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|  | <p>AMENDED #2 BAC WINTER SPRINT CHALLENGE A/BB/B/C Meet January 25, 2009 SANCTION NO. VS-09-34</p> | <p>Hosted by Burkwood Aquatic Club</p> |
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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-34 |
| LOCATION: | Burkwood Swim and Racquet Club, 9120 Burkwood Club Drive, Mechanicsville, VA 23116, (804) 730-4076 (BAC office), and (804) 730-2472 (number to call day of the meet) |
| 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 personal 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 separate pool is a three minute walk from the meet pool. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). |
| MEET DIRECTOR: | <p>Karen Seeber Phone: (804) 730-8833 Email: Tech9T2@comcast.net</p> |
| ELIGIBILITY: | <ul style="list-style-type: none"> • Meet 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. • Age on January 25, 2009 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"> • Two session for all age groups by assigned participating teams <ul style="list-style-type: none"> ○ Session 1: BAC, LY, OBX, PSDN, TAC, & TCAC ○ Session 2: BAC, VACS, & YGR • All events will be timed finals. |
| WARM-UP: | <ul style="list-style-type: none"> • Warm-ups (Two 20-minute warm-ups for each session): <ul style="list-style-type: none"> ○ Session 1: Warm-up not earlier than 12:30 pm; Competition starts not earlier than 1:20 pm ○ Session 2: Warm-up not earlier than 3:40 pm; Competition starts not earlier than 4:30 pm • Specific start times will be available by Monday, January 19, 2009 and will be sent to the team contact. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, JANUARY 18, 2009</p> <ul style="list-style-type: none"> • Entries from BAC, CGBD, PSDN, TCAC, VACS, and YGR will have priority acceptance. All other entries will be accepted on a first come, first served basis. • 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, email address and phone number 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 4 individual events and 1 relay event per day. |

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| | <ul style="list-style-type: none"> 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. This meet will be limited to a total of 550 swimmers Email confirmation of entries will be sent within 24 hours of receipt via email. 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. Email entries to: George Massey at bacgeorge@live.com Mail entries to: Burkwood Aquatic Club P.O. Box 1886 Mechanicsville, VA 23116 Phone: (804) 730-4076 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: \$2.50 Relay events: \$4.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: BURKWOOD AQUATIC CLUB Payment must be received by January 22, 2009 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: Ribbons will be awarded for first to tenth place. Relay events: Ribbons will be awarded for first to fourth place. |
| 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 current 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: Bob Griffin Phone: (804) 744-6944 Email: bob.griffin3@verizon.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 Mike Sullivan at mikesmall52@gmail.com no later than January 19, 2009. There will be an officials meeting no earlier than 12:45 pm on Sunday 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. |

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| | <ul style="list-style-type: none"> • Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet. |
| TIMERS: | Clubs may be required to provide timers. If required, this information will be sent to the participating clubs by Wednesday, January 21, 2009 |
| 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. • Concessions will be available. • Hospitality room will be open to coaches and certified officials • No glass containers, smoking or alcohol is permitted in the pool area. |
| PARKING: | PLEASE DO NOT PARK IN FRONT OF THE BUILDING. You may park in the large parking lot across from the fitness building behind the pine trees. |
| DIRECTIONS: | <ul style="list-style-type: none"> • Go to www.bacswim.com, under Team Info, and click on the icon for Mapquest to get specific directions from your location. • From I-295, take exit 41A (301 North towards Hanover). Fifth stoplight right onto Shady Grove. First stop light left onto Studley Road. Studley Road veers to the left. Follow for approximately ¼ mile. Right onto Burkwood Club Drive (just after the church). First building on the left. |

BAC *Sprint* Challenge

January 25, 2009

9120 Burkwood Club Drive, Mechanicsville, VA 23116

Swimmers may enter up to 4 individual events and 1 relay.

There will be Penny Grab to start the meet for all 12&U swimmers. The pool will be filled with 2000 pennies and 5 special gold coins that can be turned in for special prizes.

Cost: \$2.50 swimmer surcharge
\$2.50 per individual event
\$4.00 per relay

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| Session 1: | | Warm-ups - No earlier than 12:30 pm; Meet starts - No earlier than 1:30 pm |
| Session 2: | | Warm-ups - No earlier than 3:40 pm; Meet starts - No earlier than 4:30 pm |
| Girls | Event Information | Boys |
| 1 | 13&O 100 yd Free | 2 |
| 3 | 8&U 25 yd Fly | 4 |
| 5 | 9-10 50 yd Fly | 6 |
| 7 | 11-12 50 yd Fly | 8 |
| 9 | 13&O 100 yd Fly | 10 |
| 11 | 8&U 25 yd Back | 12 |
| 13 | 9-10 50 yd Back | 14 |
| 15 | 11-12 50 yd Back | 16 |
| 17 | 13&O 100 yd Back | 18 |
| 19 | 8&U 25 yd Breast | 20 |
| 21 | 9-10 50 yd Breast | 22 |
| 23 | 11-12 50 yd Breast | 24 |
| 25 | 13&O 100 yd Breast | 26 |
| 27 | 8&U 25 yd free | 28 |
| 29 | 9-10 50 yd Free | 30 |
| 31 | 11-12 50 yd Free | 32 |
| 33 | 13&O 50 yd Free | 34 |
| 35 | 8&U 100 yd Free Relay | 36 |
| 37 | *200 yd Mixed Age Free Relay | 38 |
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| | * One 10&U, 11-12, 13-14, 15-18) | |