



**THE GREAT PUMPKIN SPLASH  
SWIM FOR A CURE  
YMCA Fall Invitational  
October 23-24, 2010  
SANCTION NO. VS-11-01Y**



<b>SANCTION:</b>	Held under the approval of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-11-01Y</b>
<b>LOCATION:</b>	St. Michaels High School (formerly Regency Sports Center), 6301 Campus Drive, Fredericksburg, VA 22407
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• Eight Lane 25 yard indoor pool, 8.5 feet deep at the start end and 4.5 feet deep at the turn end; Non-Turbulent Lane Markers; Colorado Automatic &amp; Semi-Automatic Timing System. Two additional 20 yard lanes will be available for continuous warm-up and cool down.</li> <li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Leonard Philippart Email: <a href="mailto:leo106@cox.net">leo106@cox.net</a> Phone: (540) 841-9902
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• This meet is a closed YMCA competition offered to YMCA teams only and only those swimmers that have a full membership privileges for the last 30 days including the week of the Virtual Invitational (October 16-24, 2010)</li> <li>• The swimmer must be an amateur, haven't represented another YMCA or another organization (school excluded) in open or closed competition since September 1, 2010. High school post-graduate swimmers are ineligible to participate in the Virtual Meet.</li> <li>• Swimmers wishing to swim Events 87-88 (400 IM) and 89-90 (500 Freestyle) must meet the qualifying times.</li> <li>• USA Swimming athletes competing in this meet must be registered prior to the first day of the meet.</li> <li>• No on deck USA Swimming athlete registration will be permitted.</li> <li>• Age on October 16, 2010 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>• October 23, 2010 session 1 &amp; 2 we'll be running the 2<sup>nd</sup> Annual National YMCA Virtual Invitational Swim Meet in conjunction with our Fall Invitational.</li> <li>• All 12 &amp; Under swimmers will swim in the morning session.</li> <li>• All 13 &amp; Older will swim in the afternoon session</li> <li>• Distance session will be swum as Open during session 5.</li> <li>• All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: Warm-up starts: 6:30 am; competition starts: 8:15 am.</li> <li>• Afternoon sessions: Warm-ups not before 11:30 am; competition starts not before 12:30 pm.</li> <li>• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session 4, with the distance session competition starting 5 minutes thereafter.</li> <li>• The approximate start time for the distance sessions will be posted on the RAYS website no later than October 20, 2010, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the RAYS website no later than October 20, 2010, 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>

