



2013 JEFF ROUSE INVITATIONAL
Closed Invitational Meet
May 4-5, 2013
SANCTION NO. VS-13-63

Hosted by:

QDD
Swim Team

SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-63USA 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.
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
FACILITY:	<ul style="list-style-type: none">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;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.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)
MEET DIRECTOR:	Susan Campbell Phone: (703) 335-1240 Email: sbcamp8@verizon.net
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming athletes registered by the first day of the meet from the following teams: BASS, NOVA, PWSC, QDD, RAYS, QSTS, RPST, SHKS, SMAC, TSU, VSTP, and YGRAll teams will be limited to 150 swimmers unless arrangements have been made with Rick LisbonIf your team is NOT an invited team and wish to be considered for entry into this meet, please contact Rick Lisbon at rlisbon@comast.netTeams wishing to add a "B" team, please contact Rick Lisbon at rlisbon@comcast.net. 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 determinedNo on deck USA Swimming athlete registration will be permitted.200 meter events must have a "B" time or faster to competeEvents of 400 meters or longer must have a "BB" time or faster to compete2013-2016 NAG time standards are in effect.Age on May 4, 2013 will determine the swimmer's age for the 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">12 and younger swimmers will swim in the morning sessions Saturday and Sunday13 and older swimmers will swim in the afternoon sessions Saturday and SundayDistance sessions will follow the afternoon sessions for 13 and older swimmers on Saturday and Sunday. The Sunday afternoon distance session will be swum in 8-lanes to provide a continuous warm-up lane and a buffer lane.There will be a distance session for 9-12 swimmers following the morning session on Sunday.All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 am.Afternoon sessions: Warm-ups no earlier than 12:00 pm; competition starts no earlier than 1:10 pm.Sunday distance session (9-12 swimmers): There will be a 10 minute warm-up at the conclusion

	<p>of the Sunday morning session prior to the start of Event 41.</p> <ul style="list-style-type: none"> • Saturday and Sunday distance session (13&O swimmers): There will be a 10 minute warm-up at the conclusion of the Saturday afternoon session prior to the start of Event 25 and at the conclusion of the Sunday afternoon session prior to the start of Event 53. • Events 53 (Women 13&O 800 Free) and 54 (Men 13&O 1500 Free) 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. • Lane assignment and warm-up times for individual clubs will be posted on the QDD website (www.qddswim.org) no later than April 30, 2013, and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES FOR VSI TEAMS IS WEDNESDAY, APRIL 25, 2013</p> <ul style="list-style-type: none"> • Entries must be submitted in Long Course Meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries via e-mail. • 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. • 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. • "No Time" (NT) entries will not be accepted. • Swimmers may enter a maximum of 3 individual events per session and 5 individual events per day. If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Entry into events #41 & #42 (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. • Entries in events #53 (13&O Girls 800m Free) & #54 (13&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. • 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: rlisbon@comcast.net • 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, they will go in the slowest heat in an empty lane. Additional heats will not be added.
FEES:	<p>Individual events: \$7.00 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: QDD Swim Team, Inc. • Send payment to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192 • Payment must be received by Wednesday, May 2, 2013 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is 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.

AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth Place. • Age groups receiving ribbons will be: 8 & Under, 9-10, 11-12, 13-14, 15 & Over
SEEDING:	<ul style="list-style-type: none"> • All events, except Events 25 & 26 (13&O 400 IM), 27 & 28 (13&O 400 Free), 41 & 42 (9-12 400 Free) and Event 53 (Women 13&O 800 Free) and Event 54 (Men 13&O 1500 Free) will be pre-seeded. • Positive check-in is required for Events 25 & 26 (13&O 400 IM), 27 & 28 (13&O 400 Free), 41 & 42 (9-12 400 Free) and Event 53 (Women 13&O 800 Free) and Event 54 (Men 13&O 1500 Free) <ul style="list-style-type: none"> ○ Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #2 for events 25, 26, 27 & 28. ○ Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #4 for events 41 & 42. ○ Positive Check-In will close 30 minutes after the conclusion of warm-ups for session #6 for events 53 & 54 • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT • Swimmers competing in the 400 Free, 800 Free and 1500 Free are responsible for providing their own lap counters. • Events 53 & 54 will be swum fastest to slowest alternating heats between 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 all sessions. • 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>. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited and will result in the swimmer being removed from the meet. • 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. • No VSI non-athlete member in good standing may be barred from participating in the meet as an official at any level to which certified.
OFFICIALS:	<p>Meet Referee: Mike Romanowski Email: m_romanowski@verizon.net Phone: (703) 594-2487</p>

