



**BAC IRONMAN DISTANCE  
CHALLENGE**  
January 28-29, 2012  
SANCTION NO. VS-12-40

Hosted by  
**Burkwood  
Aquatic Club**

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-12-40</b></li><li>• USA Swimming, Inc., Virginia Swimming, Inc., and Burkwood Swim and Racquet Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li></ul>
<b>LOCATION:</b>	Burkwood Swim and Racquet Club, 9120 Burkwood Club Drive, Mechanicsville, VA 23116 Phone: (804) 730-4076 (BAC Office), and (804) 730-4076 (number to call day of the meet)
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 8 lane 25 yard indoor pool with non-turbulent lane lines. 5 foot pool depth at starting end of pool, sloping to 4 feet at turn end. Colorado timing system will be in use.</li><li>• Bleacher seating on one side of pool. Ample room for personal chairs on the side.</li><li>• Competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li></ul>
<b>MEET DIRECTOR:</b>	Craig Clift Email: <a href="mailto:office@bacswim.com">office@bacswim.com</a> Phone: (804) 730-4076
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open Virginia Swimming athletes registered by the first day of the meet.</li><li>• Limited to the first 100 athletes to sign-up for each session.</li><li>• No on-deck Virginia Swimming athlete registration will be permitted.</li><li>• Age on January 28, 2012 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>• All 8 &amp; under swimmers will swim in sessions I, II, and IV</li><li>• All 9 &amp; 10 and 11-12 swimmers will swim in sessions I, II, and IV.</li><li>• All 12 &amp; under swimmers will swim in sessions II and IV.</li><li>• All 13 &amp; over swimmers will swim in sessions I, II, III, and IV.</li><li>• All 11 &amp; over swimmers will swim in session III.</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:00 am.</li><li>• Afternoon sessions: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm.</li><li>• The approximate start time for the distance sessions will be posted on the Burkwood Aquatic Club website no later than January 25, 2012, 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 Burkwood Aquatic Club website no later than January 25, 2012, 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><li>• <b>Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams will be notified no later than Wednesday, January 25, 2012</b></li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 12:00 PM, FRIDAY, JANUARY 21, 2012</b> <ul style="list-style-type: none"><li>• 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.</li><li>• Teams submit entries via email.</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</li></ul>

	<p>how they are submitted.</p> <ul style="list-style-type: none"> <li>• Coach 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 “BB” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Swimmers may enter a maximum of <b>8 individual event(s), 2 in session I, 3 in session II, 1 in session III, and 2 individual events in session IV.</b></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>• 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:office@bacswim.com">office@bacswim.com</a></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> <li>• 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.</li> <li>• Limited to the first 100 athletes to enter for each session.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.50 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: Burkwood Aquatic Club.</li> <li>• Mail payment to: P.O. Box 1886 Mechanicsville, VA 23116</li> <li>• Payment must be received by January 25, 2012 for all entries. 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 events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>○ 11 &amp; Over events will be given separate awards for 11-12, 13-14, and 15 &amp; Over age groups.</li> <li>○ 12 &amp; Under events will be given separate awards for 11-12, 9-10 and 8 &amp; Under age groups.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All Events will require a positive check-in to swim.</li> <li>• Positive check-in will close at 7:30 am for the morning sessions and 12:30 pm for the afternoon sessions.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events 39, 40, 41, and 42 will be swum fastest to slowest and alternating heats of girls and boys.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>• 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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> <li>○ Swimmers 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.</li> <li>○ Ensuring compliance is the responsibility of the swimmer or the swimmer’s legal guardian.</li> </ul> </li> <li>• The overhead start procedure will be used at the discretion of the Referee.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u></li> </ul>

	<ul style="list-style-type: none"> <li>• 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 <ul style="list-style-type: none"> <li>○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: William Murphy</b>  <b>Email: <a href="mailto:wimmmurphy@aol.com">wimmmurphy@aol.com</a></b>  <b>Phone: (804) 550-2794</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to host team officials chair, Mike Sullivan, Email: <a href="mailto:msulliva@simon.com">msulliva@simon.com</a>, Phone: (804) 201-6911, no later than Wednesday, January 25, 2012.</li> <li>• Officials meetings will be one 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>	Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session. If required, this information will be sent to the participating clubs by Tuesday, January 24, 2012.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Enter the meet through the side doors on the left of the building. Do not use the front doors.</li> <li>• Meet participants are restricted to the pool and locker room areas only. Please do not wander into the fitness area.</li> <li>• Heat Sheets will be posted on walls around the pool and a limited number will be passed out to the spectators.</li> <li>• Hospitality room will be open to coaches and certified officials</li> <li>• No glass containers, smoking or alcohol is permitted in the pool area</li> </ul>
<b>FACILITY RULES:</b>	<b>PLEASE DO NOT PARK IN FRONT OF THE BUILDING. PARK IN THE LARGE PARKING LOT ON THE RIGHT SIDE BEHIND THE PINE TREES.</b>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• Go to <a href="http://www.bacswim.com">www.bacswim.com</a> under About us, and click on the icon for Mapquest to get specific directions from your location.</li> <li>• From I-295, take exit 41A (301 North towards Hanover). Fifth stoplight right onto Shady Grove. First stop light left onto Studley Road. Studley Road veers to the left. Follow for approximately ¼ mile. Right onto Burkwood Club Drive (just after the church). First building on the left. Park in the field on the right past the pine trees before the tennis courts.</li> </ul>

**BAC IRONMAN DISTANCE CHALLENGE  
ORDER OF EVENTS**

**Saturday, January 28, 2012**

**Morning Session I  
Warm-up: 7:00 am; Start: 8:00am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 500 Freestyle	2
3	11-12 500 Freestyle	4
5	13 & over 500 Freestyle	6
7	8 & under 200 IM	8
9	9-10 400 IM	10
11	11-12 400 IM	12
13	13 & over 400 IM	14

**Afternoon Session II  
Warm-up: 12:00 pm; Start: 1:00 pm  
(Times are approximate)**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
15	8 & under 50 Breaststroke	16
17	9-10 100 Breaststroke	18
19	12 & under 200 Breaststroke	20
21	13 & over 200 Breaststroke	22
23	8 & under 100 IM	24
25	9-10 200 IM	26
27	11-12 200 IM	28
29	13 & over 200 IM	30
31	8 & under 50 Butterfly	32
33	9-10 100 Butterfly	34
35	12 & under 200 Butterfly	36
37	13 & over 200 Butterfly	38

**Sunday, January 29, 2012**

**Morning Session III  
Warm-up: 7:00 am; Start: 8:00 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	11 & over 1000 Freestyle	40
41	13 & over 1650 Freestyle	42

**Afternoon Session IV  
Warm-up: 12:00 pm; Start: 1:00 pm  
(Times are approximate)**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	8 & under 50 Backstroke	44
45	9-10 100 Backstroke	46
47	12 & under 200 Backstroke	48
49	13 & over 200 Backstroke	50
51	8 & under 50 Free	52
53	9-10 200 Free	54
55	11-12 200 Free	56
57	13 & over 200 Free	58