	<ul style="list-style-type: none"> <li>• 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 October 20, 2010</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 13, 2010</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in short course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries as an e-mail attachment</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>• Coach's 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 must have been achieved in a YMCA Approved or sanctioned meet or USA Swimming sanctioned, approved, or observed competition.</li> <li>• October 23, 2010 Virtual Invitational Swimmers may enter a maximum of 4 events one being a relay (i.e. two individual events &amp; two relays) <ul style="list-style-type: none"> <li>○ Swimmers who compete in more than a total of 4 events must be marked as exhibition beyond the maximum events allowed.</li> <li>○ If a swimmer competes in more than the allowed number of events, the first 4 events they swim will count and the remaining will automatically be marked as exhibition.</li> <li>○ Swimmers may not swim more than 5 individual events per day, exhibition or otherwise.</li> </ul> </li> <li>• Swimmers may enter a maximum of 4 <i>individual events</i> and 2 <i>relay events</i>. Virtual competitor's coaches must choose which two extra races to be marked as exhibition in the meet set up file or the above rule takes effect.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• Relay swimmer's names must be included on all relays to be included in the virtual competition.</li> <li>• YMCA's can swim multiple relays in a relay event as long as individual swimmer does not exceed the maximum number of events.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• Team Set up file: Swimmer's birthdays must be included in the meet file or the swimmer will not be included in the virtual competition ranking. YMCA Association numbers will be used as Team identifiers as the Team Abbr (in meet manager) for all teams who compete.</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:annatm@verizon.net">annatm@verizon.net</a></li> <li>• Mail entries to: Anna Sell 7 Hunters Ct Fredericksburg, VA 22405 Phone: 540-654-5504(h), 540-429-3139(c)</li> <li>• 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$5.50 Relay events: \$12.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: RAYS.</li> <li>• Payment must be received by October 20, 2010 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 8th place. <ul style="list-style-type: none"> <li>○ 13 &amp; Over individual events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>○ 12 &amp; Under individual events will be given separate awards for 11-12, 9-10, and 8 &amp; Under age groups.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Relays events: Ribbons will be awarded for first through third place</li> <li>● Medals for high points first through third place , per age groups 8 &amp; Under, 9-10, 11 -12, 13 -14, 15 &amp; Over</li> <li>● Team banner for first place finish</li> <li>● <b>SCORING:</b> individual events will be scored first through eighth place with the following points:10-8-6-5-4-3-2-1</li> <li>● Relays will be scored first through third place with the following points: 20-18-16</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>● <b>All events, except Events 87-88 (400 IM) and 89-90 (500 Freestyle) will be pre-seeded.</b></li> <li>● 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. Swimmers in the afternoon sessions should report directly to the blocks for their events.</li> <li>● <b>The Events 87-88 (400 IM) and 89-90 (500 Freestyle) will require a positive check-in to swim.</b></li> <li>● <b>Positive check-in will close at 2:30 pm, Sunday for events 87- 90.</b></li> <li>● <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>● <b>Events 89-90 (500 Freestyle) will be swum fastest to slowest, alternating heats of girls then boys</b></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>● The current USA Swimming Rules and Regulations will apply</li> <li>● Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S 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.</li> <li>● The overhead start procedure will be used at the discretion of the Referee.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Wally Hunt</b>  <b>Email: <a href="mailto:hunt66@peoplepc.com">hunt66@peoplepc.com</a></b>  <b>Phone: (540) 424-0212</b></p> <ul style="list-style-type: none"> <li>● Officials at all positions will be required for this meet.</li> <li>● Official must be certified as YMCA or USAS Official</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: <b>Stephanie Suhling</b> at the following link: <a href="http://www1.mysignup.com/cgi-bin/view.cgi?datafile=rays_great_pumpkin_splash">http://www1.mysignup.com/cgi-bin/view.cgi?datafile=rays_great_pumpkin_splash</a> (<a href="mailto:ssuhling@yahoo.com">ssuhling@yahoo.com</a>, no later than October 20, 2010.</li> <li>● There will be an officials' meeting approximately 1 hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<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> <li>● The number of timers required per club and their lane assignments will be posted on the RAYS website (<a href="http://www.swimrays.org">www.swimrays.org</a> ) no later than October 20, 2010, and will also be emailed to the contact person of each of the individual clubs.</li> <li>● <b>Swimmers in distance events (89 &amp; 90) are required to provide their own timers and lane counters.</b></li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>● <b>Swimmer / Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers / spectators.</li> <li>● <b>Deck Access:</b> Limited to athletes, coaches with their credentials, officials, timers and Individuals helping with the working of the meet.</li> <li>● <b>Spectator seating:</b> may not be reserved and saving seats is not allowed. No coolers larger than a 6-pack lunch box will be allowed in the stands. Swim bags cannot be in the spectator bleachers.</li> <li>● <b>The gym is available for all spectators and swimmers</b></li> <li>● <b>Concessions:</b> and meet programs will be available in the concessions area.</li> <li>● <b>Meet Programs:</b> will be sold for \$2.00 per session.</li> <li>● <b>Team Banners:</b> Please coordinate the hanging of banners with the head lifeguard on duty.</li> <li>● <b>Meet Event Apparel:</b> will be available for purchase at the meet.</li> <li>● <b>50/50 raffle proceeds benefit the Johnston Family Cancer Foundation</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>First Aid:</b> Located on deck in the life guard area.</li> <li>• <b>Lost and Found:</b> Located in the guard room or front desk.</li> <li>• <b>Hospitality:</b> Located at the turn end of the pool. Snacks, Breakfast and Lunch will be provided to officials and coaches with water, coffee, lemonade and tea. Coaches and officials with special dietary concerns are encouraged to bring their own food.</li> <li>• <b>Hospitality:</b> will not open until warm ups begin each day, will stop serving breakfast ½ hour after completion starts snack available, lunch from 12:30-2:00 pm snack &amp; drinks available.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Swimmers must enter and exit the pool through the locker rooms, Please bring your towels with you to dry off before heading back to the gym.</li> <li>• Only water and Gatorade are allowed on the pool deck. No glass containers are allowed.</li> <li>• Swimmer and spectators are not allowed to eat food in the pool areas.</li> <li>• Teams are responsible for cleaning up their team areas.</li> <li>• Coaches are responsible for the behavior of their swimmers at all times.</li> <li>• No diving in the warm – up pool. Feet first entry only.</li> <li>• No parking in the fire lane.</li> <li>• No towels allowed to be placed over the blocks during competition.</li> </ul>
<b>DIRECTIONS:</b>	From I-95 you will take exit 130(Rt.3) West. Travel approximately 3 miles and take a right turn at the intersection of Rt. 3 and 5 Mile RD (Old Plank). Travel approximately ¼ mile and turn right onto Campus Drive. The building is in the back of the parking lot.
<b>HOTELS:</b>	<p>Hotel information for traveling club:</p> <p>Holiday Inn Select (540) 786-8321</p> <p>Best Western Fredericksburg (540) 371-5050</p> <p>WyteStone Suites (540) 891-1112</p> <p>Wingate Inn (540) 368-8000</p> <p>Sleep Inn Southpoint (540) 710-5500</p>

