



**2012 JEFF ROUSE INVITATIONAL**  
**Closed Invitational Meet**  
**May 4-6, 2012**  
**SANCTION NO. VS-12-68**

Hosted by:

**QDD**  
Swim Team

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-12-68</b></li><li>USA Swimming, Inc., Virginia Swimming, Inc., and the George Mason University Freedom Aquatic and Fitness 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.</li></ul>
<b>LOCATION:</b>	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>Ten Lane, 50 Meter indoor pool, 13.5 feet deep at the start end and 4 feet deep at the turn end; Non-Turbulent Lane Markers; Colorado Automatic Timing System;</li><li>The pool will be configured to conduct competition in 10-lanes except as noted unless quantity of entries allow for the use of 8 lanes with 1 available for continuous warm-up/cool down without exceeding the session maximum length.</li><li>The 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>	Susan Campbell Phone: (703) 335-1240 Email: <a href="mailto:sbcamp8@verizon.net">sbcamp8@verizon.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming athletes registered by the first day of the meet from the following teams: <b>BASS, NOVA, PWSC, QDD, RAYS, RPST, SHKS, SMAC, QSTS and VSTP</b><ul style="list-style-type: none"><li>All teams will be limited to 150 swimmers</li><li>If your team is NOT an invited team and wish to be considered for entry into this meet, please contact Rick Lisbon at <a href="mailto:rlisbon@comast.net">rlisbon@comast.net</a></li><li>Teams wishing to add a "B" team, please contact Rick Lisbon at <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a>. Additional "B" team swimmers will be considered on a space available basis. Notification of those entries being accepted will be provided after meet entries are closed and time lines have been determined</li></ul></li><li>No on deck USA Swimming athlete registration will be permitted.</li><li>2009-2012 NAG time standards are in effect.</li><li>Age on May 4, 2012 will determine the swimmer's age for the 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>13 &amp; Over distance events will be on Friday afternoon session</li><li>All 9-12 year old non-distance events will be on Saturday and Sunday morning sessions.</li><li>9-12 distance events will be on Sunday during a late morning session.</li><li>All 8 &amp; Under events will be on Saturday during a midday session.</li><li>All 13 &amp; Over non-distance events will be on Saturday and Sunday afternoon sessions.</li><li>13 &amp; Over distance events will be on Saturday and Sunday late afternoon sessions.</li><li>All events will be timed finals.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>Friday distance session: Warm-ups at 4:00 pm; competition starts at 4:40 pm</li><li>Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 am.</li><li>8 &amp; Under Saturday Midday session: Warm-ups no earlier than 12:00 pm; competition starts no earlier than 12:40 pm</li><li>Afternoon sessions: Warm-ups no earlier than 1:30 pm; competition starts no earlier than 2:40 pm.</li><li>Sunday distance session (9-12): There will be a 10 minute warm-up at the conclusion of the Sunday morning session prior to the start of Events 51 &amp; 52.</li></ul>

	<ul style="list-style-type: none"> <li>• Saturday and Sunday distance session (13&amp;O): There will be a 10 minute warm-up at the conclusion of the Saturday and Sunday afternoon session prior to the start of Events 37 &amp; 38 and 63 &amp; 64, respectively.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the QDD website (<a href="http://www.qddswim.org">www.qddswim.org</a>) no later than April 27, 2011, 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 would be notified not later than Tuesday, May 1, 2012</b></li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES FOR VSI TEAMS IS WEDNESDAY, APRIL 25, 2012</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in <b>Long Course Meter</b> times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries via e-mail.</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet 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.</li> <li>• Coach's Times (CT) will be accepted for events less than 200 meters 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>• <b>"No Time" (NT) entries will not be accepted.</b></li> <li>• <b>200 meter events must have a "B" time or faster to compete</b></li> <li>• <b>Events of 400 meters or longer must have a "BB" time or faster to compete</b></li> <li>• <b>Swimmers may enter a maximum of 3 individual events per session and 4 individual events per day.</b> If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</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>• Entries in events #1 (13&amp;O Girls 800m Free) &amp; #2 (13&amp;O Boys 1500m Free) are limited to those swimmers who have a time of record equal to the "BB" time or faster in the 500y Free, 400m Free, 800m Free, 1650y Free or 1500m Free, for their current age group. No Coach's Times.</li> <li>• Entry into events #51 &amp; #52 (9-12 400m Free) is limited to those swimmers who have a time of record equal to "BB" time or faster time in the 500y Free or 400m Free, for their current age group. No Coach's Times.</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:rlisbon@comcast.net">rlisbon@comcast.net</a></li> <li>• <b>IMPORTANT:</b> 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>• Refunds will be made to anyone cut from an event by the Meet Director, because of a need to limit competition.</li> <li>• <b>Late entries will be accepted.</b> 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: <b>\$6.50</b> Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>QDD Swim Team, Inc.</b></li> <li>• Send payment to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192</li> <li>• Payment must be received by Wednesday, May 2, 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>• <b>Individual events:</b> Ribbons will be awarded for first through eighth Place.</li> </ul>

