



2012 NORTH DISTRICT CHAMPIONSHIP
February 17-19, 2012
SANCTION NO. VS-12-57



SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-57 • USA Swimming, Inc., Virginia Swimming, Inc., and Chinn Fitness and Aquatic Center 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. 		
LOCATION:	Chinn Fitness and Aquatic Center, Woodbridge, VA Phone: (703) 730-1051		
FACILITY:	<ul style="list-style-type: none"> • 25 yard, 8 lanes, with depths of 14 feet on start end to 6 feet on turn end and non-turbulent lanes lines. Automatic and Semi-automatic Colorado Timing System • Two warm-up/warm-down lanes available at all times • Large gymnasium to house swimmers and families • The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). 		
MEET DIRECTOR:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"> Debby Henry Email: debby@vahenrys.com Phone: (703) 730-6554 </td> <td style="width: 50%;"> Bruce Benson Email: bandlbenson@verizon.net Phone: (703) 680-6792 </td> </tr> </table>	Debby Henry Email: debby@vahenrys.com Phone: (703) 730-6554	Bruce Benson Email: bandlbenson@verizon.net Phone: (703) 680-6792
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming registered athletes 14 years old and younger (15 & Older for the 1650 Free only) registered by the first day of the meet in the North District. Teams in the North District are: BASS, PWSC, QDD, RAPP, RAYS, RPST, SHKS, STAT, TSU, VAST, VSTP, and WST. • No on deck Virginia Swimming athlete registration will be permitted • The qualifying period for this meet is January 1, 2011 through February 16, 2012 • 8 & Younger swimmers may participate regardless of classification in 8 & under events. • 8 & Younger swimmers entered in 10 and under events may not have a 10&U "BB" time or faster in the event entered. • 9-14 year old swimmers may compete in any event and relay strokes in which they have a "B" or "C" Time. • 15 & Older swimmers may compete in the 1650 Free providing their time is no faster than a 15-16 "C" time. • 10 and 12 year-old swimmers aging up from February 17 to February 24, 2012 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> ○ 10 or 12 year old swimmers who do not qualify for an event in their new age group at Region Championships may enter it in this meet. ○ 10 and 12 year old swimmers aging up between championships will be seeded correctly by time, however, will swim Exhibition only and will not be eligible to receive an award. • 2009-2012 NAG time standards are in effect. • Age on February 17, 2012 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"> • Distance events for all age groups Friday evening • 10 and younger swimmers will swim on Saturday and Sunday morning. • Swimmers 11-14 years old will swim on Saturday and Sunday afternoons. • Eligible 15 and older swimmers will swim in the Sunday distance session. • All events will be timed finals 		

WARM-UP:	<ul style="list-style-type: none"> • Friday distance session: General warm-up 5:00 pm; Competition begins at 6:00 pm • Morning sessions: Warm-ups start 6:30 am; Competition starts at 8:00 am • Afternoon sessions: Warm-ups start not before 11:30 am; Competition begins not before 1:00 pm • Sunday distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session with the competition starting five minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the PWSC website (www.pwscamberjax.org) no later than Tuesday, February 14, 2012 and will also be e-mailed to the contact person of the participating clubs. ○ The distance session will begin no earlier than these estimated times. • Warm-up lane assignments and times for individual clubs will be posted on the PWSC website (www.pwscamberjax.org) no later than Tuesday, February 14, 2012 and will also be e-mailed to the club contact person. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. • 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 Tuesday, February 14, 2012
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 7, 2012</p> <p>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 which is available at the VSI website www.virginiawimming.org.</p> <ul style="list-style-type: none"> • Teams submit entries via e-mail. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawimming.org) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • “No Time” (NT) entries will not be accepted. If a swimmer does not have a time of record the swimmer must be entered with a Coach’s Time (CT). • CT may not exceed a “B” time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>3 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. Relay entry times must be slower than the combined “B” times for the corresponding relay. See the “not faster than” relay times chart on page 5. • Entries will be processed in the order received. • 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 could require reseeding. • Email entries to: dreamit@iglide.net • 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. • Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
RESULTS:	<ul style="list-style-type: none"> • In accordance with USA Swimming/Virginia Swimming Privacy Policy, Meet Manager backup/meet results files will no longer be posted to the Virginia Swimming website. • TM meet results file and MM meet backup file will be provided to each participating team and unattached swimmer(s) within 24 hours of the close of the meet.
FEES:	<p>Individual events: \$5.25 Relay events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p>

