



**BAC 11 & OLDER
1500 FREESTYLE MEET
January 31, 2010
SANCTION NO. VS-10-48**

Hosted by
**Burkwood
Aquatic
Club**

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-48
LOCATION:	Burkwood Swim and Racquet Club (The BAC Bubble), 9111 Burkwood Club Drive, Mechanicsville, VA 23116, Phone: (804) 730-4076 (BAC office).
FACILITY:	<ul style="list-style-type: none">• 8 lane 25 meter bubbled pool with non-turbulent lane lines. The start end of the pool is 5 feet deep and the turn end is 4 feet deep.• Benches available for seating. Suggest spectators bring deck chair to sit in on deck• 3 watches for each lane.• One lane will be provided for continuous warm-up/cool-down during the meet• 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:	George Massey Phone: (804) 516-7378 Email: bacgeorge@live.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes at least 11 years old registered by the first day of the meet.• No on deck Virginia Swimming athlete registration will be permitted.• Meet limited to the first 36 female and 36 males swimmers.• Age on January 31, 2010 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:	All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• General warm-up (no team lane assignments): 12:00pm – 12:30pm. Meet starts at 12:45pm.• One lane will be provided for continuous warm up / cool down during the meet.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, WEDNESDAY, JANUARY 27, 2010</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 submit entries as an e-mail attachment• 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.• Coach's 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 (1) individual event• Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.• 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: bacgeorge@live.com• Mail entries to: Burkwood Aquatic Club P.O. Box 1886

	<p>Mechanicsville, VA 23116</p> <ul style="list-style-type: none"> • 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. • 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.
FEES:	<p>Individual events: \$6.00 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: BURKWOOD AQUATIC CLUB • Payment must be received by the first day of the meet. 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:	<p>Individual events: Medals will be awarded for first to eighth place. Ribbons will be awarded for ninth to sixteenth place.</p>
SEEDING:	<ul style="list-style-type: none"> • All events require positive check-in. • Swimmers in all sessions should report directly to the blocks for their events. • There will be positive check-in from 12:00-12:30pm • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events will run fastest to slowest. Alternating girls than boys.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for 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 have 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 Rustin (804) 276-9220 bob.a.rustin@usa.dupont.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 Mike Sullivan at mikesmall52@gmail.com no later than January 24, 2010. • There will be an official's meeting at 12:15 pm.
SAFETY:	<p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<p>Each swimmer will need to provide a timer and a lap counter. BAC will provide two additional timers per lane.</p>
GENERAL:	<ul style="list-style-type: none"> • Except for the basement lobby and locker room area, and the bubble, all other areas of BSRC are off limits. Do not wander onto the upper pool deck, outside playground or other areas of the club. Thank you. • Heat sheets will be posted on walls around the pool and a limited number will be passed out to the spectators. • No hospitality room. Refreshments will be provided to officials and timers. • No glass containers, smoking or alcohol is permitted in the pool area.

PARKING:	<ul style="list-style-type: none"> • Turn onto Burkwood Club Drive. Follow signs for swim meet parking which will take you to the end of the drive. • Please do not park directly in front of the tennis building. Leave this area open for BSRC members playing tennis
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). Follow road to the end, make a right and park on the right side of the clubhouse directly in front of the bubbled pool. Follow gravel pathway to the basement door for the locker rooms, bathrooms and the pool.

BAC 11&O 1500 Distance Meet		
SUNDAY, JANUARY 31, 2010 Warm-ups: 12:00 pm; Start: 12:45 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & Over 1500	2

“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