

Hosted by  <b>TAC</b> Tidewater Aquatic Club	 <b>SHORT COURSE AGE GROUP CHAMPIONSHIP</b> <b>March 15-18, 2007</b> <b>SANCTION NO. VS-07-48</b>	Hosted by  <b>WAC</b> Williamsburg Aquatic Club
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<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-07-48</b>			
<b>LOCATION:</b>	<ul style="list-style-type: none"> <li>• <b>Midtown Aquatic Center (MAC):</b> 570 McLawhorne Drive, Newport News, VA 23601, Phone: (757) 591-4573</li> <li>• <b>Fort Eustis Aquatic Center (FEAC):</b> Building 641, Tyler Ave. Newport News, Va. Phone (757) 878-1090</li> </ul>			
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• <b>MAC (13-14 Prelims and 11-14 Finals):</b> 8-lane, 50 meter indoor pool; configured for SC; 6 continuous warm-up / cool down lanes; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li> <li>• <b>FEAC (12&amp;Y Prelims):</b> Eleven (11) lane 25 yard indoor pool. All sessions will be run using a eight (8)-lane course for competition. Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines.</li> </ul>			
<b>MEET DIRECTOR:</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">James Wolfe VSI Age Group Chair Email: <a href="mailto:Wolfe@aol.com">Wolfe@aol.com</a> Phone: (757) 393-1799</td> <td style="width: 33%;">Carl "Sonny" Grissom MAC Host Coordinator Email: <a href="mailto:sonny.grissom@cox.net">sonny.grissom@cox.net</a> Phone: (C) (757) 286-8640 (W) (757) 201-7526</td> <td style="width: 33%;">Anne Anderson FEAC Host Coordinator Email: <a href="mailto:Flandos@cox.net">Flandos@cox.net</a> Phone: (757) 220-8633</td> </tr> </table>	James Wolfe VSI Age Group Chair Email: <a href="mailto:Wolfe@aol.com">Wolfe@aol.com</a> Phone: (757) 393-1799	Carl "Sonny" Grissom MAC Host Coordinator Email: <a href="mailto:sonny.grissom@cox.net">sonny.grissom@cox.net</a> Phone: (C) (757) 286-8640 (W) (757) 201-7526	Anne Anderson FEAC Host Coordinator Email: <a href="mailto:Flandos@cox.net">Flandos@cox.net</a> Phone: (757) 220-8633
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all 14 and younger USA Swimming/VSI registered swimmers that meet the qualifying time in each event entered</li> <li>• The qualifying period for this meet is January 1, 2006 through March 15, 2007</li> <li>• All swimmers participating in this meet must be registered by the first day of the meet.</li> <li>• No on deck registration will be permitted.</li> <li>• Age on March 15, 2007 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 ages will swim Thursday night at MAC.</li> <li>• All 10 &amp; Younger swimmers will swim timed finals at FEAC during the morning session. There will be a break after each 10 and younger boys event to award medals for the previous set of events.</li> <li>• All 11-12 swimmers will swim a preliminary session in the morning at FEAC. The top 16 swimmers will swim the final session each day at MAC</li> <li>• All 13-14 swimmers will swim a preliminary session in the morning at MAC. There will be a break after each 13-14 boys event to provide some added recovery time for swimmers. The top 16 swimmers will swim the final session each day at MAC.</li> <li>• All qualified 11-14 swimmers for the final session will swim at MAC.</li> </ul>			
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Thursday Distance session: Warm-ups at 4:00-5:00 pm; competition starts at 5:15 pm</li> <li>• Prelim sessions:             <ul style="list-style-type: none"> <li>○ MAC (13-14 swimmers): Warm-ups: 7:00-8:15 am; competition starts: 8:30 am</li> <li>○ FEAC (12&amp;Y swimmers): Warm-ups: 7:00-8:15 am; competition starts: 8:30 am</li> </ul> </li> <li>• Final sessions (MAC): Warm-ups: General: 4:30-5:30 pm; Specific: 5:30-5:45 pm; Competition starts: 6:00 pm.</li> <li>• 1650 freestyle session: Competition begins 15 minutes following the completion of the relay events.</li> <li>• The 500 Freestyle for 10 &amp; younger and 11-12 will be swum as Timed Final events swimming slowest to fastest (regular order). Swimmers are expected to provide their own timers and lap counters.</li> </ul>			

