



AMENDED
2ND ANNUAL BURKWOOD AQUATIC
Breaker Distance Classic
October 15-16, 2005
SANCTION NO. VS-06-05



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-05
LOCATION:	Burkwood Swim and Racquet Club (804) 730-4076 (BAC office) 9120 Burkwood Club Drive (804) 730-2472 (number to call day of the meet) Mechanicsville, VA 23116
FACILITY:	<ul style="list-style-type: none"> • 8 lane 25 yard indoor pool with non-turbulent lane lines. • Bleacher seating on one side of pool. Ample room for your own chairs on the other side. • Colorado timing system will be in use. • Depending upon size of meet, one lane may be used for continuous warm-up/warm-down or a separate 8 lane 25 meter pool will be used. This pool is a five minute walk from the meet pool.
MEET DIRECTOR:	George Massey Phone: (804) 730-4076 Email: bacswim@comcast.net
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming/VSI registered swimmers. • All swimmers participating in this meet must be registered by the first day of the meet. • No on deck registration will be permitted. • 2005-2008 NAG top 16 based times are in effect. • Age on October 15, 2005 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"> • Swimmers may participate in one event per session for a maximum of three events for the meet. • All events will be timed finals. • Morning sessions: General warm-ups: 6:30-7:50 am. Competition begins at 8:00 am • Saturday afternoon session: General warm-ups: no earlier than 1:00-1:45 pm. Competition starts no earlier than 2:00 pm. Teams will be notified by Wednesday, October 12 regarding exact warm-up times. • The final 20 minutes of each warm-up period will have lanes 1 & 8 designated for pace lanes, and lanes 2 & 7 designated for start/sprint lane.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, OCTOBER 7, 2005</p> <ul style="list-style-type: none"> • Entries from BAC, PSDN, RACE, SQST, and VACS will have priority acceptance up through Tuesday, October 4, 2005. Then entries will be accepted first come, first served. • 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. • 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 how they are submitted. • Coaches Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" 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 one event per session and three for the entire meet. • 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.

	<ul style="list-style-type: none"> • Email entries to: bacswim@comcast.net • Mail entries to: Burkwood Aquatic Club P.O. Box 1886 Mechanicsville, VA 23116 • 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: \$6.00 Swimmer surcharge: \$2.00 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: BURKWOOD AQUATIC CLUB • Payment must be received by October 12, 2005 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals will be awarded for 1st – 8th place & ribbons for 9th-16th place. • Separate awards will be given for 10&U, 11-12, 13-14, and 15-18 age groups. • Plaques will be awarded on Sunday to the top two finishers in each age category and gender that swims in all three events and scores the lowest overall combined time.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. • Swimmers in all sessions should report directly to the blocks for their events. • Deck entries will be accepted in the order received to the extent that open lanes are available. No additional heats will be added. 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 2005 USA Swimming Rules and Regulations will apply. • The overhead start procedure will be in effect. • 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: George Smith Phone: (804) 883-1064 Email: gsmithstrategicd@earthlink.net</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 George Smith at gsmithstrategicd@earthlink.net no later than October 6, 2005 • There will be an officials meeting at 7:30am on Saturday and Sunday mornings and one no earlier than 1:15pm on Saturday afternoon.
SAFETY:	<ul style="list-style-type: none"> • 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. • During the competition, swimmers must enter the warm-up lane from the far end of the pool (opposite the starting blocks), jumping in feet first.
TIMERS:	<p>Clubs may be required to provide timers. If required, this information will be sent to the participating clubs by Wednesday, October 12, 2005.</p>

GENERAL:	<ul style="list-style-type: none"> • Enter the meet through the side doors on the left of the building. Please do not use the front doors. • Heat sheets will be available for \$1.00 • Hospitality room will be open to coaches and certified officials • No glass containers, smoking or alcohol is permitted in the pool area.
PARKING:	<ul style="list-style-type: none"> • PLEASE DO NOT PARK IN FRONT OF THE BUILDING. You may park on the side of the building or in the parking lot across the drive.
DIRECTIONS:	<ul style="list-style-type: none"> • Go to www.bacswim.com and click on the icon for Mapquest to get specific directions from your location. • From I-295, take exit 41A (301 North towards Hanover). Third stoplight make a right onto Shady Grove. First stoplight make a left onto Studley Road. Studley Road veers to the left. Follow for approximately ¼ mile. Right onto Burkwood Club Drive (just after the church).

BAC BREAKER DISTANCE CLASSIC ORDER OF EVENTS

<u>GIRLS</u>	<u>SATURDAY MORNING</u>	<u>BOYS</u>
1	11&OVER 1000 FREE 11&OVER 1650 FREE	2
<u>SATURDAY AFTERNOON</u>		
3	12&UNDER 500 FREE	4
5	11&OVER 400 IM	6
<u>**SUNDAY MORNING</u>		
7	11&OVER 1650 FREE 11&OVER 1000 FREE	8

** - Boys will go first on Sunday morning

“Pain is weakness leaving the body.
It is never a question of how much more
You can take, but how much more you can give.
Just when you’re ready to quit, your mind says
Push harder, you listen. Sensing an inner strength
That wasn’t there before, and suddenly, you discover,
You no longer feel the pain. Now you have succeeded.”

- *U.S. Marines*

*“Every morning when the sun comes up
a fish wakes up knowing that it must swim faster
than the fastest shark or it will be eaten and die.
Every morning when the sun comes up
a shark wakes up knowing that it must swim faster
than the slowest fish or it will starve to death.
The moral of the story is, when the sun comes up, you better be swimming fast!”*

- *Anonymous*