



AMENDED
WAC LAST CHANCE MEET
A/BB/B/C Meet
FEBRUARY 7-8, 2009
SANCTION NO. VS-09-39



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-39						
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090						
FACILITY:	<ul style="list-style-type: none"> • Eleven (11) lane 25 yard indoor pool. All sessions will be run using ten (10) lane course for competition. • Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines • 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:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Harold Baker</td> <td style="width: 50%;">Anne Anderson</td> </tr> <tr> <td>Email: coachharold2@cox.net</td> <td>Email: flandos@cox.net</td> </tr> <tr> <td>Phone: (757) 229-8662</td> <td>Phone: (757) 220-8633</td> </tr> </table>	Harold Baker	Anne Anderson	Email: coachharold2@cox.net	Email: flandos@cox.net	Phone: (757) 229-8662	Phone: (757) 220-8633
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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. • Age on February 7, 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"> • All 10 & Under swimmers will swim in the morning sessions. • All 11-12 swimmers will swim in the mid-day sessions. • All 13 & Over swimmers will swim in the afternoon sessions • Events #51, 52, 53, 54, 55, 56, 75, 76, 77, & 78 are intentionally omitted. This was due to the cancelled relays and the 1650 Freestyle • All events will be timed finals. 						
WARM-UPS:	<ul style="list-style-type: none"> • Morning session warm-ups: 6:30 AM; Competition starts at 7:30 AM • Mid-day session warm-ups: 11:30 AM; Competition starts at 12:30 PM • Afternoon sessions: <ul style="list-style-type: none"> ○ Saturday warm-ups: 3:30 PM; Competition starts at 4:30 PM ○ Sunday warm-ups: 3:00 PM; Competition starts at 4:00 PM • Distance sessions (13&O 500 Free and 13&O 1000 Free): The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions. The distance session competition will start 5 minutes thereafter. • Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than Tuesday February 3, 2009 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, JANUARY 28 , 2009</p> <ul style="list-style-type: none"> • 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. • 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. 						

	<ul style="list-style-type: none"> 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 <i>4 individual events</i> and <i>1 relay event</i> per session. 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 reorder the day's scheduled events, combine heats/events, and to eliminate heats if necessary to prevent too lengthy a session. Email entries to: coachharold2@cox.net Mail entries to: Williamsburg Aquatic Club 3013 South Court Williamsburg, VA 23185 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 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: Williamsburg Aquatic Club Payment must be received by February 3, 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 through eighth place. <ul style="list-style-type: none"> 13 & over individual events will be given separate awards for the 13-14 and 15 & over age groups 11 & over individual events will be given separate awards for the 11-12, 13-14, and 15 & over age groups 10 & under individual events will be given separate awards for 9-10 and 8 & under age groups Relay events: Ribbons will be awarded for first through fourth places.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. Positive Check-in for the 500 Freestyle & the 400 I.M. will be required by the end of warm-ups. Positive Check-in for the 1000 Freestyle will be required by 5:30 pm SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Swimmers should report directly to the blocks for their events. 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 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 used for the afternoon sessions, and may be used for the morning and mid-day 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: Doug Lockwood Email: dlockwood3@cox.net Phone: (757) 565-1421</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. Anyone interested in achieving certification through on deck training will be welcomed. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Cay Pittman, Phone (757) 565-3599 or at Email: wacofficials@hotmail.com • Officials meetings/briefings will be held 1 hour before each session.
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. • Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.
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 posted on the WAC website, www.swimwac.com, no later than January 7th, 2009 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Officials and coaches hospitality will be available • Meet programs will be sold
FACILITY RULES:	<p>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS:</p> <ul style="list-style-type: none"> • Picture identification will be required to gain access to the base. You may also need Automobile Registration as well as proof of insurance to gain access to the base. Please allow plenty of time for base access due to security considerations. • Rules will be enforced by meet marshal, aquatic center staff and the Fort Eustis Fire Marshall. • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and/or in the meet program, will be disqualified from the meet and escorted from the facility. • The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • Balcony: Swimmers and their bags will not be allowed to stay in the area. Spectator seating is limited and swimmers must stay on the competition or adventure pool deck. • Absolutely no parking on grass, at the MP station, or on the side by the trees in the Aquatic Center Parking Lot.
DIRECTIONS:	<p>From I-64 take Exit 250(Fort Eustis Blvd) towards Fort Eustis. This will take you onto the base. Go 4 blocks past security and through the circular intersection. Turn right at first Street (Tyler Road) past the circular intersection. The Aquatic facility is the building on your left. If the Aquatic Center lot is full, there are plenty of parking 100 yards down Tyler Road.</p>

WAC WINTER SPLASH MEET ORDER OF EVENTS

Saturday, February 7, 2009

Morning Session		
Warm-up: 6:30 am; Start: 7:30 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & under 25 Free	2
3	9-10 50 Free	4
5	8 & under 100 IM	6
7	10 & under 200 IM	8
9	8 & under 50 Back	10
11	10 & under 100 Back	12
13	8 & under 25 Fly	14
15	9-10 50 Fly	16
17	8 & under 50 Breast	18
19	10 & under 100 Breast	20
21	10 & under 200 Free	22

Sunday, February 8, 2009

Morning Session		
Warm-up: 6:30 am; Start: 7:30 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	8 & under 25 Back	58
59	9-10 50 Back	60
61	9-10 100 IM	62
63	8 & under 50 Fly	64
65	10 & under 100 Fly	66
67	8 & under 25 Breast	68
69	9-10 50 Breast	70
71	8 & under 50 Free	72
73	10 & under 100 Free	74
79	10 & under 500 Free	80

Mid-day Session		
Warm-up: 11:30 am; Start: 12:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
23	11-12 200 Back	24
25	11-12 400 IM	26
27	11-12 100 IM	28
31	11-12 100 Breast	32
35	11-12 100 Fly	36
39	11-12 50 Back	40
43	11-12 200 IM	44
47	11-12 500 Free	48

Mid-day Session		
Warm-up: 11:30 am; Start: 12:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	11-12 50 Breast	82
85	11-12 100 Free	86
89	11-12 100 Back	90
93	11-12 50 Fly	94
97	11-12 50 Free	98
101	11-12 200 Free	102
105	11-12 200 Breast	106
107	11-12 200 Fly	108

Afternoon Session		
Warm-up: 3:30 pm; Start: 4:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13 & over 400 IM	30
33	13 & over 100 Breast	34
37	13 & over 100 Fly	38
41	13 & over 200 Back	42
45	13 & over 200 IM	46

Afternoon Session		
Warm-up: 3:00 pm; Start: 4:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
83	13 & over 200 Breast	84
87	13 & over 100 Free	88
91	13 & over 100 Back	92
95	13 & over 200 Fly	96
99	13 & over 50 Free	100
103	13 & over 200 Free	104

Distance Session		
10-min warm-up after afternoon session ends		
Start 5-min after warm-up ends		
49	13 & over 500 Free	50

Distance Session		
10-min warm-up after afternoon session ends		
Start 5-min after warm-up ends		
109	13 & over 1000 Free	110