	<ul style="list-style-type: none"> <li>• The 1000 freestyle will be swum fastest to slowest, alternating girls then boys. The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters.</li> <li>• The 1650 freestyle will be swum fastest to slowest, alternating girls then boys. The last heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters.</li> <li>• All relay events will be Timed Finals. <ul style="list-style-type: none"> <li>○ The fastest heat of the 200 Medley, 200 Free and 400 Medley relays for 11-12 and 13-14 year old age groups will swim during the finals session each day. All remaining heats will be swum during the Preliminary session.</li> <li>○ All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session.</li> <li>○ Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has less than eight teams.</li> </ul> </li> <li>• Lane assignment and warm-up times for individual clubs will be posted host team websites no later than March 12, 2007, and will also be emailed to the contact person of the participating clubs. <ul style="list-style-type: none"> <li>○ <b>MAC (13-14 year old swimmers Prelims and 11-14 year old swimmers Finals):</b> TAC Website (<a href="http://www.tidewateraquaticclub.com">www.tidewateraquaticclub.com</a>)</li> <li>○ <b>FEAC (12 &amp; Younger swimmers Prelims):</b> WAC Website (<a href="http://www.swimwac.com">www.swimwac.com</a>)</li> </ul> </li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>								
<p><b>ENTRIES:</b></p>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, MARCH 6, 2007.</b></p> <p><b>NEW ENTRY PROCEDURES – OME MEET ENTRY</b>  <b>SEE OME HIGHLIGHTS ATTACHMENT AT END OF INVITATION FOR MORE INFORMATION</b></p> <ul style="list-style-type: none"> <li>• <b>OME OPENS:</b> 9:00 am EST – Tuesday, February 6, 2007</li> <li>• <b>OME CLOSES:</b> 11:59 pm EST – Tuesday, March 6, 2007.</li> <li>• Meet Entry Officer: James Wolfle, Phone: (757) 393-1799, Email: <a href="mailto:Wolfle@aol.com">Wolfle@aol.com</a></li> <li>• <b>On-Line Meet Entry (OME)</b> – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) <b>ONLY</b>. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> <li>○ The OME system is accessed from the USA Swimming web site at the address <a href="http://www.usaswimming.org/ome">http://www.usaswimming.org/ome</a></li> <li>○ Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”.</li> </ul> </li> <li>• <b>LATE ENTRIES.</b> Entries desired after 11:59 pm, Tuesday, March 6, 2007, and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late. <ul style="list-style-type: none"> <li>○ The total fees for all entries, including the late entry fee, must be paid prior to the first session of the meet (Thursday March 15, 2007) or the swimmer may not swim those events.</li> <li>○ A confirmation of entries will not be sent to a club until the fees are marked paid, either by credit card or by arrangement with the Meet Entry Officer.</li> <li>○ Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee). The request must be prior to the close of the scratch box for the event desired.</li> </ul> </li> <li>• <b>OME HELP:</b> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Susan Woessner</td> <td style="width: 50%;">James Wolfle</td> </tr> <tr> <td>USA Swimming</td> <td>Meet Entry Officer</td> </tr> <tr> <td>Phone: (719) 866-3589</td> <td>Phone: (757) 393-1799</td> </tr> <tr> <td>Email: <a href="mailto:swoessner@usaswimming.org">swoessner@usaswimming.org</a></td> <td>Email: <a href="mailto:wolfle@aol.com">wolfle@aol.com</a></td> </tr> </table> </li> <li>• <b>Conforming and Non Conforming times will be used for entry – Short Course Yards, then Long Course Meters, then Short Course Meters</b></li> <li>• <b>Individual Entries:</b> Use the fastest time in national database for entry within the qualifying period. <ul style="list-style-type: none"> <li>○ Swimmers may enter using an “Override Time” for times that are not in the national database.</li> <li>○ Override times must include the meet name and date.</li> <li>○ Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).</li> </ul> </li> <li>• <b>Relay Entries:</b> Use the fastest time in national database for entry within the qualifying period.</li> </ul>	Susan Woessner	James Wolfle	USA Swimming	Meet Entry Officer	Phone: (719) 866-3589	Phone: (757) 393-1799	Email: <a href="mailto:swoessner@usaswimming.org">swoessner@usaswimming.org</a>	Email: <a href="mailto:wolfle@aol.com">wolfle@aol.com</a>
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Relay times must be provable by team or swimmer aggregate.

