



VAST New Year's Meet
Area 4 BB/B/C Meet
January 8 & 9
SANCTION NO. VS-05-25



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-25
HOST CLUB:	Valley Area Swim Team
LOCATION:	Savage Natatorium, James Madison University, Harrisonburg, Va.
FACILITY:	25 yard, 8 lanes and non-turbulent lane lines. Colorado timing system with a one-line display board will be used, with stopwatch timing as a backup.
MEET DIRECTOR:	Jeannette Smith Email: smith-tm@juno.com Phone: (540) 289-9917
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Area 4. Teams in Area 4 are: BASS, FAST, PWSC, QDD, QS, RAYS, TSU, VAST, WST & invited teams from area 3.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 8 & younger swimmers may participate regardless of classification.• Swimmers 9 & Older may compete in any event and relay strokes in which they have a "BB", "B", or "C" Time.• 15 & Older swimmers may swim one event per session in which they have an "A" time or better as long as they are entered in another event in which they have a "BB". "B", "C" time.• 2005-2008 NAG top 16 based times are in effect.• Age on January 8th will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">• All 10 & Younger swimmers will swim on Saturday and Sunday morning.• All 11 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.• Morning sessions: Warm-ups at 7:00-8:00AM; competition starts at 8:15AM.• Afternoon sessions: Warm-ups at 12:00-1:00; competition starts at 1:15PM.• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter. The approximate start time for the distance sessions will be posted on the VAST website no later than Monday, January 3, 2005, and will also be emailed to the contact person of the participating clubs.• Lane assignment and warm-up times for individual clubs will be posted on the VAST website no later than Monday, January 3, 2005, 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 IS WEDNESDAY DECEMBER 29, 2004</p> <ul style="list-style-type: none">• 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 may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.<ul style="list-style-type: none">○ The JMU mail server will NOT allow zip file types to make it thru the virus checker○ Please rename the file from a ".zip" extension, to a ".jmu" file extension, the file will then make it to me via e-mail○ As long as their email indicates which team they are from, it does not matter what the name of the underlying files are called.• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of

	<p>how they are submitted.</p> <ul style="list-style-type: none"> Coaches Times (CT) or No Time (NT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition. Swimmers may enter a maximum of 4 individual events and 1 relay event per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. 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. <p>Email entries to: desmitpa@jmu.edu Mail entries to: Pete DeSmit 105 Amber Lane Bridgewater, VA 22812</p> <ul style="list-style-type: none"> IMPORTANT: 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.
FEES:	<p>Individual events: \$2.00 Relay events: \$8.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: VAST Payment must be received by Wednesday, January 5, 2005 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through 8th place. 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups. 11 & Older events will be given separate awards for 11-12, 13-14, and 15 & Older age groups. 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. Heat winner ribbons will be awarded for all 10 & Younger individual events. Relay events: Ribbons will be awarded for first through 4th place.
SEEDING:	<ul style="list-style-type: none"> All events, except events 51, 52, 77, 78, 107, 108 will be pre-seeded. 8 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there. Swimmers in the afternoon sessions should report directly to the blocks for their events. Events 51, 52 (1650 Free), 77, 78 (10&Y 500 Free), 107, 108 (11&O 500 Free) will require a positive check-in to swim. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Deck entries will be accepted in the order received. Additional heats will be added if needed. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be disqualified from 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 United States 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 2004 USA Swimming Rules and Regulations will apply. 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. 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.

