
	PHOENIX ICE BREAKER INVITATIONAL A/BB/B/C Meet November 30- December 2, 2012 SANCTION NO. VS-13-28	Hosted by:  Valley Swim Team - Phoenix
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SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-28 USA Swimming, Inc., Virginia Swimming, Inc., and Warrenton Aquatic and Recreation Facility 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:	Warrenton Aquatic and Recreation Facility, 800 Waterloo Rd. Warrenton VA., (540) 349-2520
FACILITY:	<ul style="list-style-type: none"> Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 10); Non-Turbulent Lane Markers; Colorado Automatic & Semi-Automatic Timing System. Two additional 25 yard lanes will be available for continuous warm-up and cool down. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.
MEET DIRECTOR:	Andrea Fergus E-mail: afergus@comcast.net Phone:(540) 664 6688
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered by the first day of the meet. No on deck USA Swimming athlete registration will be permitted. 11 & 12 year old swimmers must have a BB+ time in the 200 IM or a B+ time in the 400 IM to compete in the 11-12 400 IM 10 & under swimmers must have a BB+ time in the 100 Breaststroke to compete in the 200 Breaststroke. 10 & under swimmers must have a BB+ time in the 200 Freestyle or a B+ time in the 500 Freestyle to compete in the 500 freestyle. 10 & under swimmers must have a BB+ time in the 100 Backstroke to compete in the 200 Backstroke. 2013-2016 NAG Motivational time standards are in effect. Age on November 30, 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"> All 13 & older swimmers will swim a preliminary session in the morning session. The top 16 swimmers in the 13-14 age group & the top 16 swimmers in the 15&O age group will swim the final session each day. Friday distance will be swum as timed finals. All 12 & younger swimmers will swim timed finals in the afternoon session. All relay events for 13 & older swimmers will be timed finals & will be conducted during preliminary session.
WARM-UPS:	<ul style="list-style-type: none"> Friday afternoon session: Warm-up at 12:00 pm; competition starts at 1:00 pm Friday evening session: Warm-up not before 4:00 pm; competition starts not before 5:00 pm. 35 minutes will be general warm-up, followed by 15 minutes of specific warm-up. Lanes 1 & 2 will be for one way starts, lanes 7 & 8 will be pace. Morning sessions: Warm-ups at 6:30 am; competition starts at 8:10 am. Afternoon sessions: Warm-ups not before 12:00 pm; competition starts not before 1:10 pm Finals session: Warm-ups not before 5:00 pm; competition starts not before 6:00 pm. 35 minutes will be general warm-up, followed by 15 minutes of specific warm-up. Lanes for starts and one way

	<p>sprints, pace, and continued general warm-up will be provided with warm-up assignments</p> <ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the VSTP website no later than Wednesday November 28, 2012 and will also be emailed to the contact person of the participating clubs. The distance session will start no earlier than the estimated times. • 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 IS WEDNESDAY, NOVEMBER 21, 2012</p> <ul style="list-style-type: none"> • Entries from teams outside of the North District and VSI LSC will be accepted until 6:00 pm, Thursday, November 22, 2012 if space is available after North District, and then remaining VSI entries have been accepted. • Entries must be submitted in short course yard 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Coach Times (CT) 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. • "No Time" (NT) entries will not be accepted. • 12 & younger swimmers may enter a maximum of 4 individual events and 1 relay event per day & a total of 10 individual events for the meet. 13 & older swimmers may enter a maximum of 3 individual events and 1 relay event per day & a total of 9 events for the meet. • 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 <u>and accepted</u> 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: afergus@comcast.net • Late entries will be accepted until November 30, 2012. <ul style="list-style-type: none"> ○ Late entries will be accepted if time and swimmer limits have not been exceeded. ○ If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after they will be entered in the slowest heat in an empty lane.
FEES:	<p>Individual events: \$5.75 Relay events: \$15.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: VSTP. • Mail Payment to: Jessica De Jong 115 Old Forest Circle Winchester, VA 22602 • Payment must be received by Wednesday November 28, 2012 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & Over individual events will be given separate awards for 13-14 and 15 & Over age groups. ○ 12 & Under individual events will be given separate awards for 11-12, 9-10, and 8 & Under age groups. ○ 10 & Under individual events will be given separate awards for 9-10 and 8 & Under age groups. • Relay events: Ribbons will be awarded for first through sixth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except event #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), 5-6 (13&O 1000 Free), 7-8 (11-12 400 IM), and 15-16 (12&U 500 Free) will be pre-seeded. Swimmers should report directly to the