- **Proof of asterisk (\*) submitted times must be provided to the Administrative Referee prior the scratch deadline for that event in order to be seeded.**
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- **OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
  - If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (\*\*).
  - The \*\* signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
  - All entries for 13-14 200 M Medley relays must use 400 M Medley relay times. No NT entries will be accepted.
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
  - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
  - These individuals may send a text file of their entries to the Meet entry person to be entered manually.
  - Payment must be made in that case by check to be received not later than July 17, 2006.
- **ENTRY LIMITS:**
  - **Individual Events:** 12 and younger swimmers may enter a maximum of 8 individual events, no more than three per day. 13-14 swimmers may enter a maximum of 7 events, no more than three per day.
  - **Relays:** Two (2) per team per event.
- The Meet Director reserves the right to combine heats and events, which actions may require reseeding.
- The Meet Director reserves the right to eliminate heats of any event if necessary.
- The Meet Director reserves the right to use 10 lanes for competition in any event.
- **Proof of entry times is required for individual and relay events. Entries not proven by the scratch deadline will be scratched. “No Time” relay entries will not be accepted.**
- All late entries must submit proof of time.
- Late entries may not be used to improve the seed time of an earlier entry.

**FEES:**

Individual events: \$5.00

Relay events: \$14.00

Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)

**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.

- OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Payment by check must be received by March 12, 2007. Checks should be payable to TIDE Swim Team.
- Checks should be sent to: James Wolfle  
401 Florida Avenue  
Portsmouth, VA 23707
- Late fees for OME entries will be due prior to the first session of the meet (Thursday, March 15, 2007).
- **Failure to pay entry fees by this deadline could result in teams being barred from the meet. All fees must be paid in full in order for the entries to be considered compete.**

**AWARDS:**

- Individual events will be awarded medals for first through eighth place.
- Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place.

	<ul style="list-style-type: none"> <li>• Team awards will be given. The winning team will receive a banner. The teams placing second through sixth will receive a plaque.</li> <li>• Scoring <ul style="list-style-type: none"> <li>○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1.</li> <li>○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded with the exception of the following events that will require a positive check-in at the Clerk of Course: <ul style="list-style-type: none"> <li>○ Thursday evening events by 4:30 pm.</li> <li>○ 500 Freestyle, 400 IM, and the 400 yard relays by 9:30 a.m. the day the event is to be swum.</li> <li>○ 200 yard relays by 8:00 am the day the event is to be swum.</li> <li>○ 10 and younger relays 30 minutes before the beginning of the session on the day the event is to be swum.</li> <li>○ 1650 freestyle by 9:30 am Sunday</li> </ul> </li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></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 disqualified from 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 United States 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>• The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.12.10, sections D and E only will be in affect and modified as follows: <b>The scratch rule regarding finals will apply to both heats, final and consolation, excluding the relays, the 1000 Free, and the 1650 Free.</b></li> <li>• The overhead start procedure will be used for the 12&amp;Y Prelim sessions, and may be used for the 13-14 Prelim sessions at the discretion of the Referee.</li> <li>• In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Name Mike Willard</b>  <b>Phone: (757) 564-4480</b>  <b>Email: <a href="mailto:jefwilfam@cox.net">jefwilfam@cox.net</a></b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required 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 Mike Willard, Meet Referee no later than March 5, 2006. No training will be available for Stroke &amp; Turn trainees in “whites”.</li> <li>• There will be an Officials meeting one hour prior to the start of each session at each venue.</li> <li>• Application has been made to have this meet approved as an Officials Qualifying Meet for N2 Certification/Re-Certification. Officials (including non-VSI officials) desiring to be evaluated must also complete an Application for Evaluation (available on the VSI website (<a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>) and submit it to the Meet Referee.</li> </ul>
<b>SAFETY:</b>	<p>VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.</p>