OFFICIALS:	<p>Meet Referee: Don Kelly Email: kelleys@ntelos.net Phone: (540) 943-0867</p> <ul style="list-style-type: none"> • Officials at all positions will be required 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 Jeannette Smith smith-tm@juno.com (540) 289-9917 no later than Wednesday, January 5, 2005. • Officials session meeting before each session. 						
SAFETY:	<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>						
TIMERS:	<p>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 VAST no later than January 3, 2005 and will also be emailed to the contact person of each of the individual clubs.</p>						
GENERAL:	<ul style="list-style-type: none"> • Concessions will be available in the gym • Heat sheets will be available for \$5 • ospitality will be available for coaches and officials • A swim shop will operate in the hall outside the gym. 						
FACILITY RULES:	<ul style="list-style-type: none"> • Certain areas will be marked off limits. • Please obey signs. • Teams will 'camp out' in the gym on the second floor. • Access to the pool will be strictly controlled. • Swimmers, coaches, officials and staff only will be permitted on the deck during warm-ups and the competition. • No smoking is permitted in the building. • Please be courteous in sharing the locker rooms and bathrooms by keeping them neat. • No food or drinks in the pool or lobby area. • All food and drinks must be kept in the gym area. 						
DIRECTIONS:	<p>The Godwin pool facility is located on the campus of James Madison University. From Interstate 81, take exit 245. Off the ramp head west on Port Republic Road. At the next light, turn right on to the campus of JMU. Go to the second traffic signal and turn left to Godwin Hall. The pool is on the first floor and the gym and seating area are on the second floor.</p>						
HOTELS:	<table border="0"> <tr> <td>Comfort Inn 1440 East Market St Harrisonburg, VA (540) 433-6066</td> <td>Courtyard by Marriott 1890 Evelyn Byrd Ave Harrisonburg, VA (540) 432-3031</td> </tr> <tr> <td>Days Inn IH 81 at exit 245 (540) 433-9353</td> <td>Hampton Inn 85 University Blvd (540) 432-1111</td> </tr> <tr> <td>Jameson Inn 1400 East Market (540) 442-1515</td> <td>Four Points by Sheraton 1891 Evelyn Byrd Ave (540) 433-2521</td> </tr> </table>	Comfort Inn 1440 East Market St Harrisonburg, VA (540) 433-6066	Courtyard by Marriott 1890 Evelyn Byrd Ave Harrisonburg, VA (540) 432-3031	Days Inn IH 81 at exit 245 (540) 433-9353	Hampton Inn 85 University Blvd (540) 432-1111	Jameson Inn 1400 East Market (540) 442-1515	Four Points by Sheraton 1891 Evelyn Byrd Ave (540) 433-2521
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Region 4 BB/B/C
First Annual New Year's Swim Meet
January 8 & 9, 2005

SATURDAY MORNING SESSIONS

Warm-ups: 7:00 – 8:00 a.m.

Meet begins at 8:15 am

<u>WOMEN</u>	<u>EVENTS</u>	<u>MEN</u>
1	9-10 50y Freestyle	2
3	8 & Y 25y Freestyle	4
5	9-10 100y Butterfly	6
7	8 & Y 50y Butterfly	8
9	9-10 100y Individual Medley	10
11	8 & Y 100y Individual Medley	12
13	9-10 50y Breaststroke	14
15	8 & Y 25y Breaststroke	16
17	9-10 100y Backstroke	18
19	8 & Y 50y Backstroke	20
21	10 & Y 200y Freestyle	22
23	8 & Y 100y Freestyle Relay	24
25	9-10 200y Freestyle Relay	26

SATURDAY AFTERNOON SESSIONS

Warm-ups: 12:00 – 1:00 p.m.

Meet begins at 1:15 p.m.

27	11-12 100y Freestyle	28
29	13 & O 100y Freestyle	30
31	11-12 50y Butterfly	32
33	11 & O 200y Butterfly	34
35	11-12 200y Individual Medley	36
37	13 & O 200y Individual Medley	38
39	11-12 50y Breaststroke	40
41	11 & O 200y Breaststroke	42
43	11-12 100y Backstroke	44
45	13 & O 100y Backstroke	46
47	11-12 200y Freestyle Relay	48
49	13 & O 200y Freestyle Relay	50
51	11 & O 1650y Freestyle	52

SUNDAY MORNING SESSION

Warm-ups: 7:00 – 8:00 a.m.

Meet begins at 8:15 am

WOMEN

EVENTS

MEN

53	9-10	100y	Freestyle	54
55	8 & Y	50y	Freestyle	56
57	9-10	50y	Butterfly	58
59	8 & Y	25y	Butterfly	60
61	10 & Y	200y	Individual Medley	62
63	8 & Y	50y	Breaststroke	64
65	9-10	100y	Breaststroke	66
67	8 & Y	25y	Backstroke	68
69	9-10	50y	Backstroke	70
71	8 & Y	100y	Freestyle	72
73	9-10	200y	Medley Relay	74
75	8 & Y	100y	Medley Relay	76
77	10 & Y	500y	Freestyle	78

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SUNDAY AFTERNOON SESSION

Warm-ups: 12:00 – 1:00 p.m.

Meet begins at 1:15 p.m.

WOMEN

EVENTS

MEN

79	11-12	200y	Freestyle	80
81	13 & O	200y	Freestyle	82
83	11-12	100y	Butterfly	84
85	13 & O	100y	Butterfly	86
87	11-12	100y	Individual Medley	88
89	11 & O	400y	Individual Medley	90
91	11-12	100y	Breaststroke	92
93	13 & O	100y	Breaststroke	94
95	11-12	50y	Backstroke	96
97	11 & O	200y	Backstroke	98
99	11-12	50y	Freestyle	100
101	13 & O	50y	Freestyle	102
103	11-12	200y	Medley Relay	104
105	13 & O	200y	Medley Relay	106
107	11 & O	500y	Freestyle	108