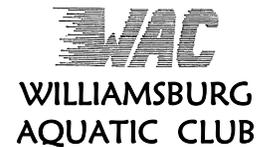




WAC QUAD-MEET
Closed Invitational
September 27-28, 2008
SANCTION NO. VS-09-01



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-01	
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090	
FACILITY:	Eleven (11) lane 25 yard indoor pool. All sessions will be run using a eight (8)-lane course for competition. Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines.	
MEET DIRECTOR:	Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662	Anne Anderson Email: flandos@cox.net Phone: (757) 220-8633
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers from Old Dominion Aquatic Club, Burkwood Aquatic Club, TriCity Aquatic Club, and Williamsburg Aquatic Club• 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 September 27, 2008 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 & Sunday Morning.• All 11 & Older swimmers will swim on Saturday & Sunday Afternoon..	
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions:<ul style="list-style-type: none">○ Saturday: warm-up: 9:00 AM; Competition starts: 10:00 AM○ Sunday: warm-up: 7:30 AM; Competition starts: 8:30 AM• Afternoon session:<ul style="list-style-type: none">○ Saturday: Warm-up: 1:30 PM; Competition starts: 2:30 PM○ Sunday: Warm-up: 12:00 PM; Competition starts: 1:00 PM• All warm-ups is subject to change based on entries• Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than September 23, 2008 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 TUESDAY, SEPTEMBER 22, 2008.</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.• 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 event 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 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"> The Meet Director reserves the right to use additional lanes for competition of individual events. 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 Relay events: \$8.00 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 September 22, 2008 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. Separate awards will be given for BB+ and B/C categories. 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 events will be required no later than one hour after the start of the applicable session. 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 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: Mark Knotts Email: wacswimmer@msn.com Phone: (757) 220-8540</p> <p>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: pittmanca@yahoo.com Officials meetings/briefings will be held 1 hour before each session.
SAFETY:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. The overhead start procedure will be used for the morning sessions, and may be used for the mid-day and afternoon sessions at the discretion of the Referee.

	<ul style="list-style-type: none"> 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.
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 September 25, 2008 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 QUAD MEET
ORDER OF EVENTS**

Saturday, September 27, 2008

Morning Session

Warm-up: 9:00 AM; Start: 10:00 AM

Afternoon Session

Warm-up: 1:30 PM; Start: 2:30 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8&U 25 Freestyle	2	27	11-12 50 Freestyle	28
3	9-10 50 Freestyle	4	29	13&O 50 Freestyle	30
5	8&U 100 Individual Medley	6	31	11-12 100 Breaststroke	32
7	10&U 200 Individual Medley	8	33	13&O 100 Breaststroke	34
9	8&U50 Backstroke	10	35	11-12 100 Butterfly	36
11	10&U 100 Backstroke	12	37	13&O 100 Butterfly	38
13	8&U 25 Butterfly	14	39	11-12 50 Backstroke	40
15	9-10 50 Butterfly	16	41	11&O 200 Backstroke	42
17	8&U 50 Breaststroke	18	43	11-12 200 Individual Medley	44
19	10&U 100 Breaststroke	20	45	13&O 200 Individual Medley	46
21	10&U 200 Freestyle	22	47	11-12 500 Freestyle	48
23	8&U 100 Freestyle Relay	24	49	13&O 500 Freestyle	50
25	9-10 100 Freestyle Relay	26	51	11-12 100 Freestyle Relay	52
			53	13&O 100 Freestyle Relay	54

Sunday, September 28, 2008

Morning Session

Warm-ups: 7:30 AM; Start: 8:30 AM

Afternoon Session

Warm-up: 12:00 PM; Start: 1:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	8&U 25 Backstroke	56	79	11-12 50 Breaststroke	80
57	9-10 50 Backstroke	58	81	11&O 200 Breaststroke	82
59	9-10 100 Individual Medley	60	83	11-12 100 Freestyle	84
61	8&U 50 Butterfly	62	85	13&O100 Freestyle	86
63	10&U 100 Butterfly	64	87	11-12 100 Backstroke	88
65	8&U 25 Breaststroke	66	89	13&O100 Backstroke	90
67	9-10 50 Breaststroke	68	91	11-12 50 Butterfly	92
69	8&U 50 Freestyle	70	93	11&O200 Butterfly	94
71	10&U 100 Freestyle	72	95	11-12 100 Individual Medley	96
73	8&U100 Medley Relay	74	97	11&O 400 Individual Medley	98
75	9-10 100 Medley Relay	76	99	11-12 200 Freestyle	100
77	10&U 500 Freestyle	78	101	13&O 200 Freestyle	102
			103	11-12 100 Medley Relay	104
			105	11&O 100 Medley Relay	106