<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 no later than March 12, 2007, and will also be emailed to the contact person of each of the individual clubs. <ul style="list-style-type: none"> <li>○ <b>MAC (13-14 year old swimmers Prelims and 11-14 year old swimmers Finals):</b> TAC Website (<a href="http://www.tidewateraquaticclub.com">www.tidewateraquaticclub.com</a>)</li> <li>○ <b>FEAC (12 &amp; Younger swimmers Prelims):</b> WAC Website (<a href="http://www.swimwac.com">www.swimwac.com</a>)</li> </ul> </li> </ul>
<b>GENERAL:</b>	<p><b>Midtown Aquatic Center (MAC):</b></p> <ul style="list-style-type: none"> <li>• <b>Swimmer / Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violates Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. Please note that the City of Newport News prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers.</li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats.</li> <li>• <b>Team Areas:</b> Team seating will be available in the pool and gym area. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (or sandals).</li> <li>• <b>Spectator Seating:</b> Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area.</li> <li>• <b>Team Banners:</b> Team Banners can not be hung from a water return pipe that runs over the team seating areas.</li> <li>• <b>Programs:</b> Meet programs will be sold. Finals programs will be free with purchase of a meet program otherwise there will be a charge for finals heat sheets.</li> <li>• <b>Snack Bar:</b> TAC will operate a Concessions Stand during the meet.</li> <li>• <b>Swim Shop:</b> TAC will operate a Swim Shop during the meet.</li> <li>• <b>First Aid:</b> A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms.</li> <li>• <b>Lost and Found:</b> Lost and Found will be located next to the Announcer's Table.</li> <li>• <b>Hospitality:</b> TAC will operate a Hospitality Room for all coaches and officials during the meet. Drinks and snacks will be provided during the day.</li> </ul> <p><b>Fort Eustis Aquatic Center (FEAC):</b></p> <ul style="list-style-type: none"> <li>• <b>Meet Programs:</b> Meet programs will be sold. Finals programs will be free with purchase of a meet program otherwise there will be a charge for finals heat sheets.</li> <li>• <b>Snack Bar:</b> FEAC will operate a snack bar during the meet.</li> <li>• <b>Swim Shop:</b> Swim &amp; Sports Stop will be operating a swim shop during the meet for your apparel needs.</li> <li>• <b>Hospitality:</b> WAC will provide a Hospitality Room for coaches and officials. Drinks and snacks will be provided during the day.</li> </ul>
<b>FACILITY RULES:</b>	<p><b>Midtown Aquatic Center (MAC):</b></p> <ul style="list-style-type: none"> <li>• Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> <li>• Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>• No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable.</li> <li>• No coolers in the pool area. They are allowed in the Gym.</li> <li>• No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym.</li> <li>• Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.).</li> </ul>

