

	<b>NORTH DISTRICT 12 &amp; UNDER CHAMPIONSHIP</b> <b>February 15-17, 2013</b> <b>SANCTION NO. VS-13-49</b>	Hosted by  <b>AMBERJAX</b> Prince William Swim Club
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<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-13-49</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Prince William Swim Club and CHINN Aquatics 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>	Chinn Fitness and Aquatic Center, 13025 Chinn Park Drive, VA 22192, Woodbridge, VA, Phone: (703) 730-1051
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>Two warm-up/warm-down lanes available at all times</li> <li>Large gymnasium to house swimmers and families</li> <li>The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).</li> </ul>
<b>MEET DIRECTOR:</b>	Bruce Benson Phone: 571-221-0452 Email: <a href="mailto:brucebenson@verizon.net">brucebenson@verizon.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming registered athletes 12 years old and younger prior to the first day of the meet in the North District. Teams in the North District are: BASS, PWSC, QDD, RAPP, RAYS, RPST, SHKS, STAT, STLH, TSU, VAST, VSTP, WST, and WFS</li> <li>No on deck Virginia Swimming athlete registration will be permitted</li> <li>The qualifying period for this meet is January 1, 2012 through February 14, 2013</li> <li><b>8 &amp; Younger swimmers may participate regardless of classification in 8 &amp; under events only.</b></li> <li><b>8 &amp; younger swimmers competing in the 100 Fly, 100 Back, 100 Breast, 200 free, 200 IM, 500 free, or 10&amp;U relays may not have an VSI Age Group Championship qualifying time in those events.</b></li> <li><b>Swimmers 9 to 12 years of age may compete in any individual event or relay leg in which they do not have a VSI Age Group Championship qualifying time.</b></li> <li>10 and 12 year-old swimmers aging up from February 15 to March 7, 2013 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> <li>10 or 12 year old swimmers who do not qualify for an event in their new age group at Age Group Championships may enter the event in this meet.</li> <li>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.</li> </ul> </li> <li>Age on February 15, 2013 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 events will be timed finals.</li> <li>8 &amp; under swimmers will swim in the morning session each day.</li> <li>9-10 year old swimmers will swim in the morning session each day.</li> <li>11-12 year old swimmers will swim in the afternoon session each day.</li> </ul>

	<ul style="list-style-type: none"> <li>All 25 yard events will start from the turn end of the pool.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday session: Warm-ups start 5:00 pm; Competition starts at 6:00 pm.</li> <li>Morning sessions: Warm-ups start 6:30 a.m.; Competition starts at 8:00am</li> <li>Afternoon sessions: Warm-ups start not before 11:30 am; Competition begins not before 1:00pm</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 5, 2013</b></p> <ul style="list-style-type: none"> <li>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 <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>.</li> <li>Teams submit entries via e-mail.</li> <li>A <b>Team Manager</b> printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>) 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><b>“No Time” (NT) entries will be accepted.</b> Coach Times will not be allowed.</li> <li>Swimmers may enter a maximum of <i>9 individual events for the meet, no more than 5 per day</i> and 1 relay event per day.</li> <li>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 “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 5.</li> <li>Entries will be processed in the order received.</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 could require reseeding.</li> <li>Email entries to: <b>Luis Caballero at <a href="mailto:colorao1@yahoo.com">colorao1@yahoo.com</a></b></li> <li>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.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$5.00</b>  <b>Relay Events: \$14.00</b>  <b>Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</b></p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> 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"> <li>Checks should be made payable to: <b>Prince William Swim Club</b></li> <li>Mail payment to: Luis Caballero 12513 Manchester Way Woodbridge, Va. 22192</li> <li>Payment must be received by Tuesday, February 12, 2013 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.</li> <li><b>IMPORTANT:</b> 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events will be awarded medals for first through eighth place on the BB and up side of the meet based on ENTRY times. Individual events will be awarded medals first through eighth place on the B and below side of the meet based on ENTRY times.</li> <li>Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place.</li> <li>Team Awards will be given. Teams placing 1<sup>st</sup> through 6<sup>th</sup> will receive a plaque.</li> <li>Scoring will be as follows:</li> </ul>

	<ul style="list-style-type: none"> <li>○ Individual: 9-7-6-5-4-3-2-1</li> <li>○ Relays: 18-14-12-10-8-6-4-2</li> <li>○ All events will be scored to 8 places.</li> <li>○ Only the top two relay entries per team may score.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 10 &amp; under 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded.</li> <li>• All swimmers should report directly to the blocks.</li> <li>• Positive check-in for the 10 &amp; Under 500 free, 11-12 500 free and 11-12 400 IM 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.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• Penalties for entries using fraudulent and/or non-verifiable entry times: <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> </li> <li>• <b>A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.</b></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 the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee.</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>• 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.</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: Arturo Weldon</b>  <a href="mailto:wandaarturo@hotmail.net">wandaarturo@hotmail.net</a>  <b>(703) 801-9653</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook</li> <li>• 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 <a href="mailto:pappas_chris@comcast.net">pappas_chris@comcast.net</a> no later than Tuesday, February 12, 2013.</li> <li>• Officials meetings will be held 1 hour prior to the beginning of each session.</li> <li>• General meeting for coaches and key officials 7:30 am Saturday morning.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.