	<ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions 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 Spencer Quinn, Email: spencer@sqsoftware.com by May 2, 2013 • Officials will meet in Hospitality one hour before the start of every session 			
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.			
TIMERS:	<ul style="list-style-type: none"> • 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 www.qddswim.org no later than Tuesday April 30, 2013, and will also be emailed to the contact person of each of the individual clubs. • Timers must be provided by the swimmer for events 25, 26, 27, 28, 41, 42, 53 and 54 			
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be sold for \$5. • A Hospitality Suite will be available (refreshments & lunch) for USS officials & coaches. • Concessions snack bar and PRO SHOP (http://www.sportfairusa.com/) will be available. 			
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 buildings not directly associated with this swim meet. • No towels or suits etc. are to be hung on or around the lifeguard stands. • Swimmers must towel off before leaving the pool area to enter the hallway. Appropriate footwear must be worn at all times in the hallways. • 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. • No cars are to be left in the fire lanes. • 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. 			
DIRECTIONS:	Directions are available on the Virginia Swimming Website			
HOTELS:	<table border="0"> <tr> <td>Residence Inn / Manassas Battlefield 7345 Williamson Blvd Manassas, Virginia 20109</td> <td>Contact: Gisella Fackenthal Phone: (703) 330-8808</td> <td>Email: gisella.f@marriott.com www.marriott.com/mnzri</td> </tr> </table>	Residence Inn / Manassas Battlefield 7345 Williamson Blvd Manassas, Virginia 20109	Contact: Gisella Fackenthal Phone: (703) 330-8808	Email: gisella.f@marriott.com www.marriott.com/mnzri
Residence Inn / Manassas Battlefield 7345 Williamson Blvd Manassas, Virginia 20109	Contact: Gisella Fackenthal Phone: (703) 330-8808	Email: gisella.f@marriott.com www.marriott.com/mnzri		

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

<u>Session #1</u> Saturday Morning, May 4, 2013		
Girls	Event Name	Boys
1	12 & Under 50m Back	2
3	9-12 100m Fly	4
5	11-12 200m Breast	6
7	9-12 100m Free	8
9	11-12 200m Back	10
11	9-12 200m Free	12
13	12 & Under 50m Breast	14

<u>Session #4</u> Sunday Morning, May 5, 2013		
Girls	Event Name	Boys
29	12 & Under 50m Free	30
31	9-12 100m Back	32
33	11-12 200m Fly	34
35	9-12 100m Breast	36
37	9-12 200m IM	38
39	12 & Under 50m Fly	40

<u>Session #2</u> Saturday Afternoon, May 4, 2013		
Girls	Event Name	Boys
15	13 & Over 100m Free	16
17	13 & Over 200m Breast	18
19	13 & Over 100m Fly	20
21	13 & Over 200m Free	22
23	13 & Over 100m Back	24

<u>Session #5</u> Sunday Late Morning, May 5, 2013		
Girls	Event Name	Boys
41	9-12 400m Free	42

<u>Session #6</u> Sunday Afternoon, May 5, 2013		
Girls	Event Name	Boys
43	13 & Over 50m Free	44
45	13 & Over 200m Back	46
47	13 & Over 200m Fly	48
49	13 & Over 100m Breast	50
51	13 & Over 200m IM	52

<u>Session #3</u> Saturday Late Afternoon, May 4, 2013		
Girls	Event Name	Boys
25	13 & Over 400m IM	26
27	13 & Over 400m Free	28

<u>Session #7</u> Sunday Late Afternoon, May 5, 2013		
Girls	Event Name	Boys
53	13 & Over 800m Free	
	13 & Over 1500m Free	54