	<ul style="list-style-type: none"> <li>• No shaving anywhere in the venue.</li> <li>• No running or horseplay in the facility.</li> <li>• Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li> <li>• Clean up your area when you leave after each session. Trashcans are located throughout the facility. Lost and Found is located next to the Announcer.</li> <li>• Officials only inside the ropes.</li> <li>• Coaches, officials, and meet staff only in the Hospitality Room.</li> <li>• The Aquatic Center will close during electrical storms.</li> <li>• NO SMOKING in the Aquatic Center (pool area) or the rest of the building.</li> </ul> <p><b>Fort Eustis Aquatic Center (FEAC):</b></p> <ul style="list-style-type: none"> <li>• Please read thoroughly. Rules will be enforced by Meet Marshall, aquatic center staff and the Fort Eustis Fire Marshall.</li> <li>• Fort Eustis automobile access: drivers license, automobile registration and proof of insurance are required to enter Fort Eustis.</li> <li>• Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that violates Aquatic Center rules, posted at the pool and in the meet program, will be disqualified from the meet and escorted from the facility.</li> <li>• The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.</li> <li>• Deck Access: Access to the competition pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition.</li> <li>• Swimmers will not be allowed in the balcony area. The balcony seating area will be for spectators only. Swimmers must stay on the competition or adventure pool deck.</li> <li>• Parents and families will be allowed on the adventure pool deck but must stay with in areas that have been marked by tape on the pool deck. Anyone not sitting with in these areas will be asked to move or leave the pool deck. Anyone not following the no food on the deck rules will be asked to consume their food in the proper area or required to leave the facility.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• <b>MAC:</b> From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.</li> <li>• <b>FEAC:</b> From the north/south, take Fort Eustis Blvd. from I-64 exit 250A, Route 17, Jefferson Avenue, Warwick Blvd. After passing through main gate, the road becomes Washington Blvd. In ½ mile you will come to a traffic circle. Go straight through it, DO NOT BEAR OFF. The first right will be Tyler Avenue. The Aquatic Center is on the left corner. Additional parking is available 50 yards past the entrance to the Center on both the right and left sides of Tyler Avenue.</li> </ul>
<b>HOTELS:</b>	Hotel information for traveling club (if appropriate)

# Virginia Swimming 2007 Short Course Age Group Championships

## Order of Events

Thursday Prelims		
G	MAC	B
1	10 & Under 500 Freestyle	2
3	11-12 500 Freestyle	4
5	13-14 1000 Freestyle	6

Friday Prelims		
G	FEAC	B
7	11-12 200 Medley Relay(*)	8
29	10&u 200 Free Relay	30
11	11-12 50 Breaststroke	12
31	10&u 50 Breaststroke	32
15 Minute Break		
15	11-12 200 Freestyle	16
33	10&u 200 Freestyle	34
19	11-12 100 Butterfly	20
35	10&u 50 Backstroke	36
15 Minute Break		
23	11-12 100 IM	24
37	10&u 100 IM	38
27	11-12 200 Backstroke	28
15 Minute Break		

(\*) Timed Final – final heat to swim during finals session

Saturday Prelims		
G	FEAC	B
41	11-12 200 Free Relay (*)	42
67	10&u 200 Medley Relay	68
45	11-12 200 Butterfly	46
69	10&u 50 Butterfly	70
15 Minute Break		
49	11-12 50 Freestyle	50
71	10&u 100 Freestyle	72
53	11-12 100 Breaststroke	54
73	10&u 100 Breaststroke	74
15 Minute Break		
57	11-12 50 Backstroke	58
75	10&u 200 IM	76
61	11-12 200 IM	62
77	10&u 400 Free Relay	78
65	11-12 400 Medley Relay(*)	66
15 Minute Break		

(\*) Timed Final – final heat to swim during finals session

Sunday Prelims		
G	FEAC	B
79	11-12 200 Breaststroke	80
99	10& 100 Backstroke	100
83	11-12 100 Backstroke	84
15 Minute Break		
101	10&u 50 Freestyle	102
87	11-12 100 Freestyle	88
103	10&u 100 Butterfly	104
91	11-12 50 Butterfly	92
15 Minute Break		
105	10&u 400 Medley Relay	106
95	11-12 400 Free Relay (*)	96
15 Minute Break		

(\*) Timed Final – all heats to swim in preliminary session

Friday Prelims		
G	MAC	B
9	13-14 200 Medley Relay(*)	10
15 Minute Break		
13	13-14 100 Breaststroke	14
15 Minute Break		
17	13-14 200 Freestyle	18
15 Minute Break		
21	13-14 100 Butterfly	22
15 Minute Break		
25	13-14 400 IM	26