	<p>blocks for their events.</p> <ul style="list-style-type: none"> • #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), 5-6 (13&O 1000 Free), 7-8 (11-12 400 IM), and 15-16 (12&U 500 Free) will require a positive check-in to swim. • Positive check-in will close 12:40 pm Friday for event #1-2 (13&O 400 IM), 3-4 (13&O 500 Free), and 5-6 (13&O 1000 Free). • Positive check-in will close 4:40 pm Friday for event #7-8 (11-12 400 IM), and 15-16 (12&U 500 Free). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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. • The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.12.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all 13 & Over events, excluding the 500 Free, 1000 Free, 400 IM, and all 13&O Relays (timed final events). • 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 not appropriate and is strongly discouraged. • 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 with valid USA Swimming credentials but 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: 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 Debbie Moss, Email: dhm528@comcast.net, no later than Wednesday November 28, 2012. • There will be an officials meeting in hospitality 1 hour prior to the start of each session. • There will be a coaches meeting in the hospitality area, prior to the start of each session, on completion of warm ups.
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 emailed to the contact

	person of each of the individual clubs.		
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be sold for \$7 with finals heat sheets at no cost with coupon. Final heat sheets will be \$2 without coupon. • A Hospitality Suite will be available (refreshments, lunch & dinner) for USS officials & coaches. • Concessions snack bar and Metro Swim Shop 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 the building not directly associated with this swim meet. • Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the gym. • No cars are to be left in fire lanes. • Absolutely no shaving is to take place in the facility. 		
DIRECTIONS:	Directions are available on the Virginia Swimming website.		
HOTELS:	Howard Johnson Inn 6 Broadview Avenue Warrenton, VA (540) 347 4141	Holiday Inn Express 410 Holiday Court Warrenton, VA (540) 368-9600	Hampton Inn 501 Blackwell Road Warrenton, VA (540) 349-4200

Phoenix ICE BREAKER INVITATIONAL - ORDER OF EVENTS

Friday, November 30, 2012		
Session 1		
Afternoon Session 13 & Older		
Warm-up: 12:00 am; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 400 Individual Medley	2
3	13 & Over 500 Freestyle	4
5	13 & Over 1000 Freestyle	6

Friday, November 30, 2012		
Session 2		
Evening Session 12 & Under		
Warm-up: not before 4:00 pm; Start: not before 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 400 Individual Medley	8
9	12 & Under 200 Freestyle	10
11	12 & Under 200 Individual Medley	12
13	12 & under 50 Breaststroke	14
15	12 & Under 500 Freestyle	16

Saturday, December 1, 2012		
Session 3		
Morning Prelims 13 & Older		
Warm-up: 6:30 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	13-14 200 Freestyle	18
19	15 & Over 200 Freestyle	20
21	13-14 200 Backstroke	22
23	15 & Over 200 Backstroke	24
25	13-14 100 Breaststroke	26
27	15 & Over 100 Breaststroke	28
29	13-14 200 Butterfly	30
31	15 & Over 200 Butterfly	32
33	13-14 50 Freestyle	34
35	15 & over 50 Freestyle	36
37	13 & over 200 Medley Relay	38

Saturday, December 1, 2012		
Session 4		
Afternoon 12 & Younger Timed Finals		
Warm-up: not before 12:00 pm; Start: not before 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	12 & Under 100 Individual Medley	40
41	12 & Under 50 Freestyle	42
43	12 & Under 100 Backstroke	44
45	12 & Under 200 Breaststroke	46
47	12 & Under 100 Butterfly	48
49	12 & Under 200 Medley Relay	50

Saturday, December 1, 2012		
Session 5		
Evening Finals 13 & Older		
Warm-up: not before 5:00 pm; Start: not before 6:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	13-14 200 Freestyle	18
19	15 & Over 200 Freestyle	20
21	13-14 200 Backstroke	22
23	15 & Over 200 Backstroke	24
25	13-14 100 Breaststroke	26
27	15 & Over 100 Breaststroke	28
29	13-14 200 Butterfly	30
31	15 & Over 200 Butterfly	32
33	13-14 50 Freestyle	34
35	15 & Over 50 Freestyle	36

Sunday, December 2, 2012		
Session 6		
Morning Prelims 13 & Older		
Warm-up: 6:30 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	13-14 100 Freestyle	52
53	15 & Over 100 Freestyle	54
55	13-14 100 Backstroke	56
57	15 & Over 100 Backstroke	58
59	13-14 200 Breaststroke	60
61	15 & Over 200 Breaststroke	62
63	13-14 100 Butterfly	64
65	15 & over 100 Butterfly	66
67	13-14 200 Individual Medley	68
69	15& Over 200 Individual Medley	70
71	13 & Over 200 Freestyle Relay	72

Sunday, December 2, 2012		
Session 7		
Afternoon 12 & Younger Timed Finals		
Warm-up: not before 12:00 pm; Start: not before 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
73	11-12 200 Butterfly	74
75	12 & Under 100 Freestyle	76
77	12 & Under 200 Backstroke	78
79	12 & Under 100 Breaststroke	80
81	12 & Under 50 Butterfly	82
83	12 & Under 50 Backstroke	84
85	12 & Under 200 Freestyle Relay	86

Sunday, December 2, 2012		
Session 8		
Evening Finals 13 & Older		
Warm-up: not before 5:00 pm; Start: not before 6:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	13-14 100 Freestyle	52
53	15 & Over 100 Freestyle	54
55	13-14 100 Backstroke	56
57	15 & Over 100 Backstroke	58
61	13-14 200 Breaststroke	62
63	13-14 100 Butterfly	64
65	15 & over 100 Butterfly	66
67	13-14 200 Individual Medley	68
69	15& Over 200 Individual Medley	70