



GROUNDHOG INVITATIONAL
SW District A/BB/B/C Meet
February 3-4, 2007
SANCTION NO. VS-07-37

Hosted by:
HARGRAVE
AQUATICS

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-07-37
LOCATION:	Hargrave Military Academy, Onishi-Davenport Aquatic Center, 200 Military Drive Chatham VA (434) 432-2681
FACILITY:	10 lanes 25 yard course, with 8 lanes continuous warm-up/warm down during all sessions. Paddock non-turbulent lane lines. Colorado timing system in conjunction with Hy-tek software.
MEET DIRECTOR:	Ted Hartenstein Phone: (434) 432-2681 Email: hartenseint@hargrave.edu
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the Southwest District. SW District teams are: CAST, CCA, CYAC, FUAC, GATR, HA, LASO, LU, LY, STRM, SCAT, SMAC, SWAT, SVFY, & WPAC.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• Age on February 3, 2007 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 10 & Younger swimmers will swim on Saturday and Sunday afternoon.• All 11 & Older swimmers will swim on Saturday and Sunday morning.• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:15 am.• Afternoon sessions: Warm-ups at 12:30 pm; competition starts at 1:30 pm.• 1650 Free: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the distance sessions, with the competition starting 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the Hargrave Aquatics website no later than January 31, 2007 and will also be emailed to the contact person of the participating clubs. Warm-up times for individual clubs will posted at the meet.• 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 THURSDAY, JANUARY 25, 2007</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.• A Team Manager printout of entries must be included or the meet checklist/summary sheet 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.• Coaches Times (CT) and No Time (NT) entries 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.• Swimmers may enter a maximum of 4 individual events and 1 relay events per day.• 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.• 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 may require reseeding.• Email entries to: hartensteint@hargrave.edu

	<ul style="list-style-type: none"> • Mail entries to: Ted Hartenstein 200 Military Drive Chatham VA 24531 • 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: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Late entries fee will be \$5.00 for individual events and \$15.00 for relay events. • Checks should be made payable to: Hargrave Military Academy • Payment must be received by December 5, 2006 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 1st through 3rd place and ribbons 4th through 8th place • 13 & Older individual events will be given separate awards for 13-14 and 15 & Older age groups. • 11 & Older individual events will be given separate awards for 11-12, 13-14, and 15 & Older age groups. • 10 & Younger individual events will be given separate awards for 9-10 and 8 & Younger age groups. • Relay Events: Ribbons will be awarded 1st through 4th place
SEEDING:	<ul style="list-style-type: none"> • All events, except event #15, 16 (11&O 500 Free), 53, 54 (11&O 1650 Free), 69, 70 (11&O 400 IM), 97 & 98 (10&U 500 Free) will be pre-seeded. • Swimmers in the morning and afternoon sessions should report directly to the blocks for their events. • Events # 15, 16, 53, 54, 69, 70, 97, & 98 will require a positive check-in to swim. • Positive check-in will close at the end of warm-ups for the session the events are scheduled to be swum. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Event #69 & 70 (1650 Free) will be swum fastest to slowest and alternating heats of girls and boys. • Deck entries will be accepted in the order received for swimmers already entered in the meet to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course.
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 current 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: Roy Fisher Phone: (434) 525-5456 Home Email: royfisher@jetbroadband.com Work Email: rfisher@bgf.com</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 Ted Hartenstein, Phone (434) 432-2681 or Email (preferred): hartensteint@hargrave.edu • Please contact no later than January 31, 2007.
SAFETY:	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.
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 to the club by December 4, 2006, and will be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Smoking is prohibited on the Hargrave campus. Please help keep your area clean of waste. • Team Banners: Cables are strung on the wall above the bleachers. Please attach all banners to these cables. • Heat Sheets will be sold for \$10.00 • Snack Bar: Concession will be available throughout the competition. • Swim Supplies: Provided by Action Accents • Hospitality for Coaches & Officials: Breakfast, lunch, and evening snacks will be provided
HOTELS:	<ul style="list-style-type: none"> • Courtyard By Marriott 2136 Riverside Dr (434) 791-2661 • Holiday Inn Express 2121 Riverside Dr (434) 793-4000 • Innkeeper West 3020 Riverside Dr (434) 799-1202 • Innkeeper North 1030 Piney Forest Rd (434) 836-1700
DIRECTIONS:	<ul style="list-style-type: none"> • From US 29 North: Take the first Chatham exit, Business US 29, and proceed through Chatham's business district. Turn left at Hargrave Blvd. Follow the left fork to the parking areas • From US 29 South: Take the first Chatham exit, Business US 29. Take the first right after Old Dutch Supermarket, Hargrave Blvd. Follow the left fork to the parking areas.

ORDER OF EVENTS
GROUNDHOG INVITATIONAL
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SATURDAY

SUNDAY

Session 1: 7:00 AM Warm Up / 8:15 AM Start

Session 3: 7:00 AM Warm Up / 8:15 AM Start

Girls			Men	Girls			Men
1	13&O	200 Free	2	53	11&O	1650 Free	54
3	11-12	200 Free	4		20 minute break		
5	11&O	200 Breast	6	55	13&O	100 Free	56
7	11-12	50 Breast	8	57	11-12	100 Free	58
9	13&O	100 Fly	10	59	13&O	100 Breast	60
11	11-12	100 Fly	12	61	11-12	100 Breast	62
13	11&O	200 Medley Relay	14	63	11&O	200 Back	64
15	11&O	500 Free	16	65	11-12	50 Back	66
17	11-12	50 Free	18	67	11&O	200 Free Relay	68
19	13&O	100 Back	20	69	11&O	400 IM	70
21	11-12	100 Back	22	71	11-12	100 IM	72
23	13&O	200 IM	24	73	11&O	200 Fly	74
25	11-12	200 IM	26	75	11-12	50 Fly	76
				77	13&O	50 Free	78

Session 2: 12:30 PM Warm Up / 1:30 PM Start

Session 4: 12:30 PM Warm Up / 1:30 PM Start

Girls			Boys	Girls			Boys
27	8&Y	25 Free	28	79	9-10	100 Free	80
29	10&Y	200 IM	30	81	8&Y	100 Free	82
31	8&Y	50 Free	32	83	8&Y	25 Breast	84
33	9-10	50 Free	34	85	9-10	100 Breast	86
35	8&Y	50 Breast	36	87	8&Y	100 Breast	88
37	9-10	50 Breast	38	89	9-10	50 Back	90
39	10&Y	200 Medley Relay	40	91	8&Y	50 Back	92
41	8&Y	100 Back	42	93	10&Y	200 Free Relay	94
43	9-10	100 Back	44	95	8&Y	25 Fly	96
45	8&Y	100 Fly	46	97	10&Y	500 Free	98
47	9-10	100 Fly	48	99	8&Y	100 IM	100
49	8&Y	25 Back	50	101	9-10	100 IM	102
51	10&Y	200 Free	52	103	8&Y	50 Fly	104
				105	9-10	50 Fly	106