Saturday Prelims		
G	MAC	B
39	13-14 200 Free Relay (*)	40
10 Minute Break		
43	13-14 200 Butterfly	44
10 Minute Break		
47	13-14 50 Freestyle	48
10 Minute Break		
51	13-14 200 Breaststroke	52
10 Minute Break		
55	13-14 100 Backstroke	56
10 Minute Break		
59	13-14 500 Freestyle	60
10 Minute Break		
63	13-14 400 Medley Relay(*)	64

(\*) Timed Final – all heats to swim in preliminary session

Sunday Prelims		
G	MAC	B
81	13-14 200 Backstroke	82
15 Minute Break		
85	13-14 100 Freestyle	86
15 Minute Break		
89	13-14 200 IM	90
15 Minute Break		
93	13-14 400 Free Relay (*)	94
15 Minute Break		
97	13-14 1650 Freestyle (**)	98

(\*) Timed Final – all heats to swim in preliminary session

(\*\*) Timed Final – heats alternate fast to slow , women/men 15 minutes after the relays

Friday Finals	
MAC	
Events 7-28 in numerical order	

Saturday Finals	
MAC	
Events 39-66 in numerical order	

Sunday Finals	
MAC	
Events 79-92 in numerical order	



**2007 Short Course Age Group Championship Qualifying Times**

**March 15-18, 2007**

**Midtown Aquatic Center and Fort Eustis Aquatic Center**

10 & Younger Girls

10 & Younger Boys

<i>SCM</i>	<i>LCM</i>	<i>YARDS</i>		<i>YARDS</i>	<i>LCM</i>	<i>SCM</i>
35.59	36.39	<b>32.09</b>	<b>50 Free</b>	<b>31.89</b>	36.19	35.29
1:19.09	1:20.69	<b>1:11.29</b>	<b>100 Free</b>	<b>1:10.79</b>	1:20.09	1:18.19
2:52.79	2:56.79	<b>2:36.39</b>	<b>200 Free</b>	<b>2:31.89</b>	2:51.79	2:47.89
5:57.39	6:04.49	<b>6:48.39</b>	<b>500 Free</b>	<b>6:44.99</b>	6:01.09	5:54.09
41.79	42.39	<b>37.69</b>	<b>50 Back</b>	<b>38.09</b>	42.79	42.19
1:30.09	1:31.29	<b>1:21.19</b>	<b>100 Back</b>	<b>1:21.69</b>	1:31.79	1:30.19
46.49	47.69	<b>41.99</b>	<b>50 Breast</b>	<b>42.49</b>	48.09	46.89
1:43.19	1:45.59	<b>1:33.39</b>	<b>100 Breast</b>	<b>1:32.69</b>	1:44.99	1:42.39
40.39	41.09	<b>36.39</b>	<b>50 Fly</b>	<b>36.69</b>	40.99	40.49
1:35.79	1:37.59	<b>1:26.69</b>	<b>100 Fly</b>	<b>1:25.69</b>	1:36.49	1:34.69
1:30.29		<b>1:21.39</b>	<b>100 IM</b>	<b>1:21.29</b>		1:29.79
3:14.49	3:18.49	<b>2:55.99</b>	<b>200 IM</b>	<b>2:55.29</b>	3:17.69	3:13.69

