



Speedo Eastern States Senior Circuit
Sponsored by Sharks Swim Team
November 20-21, 2010
SANCTION NO. VS-11-28

Hosted by:



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-28																
LOCATION:	George Mason 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). Additional 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:	<p>Stu Faux Phone: (540) 840-6800 Email: coachfaux@qsst.org</p>																
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming registered swimmers of the Speedo Eastern States Senior Circuit registered by the first day of the meet. Teams not in the circuit may request entry by contacting the meet director. The following are the circuit participating teams: <table border="0" style="width: 100%; margin-left: 40px;"> <tr> <td style="text-align: center;">Virginia Swimming LSC</td> <td style="text-align: center;">Potomac Valley Swimming LSC</td> </tr> <tr> <td style="text-align: center;">Virginia YMCA Aquatic Club (VYAC)</td> <td style="text-align: center;">Arlington Aquatic Club (AAC)</td> </tr> <tr> <td style="text-align: center;">Poseidon Swimming (PSDN)</td> <td style="text-align: center;">Central Chesapeake Swimming (PEAK)</td> </tr> <tr> <td style="text-align: center;">South Eastern Virginia Aquatics (SEVA)</td> <td style="text-align: center;">Occoquan Swimming (OCCS)</td> </tr> <tr> <td style="text-align: center;">Prince William Swim Club (PWSC)</td> <td></td> </tr> <tr> <td style="text-align: center;">Sharks Swim Team (SHKS)</td> <td style="text-align: center;">Maryland Swimming LSC</td> </tr> <tr> <td style="text-align: center;">Regency Park Swim Team (RPST)</td> <td style="text-align: center;">Coastal Aquatic Swim Team (CAST)</td> </tr> <tr> <td style="text-align: center;">Old Dominion Aquatic Club (ODAC)</td> <td></td> </tr> </table> No on deck USA Swimming athlete registration will be permitted. There are no qualifying times. All teams agree to enter swimmers who are training at a senior level and are preparing for successful qualification and/or participation at Sectionals, Junior Nationals or Nationals. Please see published circuit guidelines for more information. Age on November 20, 2010 will determine age for the entire meet. 	Virginia Swimming LSC	Potomac Valley Swimming LSC	Virginia YMCA Aquatic Club (VYAC)	Arlington Aquatic Club (AAC)	Poseidon Swimming (PSDN)	Central Chesapeake Swimming (PEAK)	South Eastern Virginia Aquatics (SEVA)	Occoquan Swimming (OCCS)	Prince William Swim Club (PWSC)		Sharks Swim Team (SHKS)	Maryland Swimming LSC	Regency Park Swim Team (RPST)	Coastal Aquatic Swim Team (CAST)	Old Dominion Aquatic Club (ODAC)	
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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 Events will be timed finals. 																
WARM-UPS:	<ul style="list-style-type: none"> Saturday Morning Session: Warm-ups from 7:00 am to 8:20 am; Competition starts at 8:30 am. During the Saturday morning warm-up, the 60 minutes will be general warm-up. The last 20 minutes will be specific warm-up with lanes assigned for pace, sprint & general warm-up. Saturday Evening Session: Warm-ups from 3:00 pm to 4:20 pm; Competition starts at 4:30 pm. During the Saturday evening warm-up, 60 minutes will be general warm-up. The last 20 minutes will be specific warm-ups. Sunday Early Morning Distance Session: Warm-ups from 7:00 am to 7:40 am; Competition starts at 7:45 am Sunday Late Morning Session: Warm-ups from 10:15 am to 11:25 am; Competition starts at 11:30 am. <ul style="list-style-type: none"> During the Sunday AM session warm-up, the first 50 minutes will be general warm-up. The last 20 minutes will be specific warm-up with lanes available for pace and sprint. If the Sunday Distance Session runs late, the Sunday AM Session warm-ups will begin using a minimum of six (6) warm-up/warm-down lanes. At least 20 minutes of specific 																

	warm-up time will be available in the competition lanes.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 8:00 PM, MONDAY, NOVEMBER 15, 2010</p> <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 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, phone number, and email address to contact in case of questions must accompany the entries, regardless of how they are submitted. • All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1000 Free plus 3 events on Sunday. • Swimmers may participate in 2 relays per session. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • 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: meetentries@qsst.org • Send entries to: Debby Martinich 52 Kane Way Stafford VA 22556 • 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.
FEES:	<p>Individual events: \$6.25 Relay events: \$14.00 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: Sharks Swim Team • Payment must be received by Wednesday, November 18, 2009 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"> • None given at this meet.
SEEDING:	<ul style="list-style-type: none"> • All events at the distance of 200 and below will be pre-seeded. All relays, 400 IM, 500 Free and 1000 Free will be deck seeded and requires a positive check-in. • Positive Check-In deadlines are as follows: <ul style="list-style-type: none"> ○ Relay Events: 8:00 am for Saturday 200 and 800 Free relays, 4:30 pm for Saturday 400 Medley Relay, 11:00 am for Sundays 200 Medley and 400 Free relays. ○ Individual Events: 8:00 am for Saturdays 400 IM, 4:30 pm for Saturdays 500 Free, 6:00 pm on Saturday for Sundays 1000 Free • SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE EVENT. • The 1000 Free (events 25 & 26) will be swum slowest to fastest, alternating heats of women and men. Women and men may swim together. Seeded heat sheets will be published on Saturday evening.
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

	<p>first day of the meet may be fined \$100 per swimmer in each event so entered.</p> <ul style="list-style-type: none"> 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 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. 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: Jim Frye Email: jamfrye@comcast.net Phone: (540) 582-3238</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. We ask for all teams to help in supplying officials 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 Jackie Resch, Email: jackieresch@comcast.net. 	
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.	
TIMERS:	Virginia clubs will be assigned to provide timers. Volunteers from any team are welcome. Swimmers will need to supply their own timers for the 1000 Free on Sunday morning.	
GENERAL:	<ul style="list-style-type: none"> Session heat sheets will be sold for \$2 per session. A Hospitality Suite will be available for officials & coaches. Limited concessions will be available in the hospitality area. No Swim Shop will be available at the meet. 	
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 spectator bleachers. All facility parking regulations must be followed. No cars are to be left in the fire lanes. 	
HOTELS:	<p>The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy (703) 335-1300</p> <p>Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966</p> <p>Springhill Suites by Marriott, Centreville, VA (703) 815-7800</p> <p>Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000</p> <p>Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100</p>	<p>Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797</p> <p>Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966</p> <p>Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100</p>

ORDER OF EVENTS

Saturday, November 20, 2010

Saturday AM Session

Female	Event	Male
1	200 Free Relay	2
3	100 Breast	4
5	200 Free	6
7	100 Fly	8
9	400 IM	10
11	800 Free Relay	12

Saturday PM Session

Female	Event	Male
13	200 Fly	14
15	50 Free	16
17	200 Breast	18
19	100 Back	20
21	400 Medley Relay	22
23	500 Free	24

Sunday, November 21, 2010

Sunday Distance Session

Female	Event	Male
25	1000 Free	26

Sunday AM Session

Female	Event	Male
27	200 Medley Relay	28
29	200 Back	30
31	100 Free	32
33	200 IM	34
35	400 Free Relay	36