<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmers supply their own timers and lap counters for the 500 Freestyle.</b></li> <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 (host team website) no later than Tuesday, February 12, 2013, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• These assignments will also be posted throughout the venue.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat Sheets will be sold for \$10.00</li> <li>• Refreshments and lunch will be provided for the USA-S officials and coaches.</li> <li>• Swim gear will be available through Sport Fair.</li> <li>• Food and drinks will be available through the concessions stand.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• No wet swimmers/bathing suits are allowed upstairs—all swimmers must dry off before leaving the natatorium.</li> <li>• Only swimmers, officials and coaches are allowed on the pool deck.</li> <li>• No horseplay is allowed in the warm-up/warm-down lanes or in the locker rooms.</li> <li>• No one is allowed on any of the fitness machines/equipment.</li> <li>• Entrance and exit doors must remain unblocked.</li> <li>• Saunas in the locker rooms will be closed.</li> <li>• If the fire alarm sounds, ALL persons in the center, regardless of dress, must evacuate immediately through the nearest emergency exit..</li> <li>• 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.</li> <li>• Leisure pool and both whirlpool tubs are closed.</li> <li>• All lost and found items must be removed from the center by host team personnel at the conclusion of the event.</li> <li>• The instructions of the pool and center staff must be observed at all times.</li> </ul>
<b>DIRECTIONS:</b>	Directions to the pool can be found on the Virginia Swimming website at <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>
<b>HOTELS:</b>	<p>The following hotels have blocked rooms for this event; please ask for the PWSC room rate. Both locations are on the Prince William Parkway off of I-95 exit 158B (Manassas)</p> <ul style="list-style-type: none"> <li>• Potomac Mills <b>Courtyard by Marriott</b>, 14300 Crossing Place, Woodbridge, VA 22192, (703) 491-4525, Offering the following amenities and room rate: <ul style="list-style-type: none"> <li>○ Newly renovated King bedrooms and Double queen bedrooms</li> <li>○ Free wireless internet</li> <li>○ Full hot breakfast buffet at \$8.95 per person</li> <li>○ On site bar (opens at 5:30 pm includes room service until 10pm)</li> <li>○ Heated indoor pool, whirlpool and fitness center</li> <li>○ King and Double Queen rooms \$109.00</li> </ul> </li> <li>• Potomac Mills <b>Residence Inn</b> 14301 Crossing Place, Woodbridge, VA 22192, (703) 490-4020 <ul style="list-style-type: none"> <li>○ Newly renovated Studio, One and Two Bedroom Suites</li> <li>○ Full kitchen</li> <li>○ Free wireless internet</li> <li>○ Complimentary hot breakfast buffet</li> <li>○ Evening Social with light meal, beer and wine</li> <li>○ Heated indoor pool, whirlpool and fitness center</li> <li>○ Studio King and One bedroom Suites \$124.00</li> </ul> </li> </ul>

# RELAY "SLOWER THAN TIMES" CHART

Age Group	Gender	Free	Medley
8&U	Girls	No Standard	No Standard
	Boys	No Standard	No Standard
9-10	Girls	2:05.16	2:25.06
	Boys	2:02.36	2:23.06
11-12	Girls	1:51.56 (200) 4:02.36 (400)	2:07.56
	Boys	1:51.56 (200) 4:00.36 (400)	2:08.46

## 2013 Districts Short Course 12&Under Championships

**Friday February 15, 2013**

<b>G</b>	<b>12&amp;U Session</b>	<b>B</b>
1	11-12 200 Free Relay	2
3	10&U 200IM	4
5	11-12 400 IM	6
7	10&U 500 Free	8
9	11-12 500 Free	10

**Saturday February 16, 2013**

<b>G</b>	<b>10&amp;U Session</b>	<b>B</b>
11	9-10 50 Free	12
13	8&U 25 Free	14
15	10&U 100 Fly	16
17	8&U 50 Fly	18
19	9-10 100 IM	20
21	8&U 100 IM	22
23	9-10 50 Breast	24
25	8&U 25 Breast	26
27	10&U 100 Back	28
29	8&U 50 Back	30
31	10&U 200 Fee	32
33	8&U 100 Free Relay	34
35	10&U 200 Free Relay	36

<b>G</b>	<b>11-12 Session</b>	<b>B</b>
37	11-12 100 Free	38
39	11-12 50 Fly	40
41	11-12 200 Breast	42
43	11-12 200 IM	44
45	11-12 50 Breast	46
47	11-12 200 Fly	48
49	11-12 100 Back	50
51	11-12 400 Free Relay	52

**Sunday February 17, 2013**

<b>G</b>	<b>10&amp;U Session</b>	<b>B</b>
53	8&U 100 Free	54
55	9-10 100 Free	56
57	8&U 50 free	58
59	9-10 50 Fly	60
61	8&U 25 Fly	62
63	10&U 100 Breast	64
65	8&U 50 Breast	66
67	9-10 50 Back	68
69	8&U 25 Back	70
71	10&U 200 Medley Relay	72
73	8&U 100 Medley Relay	74

<b>G</b>	<b>11-12 Session</b>	<b>B</b>
75	11-12 200 Free	76
77	11-12 100 Fly	78
79	11-12 50 Back	80
81	11-12 100 Breast	82
83	11-12 200 Back	84
85	11-12 100 IM	86
87	11-12 50 Free	88
89	11-12 200 Medley Relay	90