by Marriott, Centreville, VA (703) 815-7800</td> <td>Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100</td> </tr> <tr> <td>Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000</td> <td></td> </tr> <tr> <td>Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100</td> <td></td> </tr> </table> | The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy (703) 335-1300 | Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797 | Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966 | Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966 | Springhill Suites by Marriott, Centreville, VA (703) 815-7800 | Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100 | Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000 | | Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100 | |
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ORDER OF EVENTS: Highlighted rows indicate positive CHECK-IN required

| October 16, 2010 | | |
|---|------------------------|-----|
| Session 1, Saturday Morning Warm-up: 7:00 am; Start: 8:10 am | | |
| Women | Event | Men |
| 1 | 11-12 200 Breaststroke | 2 |
| 3 | 12&U 100 Butterfly | 4 |
| 5 | 12&U 50 Backstroke | 6 |
| 7 | 8&U 25 Freestyle | 8 |
| 9 | 12&U 100 Breaststroke | 10 |
| 11 | 12&U 50 Freestyle | 12 |
| 13 | 8&U 25 Backstroke | 14 |
| 15 | 11-12 200 Backstroke | 16 |
| 17 | 12&U 100 IM | 18 |

| October 17, 2010 | | |
|---|----------------------|-----|
| Session 5, Sunday Morning Warm-up: 7:00 am; Start: 8:10 am | | |
| Women | Event | Men |
| 35 | 12&U 200 IM | 36 |
| 37 | 12&U 100 Freestyle | 38 |
| 39 | 12&U 50 Breaststroke | 40 |
| 41 | 8&U 25 Breaststroke | 42 |
| 43 | 12&U 100 Backstroke | 44 |
| 45 | 11-12 200 Butterfly | 46 |
| 47 | 12&U 50 Butterfly | 48 |
| 49 | 8&U 25 Butterfly | 50 |
| 51 | 12&U 200 Freestyle | 52 |

| Session 2, Saturday Morning Distance (15 minute break) | | |
|---|--------------------|-----|
| Women | Event | Men |
| 19 | 9-12 500 Freestyle | 20 |

| Session 3, Saturday Afternoon Warm-up: 12:00 noon; Start: 1:10 pm (times are "no earlier than") | | |
|---|----------------------------|-----|
| Women | Event | Men |
| 21 | 13 & Over 100 Freestyle | 22 |
| 23 | 13 & Over 200 Butterfly | 24 |
| 25 | 13 & Over 100 Backstroke | 26 |
| 27 | 13 & Over 50 Freestyle | 28 |
| 29 | 13 & Over 200 Breaststroke | 30 |
| 31 | 13 & Over 400 IM | 32 |

| Session 6, Sunday Afternoon Warm-up: 12:00 noon; Start: 1:10 pm (times are "no earlier than") | | |
|---|----------------------------|-----|
| Women | Event | Men |
| 53 | 13 & Over 200 Freestyle | 54 |
| 55 | 13 & Over 100 Butterfly | 56 |
| 57 | 13 & Over 200 Backstroke | 58 |
| 59 | 13 & Over 100 Breaststroke | 60 |
| 61 | 13 & Over 200 IM | 62 |

| Session 4, Saturday Afternoon Distance (15 minute break) | | |
|---|--------------------------|-----|
| Women | Event | Men |
| 33 | 13 & Over 1000 Freestyle | 34 |

| Session 7, Sunday Afternoon Distance (15 minute break) | | |
|---|-------------------------|-----|
| Women | Event | Men |
| 63 | 13 & Over 500 Freestyle | 64 |