11-12 Girls

11-12 Boys

<i>SCM</i>	<i>LCM</i>	<i>YARDS</i>		<i>YARDS</i>	<i>LCM</i>	<i>SCM</i>
31.59	32.39	<b>28.49</b>	<b>50 Free</b>	<b>28.49</b>	32.39	31.59
1:08.39	1:09.99	<b>1:01.69</b>	<b>100 Free</b>	<b>1:02.39</b>	1:10.79	1:09.19
2:29.89	2:33.09	<b>2:15.09</b>	<b>200 Free</b>	<b>2:15.19</b>	2:33.19	2:29.99
5:11.29	5:17.69	<b>5:55.99</b>	<b>500 Free</b>	<b>5:59.99</b>	5:21.29	5:14.89
36.99	37.59	<b>33.39</b>	<b>50 Back</b>	<b>33.69</b>	37.99	37.39
1:18.39	1:19.59	<b>1:10.69</b>	<b>100 Back</b>	<b>1:11.69</b>	1:20.69	1:19.49
2:49.19	2:51.59	<b>2:32.49</b>	<b>200 Back</b>	<b>2:32.69</b>	2:51.79	2:49.39
41.59	42.09	<b>37.49</b>	<b>50 Breast</b>	<b>37.59</b>	42.69	41.49
1:29.39	1:31.39	<b>1:20.59</b>	<b>100 Breast</b>	<b>1:21.09</b>	1:31.99	1:29.59
3:13.89	3:17.89	<b>2:54.69</b>	<b>200 Breast</b>	<b>2:52.99</b>	3:15.99	3:11.09
34.79	35.49	<b>31.39</b>	<b>50 Fly</b>	<b>32.39</b>	36.59	35.79
1:19.39	1:20.79	<b>1:11.59</b>	<b>100 Fly</b>	<b>1:10.99</b>	1:20.19	1:18.79
2:56.49	2:59.99	<b>2:39.69</b>	<b>200 Fly</b>	<b>2:38.29</b>	2:58.49	2:54.89
1:19.09		<b>1:11.29</b>	<b>100 IM</b>	<b>1:11.69</b>		1:19.59
2:48.99	2:52.19	<b>2:32.29</b>	<b>200 IM</b>	<b>2:33.79</b>	2:53.89	2:50.69

13-14 Girls

13-14 Boys

<i>SCM</i>	<i>LCM</i>	<i>YARDS</i>		<i>YARDS</i>	<i>LCM</i>	<i>SCM</i>
29.79	30.59	<b>26.89</b>	<b>50 Free</b>	<b>25.49</b>	29.09	28.29
1:04.29	1:05.89	<b>57.99</b>	<b>100 Free</b>	<b>55.69</b>	1:03.39	1:01.79
2:19.89	2:23.09	<b>2:06.09</b>	<b>200 Free</b>	<b>2:01.49</b>	2:17.99	2:14.79
4:55.19	5:01.59	<b>5:37.99</b>	<b>500 Free</b>	<b>5:25.49</b>	4:50.49	4:44.09
10:25.29	10:38.09	<b>11:54.99</b>	<b>1000 Free</b>	<b>11:35.99</b>	10:21.09	10:08.29
20:05.09	20:36.39	<b>20:12.19</b>	<b>1650 Free</b>	<b>19:29.49</b>	19:52.79	19:22.69
1:14.19	1:15.39	<b>1:06.89</b>	<b>100 Back</b>	<b>1:04.39</b>	1:12.59	1:11.39
2:39.49	2:41.89	<b>2:22.89</b>	<b>200 Back</b>	<b>2:16.29</b>	2:33.59	2:31.19
1:24.79	1:26.79	<b>1:16.39</b>	<b>100 Breast</b>	<b>1:12.29</b>	1:22.19	1:19.89
3:02.39	3:06.39	<b>2:44.39</b>	<b>200 Breast</b>	<b>2:36.29</b>	2:57.39	2:52.69
1:13.39	1:14.79	<b>1:06.19</b>	<b>100 Fly</b>	<b>1:02.69</b>	1:10.89	1:09.49
2:42.49	2:45.29	<b>2:26.39</b>	<b>200 Fly</b>	<b>2:20.79</b>	2:38.99	2:35.59
2:38.09	2:41.29	<b>2:22.49</b>	<b>200 IM</b>	<b>2:16.59</b>	2:34.79	2:31.59
5:34.39	5:40.79	<b>5:01.29</b>	<b>400 IM</b>	<b>4:49.99</b>	5:28.19	5:21.79