	<ul style="list-style-type: none"> <li>Age groups receiving ribbons will be: 8 &amp; Under, 9-10, 11-12, 13-14, 15 &amp; Over</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, <b>except</b> Events 1 &amp; 2 (13 &amp; O Girls 800 Free and 13 &amp; O Boys 1500 Free), 37 &amp; 38 (13 and Older 400 IM), 51 &amp; 52 (9-12 400 Free) and Events 63 &amp; 64 (13 &amp; O 400 Free) will be pre-seeded.</li> <li>Positive check-in is required Events 1 &amp; 2 (13 &amp; O Girls 800 Free and 13 &amp; O Boys 1500 Free), 37 &amp; 38 (13 and Older 400 IM), 51 &amp; 52 (12 &amp; Younger 400 Free) and Events 63 &amp; 64 (13 and Older 400 Free) <ul style="list-style-type: none"> <li>Positive Check-In will close at 4:15 for Events 1 &amp; 2.</li> <li>Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #4 for events 37 &amp; 38.</li> <li>Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #5 for events 51 &amp; 52.</li> <li>Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #7 for events 63 &amp; 64</li> </ul> </li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT</b></li> <li>Swimmers competing in the 400 Free, 800 Free and 1500 Free <b>are responsible for providing their own lap counters.</b></li> <li>Events 1 &amp; 2 will be swum fastest to slowest alternating heats between Girls and Boys.</li> <li>Events 1 &amp; 2 will be swum in 8 lanes leaving the 1 lane for continuous warm-up/warm-down as well as an empty buffer lane between the competitors and the warm-up/warm-down lane.</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 for all sessions.</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> <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 who have valid USA Swimming credentials but who 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: Rick Lisbon</b>  <b>Email: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a></b>  <b>Phone: (703) 491-8210</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 Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Spencer Quinn, Email: <a href="mailto:spencer@sqsoftware.com">spencer@sqsoftware.com</a> by May 2, 2012</li> <li>Officials will meet in Hospitality one hour before the start of every 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 <a href="http://www.qddswim.org">www.qddswim.org</a> no later than Tuesday April 26, 2011, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• <b>Timers must be provided by the swimmer for events 1, 2, 51 and 52</b></li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be sold for \$5.</li> <li>• A Hospitality Suite will be available (refreshments &amp; lunch) for USS officials &amp; coaches.</li> <li>• Concessions snack bar and PRO SHOP (<a href="http://www.sportfairusa.com/">http://www.sportfairusa.com/</a>) will be available.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each club is responsible for supervising the conduct of their swimmers.</li> <li>• Swimmers are not permitted in any room of the buildings not directly associated with this swim meet.</li> <li>• No towels or suits etc. are to be hung on or around the lifeguard stands.</li> <li>• Only coaches, swimmers, and officials are allowed on the competition deck. Swimmers will be allowed to “camp out” in the gymnasium. There will be no “camping out” allowed in the hallways. All others are required to be in the elevated spectator bleachers or the gymnasium.</li> <li>• No cars are to be left in the fire lanes.</li> <li>• <b>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.</b></li> </ul>

**ORDER OF EVENTS: Highlighted rows indicate positive CHECK-IN required**

<u>Session #1</u> Friday Evening, May 4, 2012		
1	13 & Over 800m Free	
	13 & Over 1500m Free	2

<u>Session #2</u> Saturday Morning, May 5, 2012		
Girls	Event Name	Boys
3	9-12 50m Back	4
5	9-12 100m Fly	6
7	11/12 200m Breast	8
9	9-12 100m Free	10
11	11/12 200m Back	12
13	9-12 200m Free	14
15	9-12 50m Breast	16

<u>Session #3</u> Saturday Midday, May 5, 2012		
Girls	Event Name	Boys
17	8 & Under 100m Free	18
10 Minute Break		
19	8 & Under 50m Fly	20
10 Minute Break		
21	8 & Under 50m Back	22
10 Minute Break		
23	8 & Under 50m Breast	24
10 Minute Break		
25	8 & Under 50m Free	26

<u>Session #4</u> Saturday Afternoon, May 5, 2012		
Girls	Event Name	Boys
27	13 & Over 100m Free	28
29	13 & Over 200m Breast	30
31	13 & Over 100m Fly	32
33	13 & Over 200m Free	34
35	13 & Over 100m Back	36

<u>Session #5</u> Saturday Late Afternoon, April 30, 2011		
Girls	Event Name	Boys
37	13 & Over 400m IM	38

<u>Session #6</u> Sunday Morning, May 6, 2012		
Girls	Event Name	Boys
39	9-12 50m Free	40
41	9-12 100m Back	42
43	11/12 200m Fly	44
45	9-12 100m Breast	45
47	9-12 200m IM	46
49	9-12 50m Fly	50

<u>Session #7</u> Sunday Late Morning, May 6, 2012		
Girls	Event Name	Boys
51	9-12 400m Free	52

<u>Session #8</u> Sunday Afternoon, May 6, 2012		
Girls	Event Name	Boys
53	13 & Over 50m Free	54
55	13 & Over 200m Back	56
57	13 & Over 200m Fly	58
59	13 & Over 100m Breast	60
61	13 & Over 200m IM	62

<u>Session #9</u> Sunday Late Afternoon, May 6, 2012		
Girls	Event Name	Boys
63	13 & Over 400m Free	64