	<ul style="list-style-type: none"> • Checks should be made payable to: Prince William Swim Club (PWSC) • Mail payment to: Nancy Hummer 16095 Deer Park Drive Montclair, VA 22025 • Payment must be received by Tuesday, February 14, 2012 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded medals for first through fourth place and ribbons will be awarded for fifth through eighth place. <ul style="list-style-type: none"> ○ 8 & Under events will be given separate awards for 8 year olds and 7 & Under age groups. ○ The 12 & Under 500 freestyle will be given separate awards for 11-12 and 10 & Under age groups. ○ 11-14 events will be given separate awards for 11-12, and 13-14 age groups ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ Heat winner ribbons will be awarded for all individual events for 10 & Younger swimmers. • Relay events will be awarded ribbons for first through fourth place
SEEDING:	<ul style="list-style-type: none"> • All events, except events 1, 2, 3, 4, 5, 6, 27, 28, 107, 108 will be pre-seeded. • 8 & Younger swimmers in the morning sessions must report to the Clerk of Course. They will be escorted to the blocks from that point by staff. • Swimmers 9 and older will report to the blocks in time for their events. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • Events 1, 2, 3, 4 (500 Free), 5, 6 (400 IM), 27, 28 (10&U 200 Free), 107, & 108 (1650 Free) will require a positive check-in to swim. • Positive check-in will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Recorder's desk. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events 107 and 108 will be swum fastest to slowest and alternate heats of girls and boys.
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 USA 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. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ 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. ○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • 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. • 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>. • 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"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.

OFFICIALS:	<p>Meet Referee: Janet Sheffer Email: Janet.Sheffer@millercoors.com Phone: (540) 405-1299</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Chris Pappas at pappas_chris@comcast.net or 703-590-8570 no later than Tuesday, February 14, 2012. • Officials will meet on the pool deck Friday at 5:00 pm, Saturday and Sunday mornings at 7:00 am, and both afternoons at approximately 12:00 pm. • General meeting for coaches and key officials at 7:50 am on Saturday morning.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Swimmers supply their own timers and lap counters for the 500 Freestyle (Friday) and for the 1650 Freestyle (Sunday). • 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 PWSC website (www.pwscamberjax.org) no later than Tuesday, February 14, 2012, and will also be emailed to the contact person of each of the individual clubs. • These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be sold for \$10.00 in the concession area. • Refreshments and lunch will be provided for the USA-S officials and coaches. • Swim gear will be available through Sport Fair. • Food and drinks will be available through the concessions stand. • Results will be posted in the hallway outside of the gym. • Clerk of Course will be located on the pool deck near the restroom entrances. • Parking will be available in the facility parking lot and in the soccer field lots adjacent to the facility. Parking is also available at the far end of the library parking lot (closest to the road). Parking directly in front of the library is reserved for library patrons.
FACILITY RULES:	<ul style="list-style-type: none"> • No other activities will be taking place at the Chinn Aquatics and Fitness Center on Saturday and Sunday, except for this swim meet. For the Friday evening session, swimmers will be restricted to the natatorium. • No food, coolers or glass containers are permitted on the pool deck or in the locker rooms. Food is permitted in the gym, concession area, spectator seating area and hospitality room. Drinks are allowed on the pool deck for officials and coaches only. No eating is allowed in hallways. • No wet swimmers/bathing suits are allowed upstairs—all swimmers must dry off before leaving the natatorium. • Only swimmers, officials and coaches are allowed on the pool deck. • No horseplay is allowed in the warm-up/warm-down lanes or in the locker rooms. • No one is allowed on any of the fitness machines/equipment. • Entrance and exit doors must remain unblocked. • Saunas in the locker rooms will be closed. • If the fire alarm sounds, ALL persons in the center, regardless of dress, must evacuate immediately through the nearest emergency exit.. • Parking in designated areas only. In rear lot, emergency parking space must be kept clear for fire and rescue personnel access for the duration of the meet. • Leisure pool and both whirlpool tubs are closed. • All lost and found items must be removed from the center by host team personnel at the conclusion of the event. • The instructions of the pool and center staff must be observed at all times.

