



**BAC IRONMAN
Distance Meet
January 29-30, 2011
SANCTION NO. VS-11-32**

Hosted by
**Burkwood
Aquatic
Club**

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-32
LOCATION:	Burkwood Swim and Racquet Club, 9120 Burkwood Club Drive, Mechanicsville, VA 23116, Phone:(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. 5 foot pool depth at starting end of pool, sloping to 4 feet at turn end.• Depending upon size of meet, 6 or 7 lanes will be used for competition and one lane will be open for warm up/cool down for Sessions 1, 2, 4, 5. 8 lanes will be used for Session 3.• Bleacher seating on one side of pool. Ample room for personal chairs on the other side.• Colorado timing system will be in use.• 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:	Kevin Maloy Phone: (540) 809-6486 Email: CoachKevin@bacswim.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes registered by the first day of the meet.• No on deck Virginia Swimming athlete registration will be permitted.• Age on January 29, 2011 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">• 11 and over Girls 1000 Freestyle will be swum during the Saturday morning session• 12 and over Boys 1650 Freestyle will be swum during the Saturday mid-day session• Saturday afternoon session (500 Free, 10&U 200 IM, 11&O 400 IM, and Medley Relays) will have a 20-minute mid-session break• 11 and over Boys 1000 Freestyle will be swum during the Sunday morning session• 12 and over Girls 1650 Freestyle will be swum during the Sunday mid-day session• Events #13 and 16 are intentionally omitted.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Saturday Morning Session 1: Warm-up at 7:00 am; competition starts at 8:30 am• Saturday Mid-day Session 2: Warm-up at 11:20 am; competition starts at 12:10 pm• Saturday Afternoon Session 3: Warm-up at 2:30 pm; competition starts at 3:30 pm• Sunday Morning Session 4: Warm-up at 7:00 am; competition starts at 8:30 am• Sunday Mid-day Session 5: Warm-up at 10:00 am; competition starts at 10:40 am• If the any session runs early or late, the following session warm-ups will begin immediately after the preceding session ends.• Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Monday, January 24, 2011
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SATURDAY, JANUARY 22, 2011 <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

	<p>of how they are submitted.</p> <ul style="list-style-type: none"> • Coach's Time (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 "BB" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter three individual events and one relay event on Saturday and one individual event on Sunday. • 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: Kevin Maloy at CoachKevin@bacswim.com • Mail entries to: Burkwood Aquatic Club P.O. Box 1886 Mechanicsville, VA 23116 • 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 to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the official's table.
FEES:	<p>Individual events: \$6.00 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: BURKWOOD AQUATIC CLUB • Payment must be received by Wednesday, January 26, 2011. 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 for first to eighth place. Ribbons will be awarded for ninth to sixteenth place. Ribbons will be awarded for relays first to fourth place. <ul style="list-style-type: none"> ○ 11 & over individual events will be given separate awards for 11-12, 13-14, and 15 & over age groups ○ 12 & over individual events will be given separate awards for 12 year old, 13-14, and 15 & over age groups. ○ Open individual events will be given separate awards for 8&U, 9-10, 11-12, 13-14, and 15 & over age groups ○ 10 & under individual events will be given separate awards for 8&U and 9-10 age groups. • Plaques will be awarded to the top two finishers with the lowest combined time in each age category and gender for the following events: <ul style="list-style-type: none"> ○ 11 year olds – 500 free, 1000 free, 400 IM ○ 12 year olds – 500 free, 1000 free, 1650 free, 400 IM ○ 13 -14 year olds – 500 free, 1000 free, 1650 free, 400 IM ○ 15 -18 year olds – 500 free, 1000 free, 1650 free, 400 IM
SEEDING:	<ul style="list-style-type: none"> • All events require positive check-in. • There will be positive check-in up to ½ hour before the morning, mid-day, and afternoon sessions begin on Saturday and Sunday. • Swimmers in all sessions should report directly to the blocks for their events. • All events will run fastest to slowest.
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.

	<ul style="list-style-type: none"> 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. Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. The overhead start procedure will be used at the discretion of the Referee. 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 Email: Bob.A.Rustin@USA.dupont.com Phone: (804) 276-9220</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 msulliva@simon.com no later than January 22, 2011. There will be an officials meeting at 7:40 am on Saturday and Sunday mornings, and one at 2:40 pm on Saturday afternoon depending on the end of the morning session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	Clubs may be required to provide timers. If required, this information will be sent to the participating clubs by Tuesday, January 25, 2011
GENERAL:	<ul style="list-style-type: none"> Enter the meet through the side doors on the left of the building. Do not use the front doors. Meet participants are restricted to the pool and locker room areas. Please do not wander into the fitness area. Heat sheets will be posted on walls around the pool and a limited number will be passed out to the spectators. 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. Park in the large parking lot on the right side behind the pine trees.
DIRECTIONS:	<ul style="list-style-type: none"> Go to www.bacswim.com, under About us, 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.

ORDER OF EVENTS

BAC IRONMAN DISTANCE MEET

SATURDAY, JAN 29TH

<u>Girls</u>	<u>Distance - Session One</u>	<u>Boys</u>
1	11 & Over 1000 Free	-
	<u>Distance – Session Two</u>	
-	12 & Over 1650 Free	2
	<u>Distance - Session Three</u>	
3	Open 500 Free	4
	<i>Midsession break – 20 minute warm-up/cool down</i>	
5	11&O 400 IM	6
7	10&U 200 IM	8
9	12 & U 800 Medley Relay	10
11	13 & O 800 Medley Relay	12

SUNDAY, JAN 30TH

	<u>Distance - Session Four</u>	
-	11 & Over 1000 Free	14
	<u>Distance - Session Five</u>	
15	12 & Over 1650 Free	-

“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*