**Great Pumpkin Splash  
ORDER OF EVENTS**

**SATURDAY, OCTOBER 23, 2010**

<b>Virtual Competition Morning Session 1 Warm-up: 6:30 am; Start: 8:15 am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	10 & Under 200 Yd Medley Relay	2
3	11-12 200 yd Medley Relay	4
5	10 & Under 100 yd Individual Medley	6
7	11-12 100 yd Individual Medley	8
9	10 & Under 50 yd Freestyle	10
11	11-12 50 yd Freestyle	12
13	10 & Under 50 yd Backstroke	14
15	11-12 50 yd Backstroke	16
17	10 & Under 50 yd Breaststroke	18
19	11-12 50 yd Breaststroke	20
21	10 & Under 50 yd Butterfly	22
23	11-12 50 yd Butterfly	24
25	10 & Under 200 yd Freestyle Relay	26
27	11-12 200 yd Freestyle Relay	28

<b>Virtual Competition Afternoon Session 2 Warm-up: 12:15 pm; Start: 1:45 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
29	13-14 200 yd Medley Relay	30
31	15 & Over 200 yd Medley Relay	32
33	13 & Over 200 yd Individual Medley	34
35	13 & Over 100 yd Freestyle	36
37	13 & Over 100 yd Backstroke	38
39	13 & Over 100 yd Breaststroke	40
41	13 & Over 100 yd Butterfly	42
43	13-14 200 yd Freestyle Relay	44
45	15 & Over 200 yd Freestyle Relay	46

**Sunday October 24, 2010**

<b>Morning Session 3 Warm-up: 6:30 am; Start: 8:15 am</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
47	12 & Under 400 yd Freestyle Relay	48
49	10 & Under 25 yd Freestyle	50
51	12 & Under 100 yd Freestyle	52
53	10 & Under 25 yd Backstroke	54
55	12 & Under 100 yd Backstroke	56
57	10 & Under 25 yd Breaststroke	58
59	12 & Under 100 yd Breaststroke	60
61	10 & Under 25 yd Butterfly	62
63	12 & Under 100 yd Butterfly	64
65	12 & Under 400 yd Medley Relay	66

<b>Afternoon Session 4 Warm-up: 12:15 pm; Start: 1:45 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
67	13 & Over 400 yd Freestyle Relay	68
69	13 & Over 50 yd Freestyle	70
71	13 & Over 200 yd Freestyle	72
73	13 & Over 50 yd Backstroke	74
75	13 & Over 200 yd Backstroke	76
77	13 & Over 50 yd Breaststroke	78
79	13 & Over 200 yd Breaststroke	80
81	13 & Over 50 yd Butterfly	82
83	13 & Over 200 yd Butterfly	84
85	13 & Over 400 yd Medley Relay	86

**Session Distance 5  
15 Min. Warm-up**

<b><u>Girls</u></b>	<b><u>QT</u></b>	<b><u>Events</u></b>	<b><u>QT</u></b>	<b><u>Boys</u></b>
87	5:44.29	Open 400 yd IM	5:29.49	88
89	6:22.39	Open 500 yd Freestyle	6:03.19	90