DIRECTIONS:	Directions to the pool can be found on the Virginia Swimming website at www.virginiawimming.org
HOTELS:	<ul style="list-style-type: none"> • Best Western, Potomac Mills, IH-95, Exit 156B, (703) 494-4433 • Holiday Inn Express, 14030 Telegraph Road, Woodbridge, VA (703) 576-1600, IH-95, Exit 158B, (Manassas). • Courtyard Marriott, 14300 Crossing Place, Woodbridge, VA 22192, (800) 423-7846, IH95, Exit 158B, (Manassas) • Fairfield Inn, Prince William Parkway, IH-95, Exit 158 (Manassas), (703) 497-4000 • Sleep Inn, Prince William Parkway, IH95, Exit 158 (Manassas), (703) 580-9200 • Wytestone Suites of Potomac Mills, IH95, Exit 156B, (703) 490-4100

RELAY "NOT FASTER THAN TIMES" CHART

Age Group	Gender	Free	Medley
8&U	Girls	No Standard	No Standard
	Boys	No Standard	No Standard
9-10	Girls	2:23.96	2:50.26
	Boys	2:20.76	2:48.76
11-12	Girls	2:07.56	2:24.66
	Boys	2:03.96	2:23.46
13-14	Girls	2:03.96	No Standard
	Boys	1:53.96	No Standard

**2012 North District Championships
ORDER OF EVENTS**

Friday, February 17, 2012

Evening Session		
Warm-up: 5:00 pm; Start: 6:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 500 Freestyle	2
3	12 & Under 500 Freestyle	4
5	13-14 400 Individual Medley	6

Saturday, February 18, 2012

Morning Session		
Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9-10 50 Freestyle	8
9	8 & Under 25 Freestyle	10
11	9-10 100 Butterfly	12
13	8 & Under 50 Butterfly	14
15	9-10 100 Individual Medley	16
17	8 & Under 100 Individual Medley	18
19	9-10 50 Breaststroke	20
21	8 & Under 25 Breaststroke	22
23	9-10 100 Backstroke	24
25	8 & Under 50 Backstroke	26
27	10 & Under 200 Freestyle	28
29	8 & Under 100 Freestyle Relay	30
31	9-10 200 Freestyle Relay	32

Afternoon Session		
Warm-up: 11:30 am; Start: 1:00 pm		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	11-12 100 Freestyle	34
35	13-14 100 Freestyle	36
37	11-12 50 Butterfly	38
39	11-14 200 Butterfly	40
41	11-12 200 Individual Medley	42
43	13-14 200 Individual Medley	44
45	11-12 50 Breaststroke	46
47	11-14 200 Breaststroke	48
49	11-12 100 Backstroke	50
51	13-14 100 Backstroke	52
53	11-12 200 Freestyle Relay	54
55	13-14 200 Freestyle Relay	56

Sunday, February 19, 2012

Morning Session		
Warm-up: 6:30 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	9-10 100 Freestyle	58
59	8 & Under 50 Freestyle	60
61	9-10 50 Butterfly	62
63	8 & Under 25 Butterfly	64
65	9-10 200 Individual Medley	66
67	8 & Under 50 Breaststroke	68
69	9-10 100 Breaststroke	70
71	8 Under 25 Backstroke	72
73	9-10 50 Backstroke	74
75	8 & Under 100 Freestyle	76
77	9-10 200 Medley Relay	78
79	8 & Under 100 Medley Relay	80

Afternoon Session		
Warm-up: 11:30 am; Start: 1:00 pm		
<i>(Times are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	11-12 200 Freestyle	82
83	13-14 200 Freestyle	84
85	11-12 100 Butterfly	86
87	13-14 100 Butterfly	88
89	11-12 100 Individual Medley	90
91	13-14 100 Breaststroke	92
93	11-12 100 Breaststroke	94
95	11-14 200 Backstroke	96
97	11-12 50 Backstroke	98
99	13-14 50 Freestyle	100
101	11-12 50 Freestyle	102
103	13-14 200 Medley Relay	104
105	11-12 200 Medley Relay	106

Distance Session		
<i>(20 minute break)</i>		
107	13 & Over 1650 Freestyle	108