



**2013 SNOWFLAKE CLASSIC SWIM MEET**  
**A/BB/B/C Mini Meet**  
**January 19-20, 2013**  
**SANCTION NO. VS-13-36**

Hosted by:

**QDD**  
Swim Team

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-13-36</b></li><li>USA Swimming, Inc., Virginia Swimming, Inc., and the George Mason University Freedom Aquatic and Fitness Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li></ul>
<b>LOCATION:</b>	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in a 25 yards, starting from the deep end (13.5" feet deep) and swimming into a bulkhead (6 feet deep).</li><li>At least 3 lanes will be available throughout the meet for continuous warm-up and cool down.</li><li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li></ul>
<b>MEET DIRECTOR:</b>	Susan Campbell Phone: (703) 335-1240 Email: <a href="mailto:sbcamp8@verizon.net">sbcamp8@verizon.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming athletes registered by the first day of the meet.</li><li>No on deck USA Swimming athlete registration will be permitted.</li><li>Age on January 19, 2013 will determine the swimmer's age for the meet</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>All 9-10 and 11-12 Girl swimmers will swim on Saturday and Sunday morning – Sessions 1 &amp; 4.</li><li>All 11-12 Boy and 13 and Over swimmers will swim on Saturday and Sunday afternoon – Sessions 3 &amp; 6.</li><li>8 and under swimmers will swim mid-day Saturday - Session 2 only</li><li>9-10 Boys and 9-12 Girls swimmers entered in the 500 Free will swim Sunday mid-day – Session 5.</li><li>11-12 Boys and 13 and Older swimmers entered into the 500 Free, will swim Sunday evening session – Session 7.</li><li>The distance sessions (#5 &amp; 7) begins after a 10 minute break following the completion of the morning session (session 4) and the afternoon session (session 6).</li><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Morning sessions: Warm-ups at 7:00 am; competition starts at 8:00 am.</li><li>8 and under session begins no earlier than 11:30 am; competition starts no earlier than 12:00 pm</li><li>Afternoon sessions: Warm-ups will begin no earlier than 1:30 pm on Saturday and no earlier than 12:00 pm on Sunday. Competition starts 10 minutes after the completion of warm-ups.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the QDD website (<a href="http://www.qddswim.org">www.qddswim.org</a>) no later than Wednesday, January 16, 2013, and will also be emailed to the contact person of the participating clubs.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 9, 2013</b></p> <ul style="list-style-type: none"><li><b>Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, January 10, 2013, if space is available after VSI entries have been accepted.</b></li><li>Entries must be submitted in <b>short course yards</b> times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li><li>Teams submit entries via e-mail</li></ul>

	<ul style="list-style-type: none"> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• Coach 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 “BB” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• <b>Swimmers may enter a maximum of 4 individual events per day.</b> If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• 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.</li> <li>• Email entries to Rick Lisbon, Email: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a></li> <li>• <b>Late entries will be accepted.</b> Late entries will be accepted if time limits have not been exceeded. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. Additional heats will not be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: <b>\$5.00</b> Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>QDD Swim Team, Inc.</b></li> <li>• Send payments to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192</li> <li>• Payment must be received by Wednesday, January 16, 2013 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• Refunds will be made to anyone cut from an event by the Meet Director, because of a need to limit competition.</li> <li>• <b>IMPORTANT:</b> If payment is 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• The meet will be divided into a BB+ division and a B/C division based on seed times.</li> <li>• <b>Individual events:</b> Ribbons will be awarded for first through eighth place for both divisions.</li> <li>• 13 &amp; Older individual events will be given separate awards for 13-14 and 15 &amp; Over age groups</li> <li>• 9-12 individual events will be given separate awards for 9-10 and 11-12 age groups</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, <b>except</b> Event #50-51 (13&amp;O 400 IM), 76 (9-12 Girls 500 Free), 77 (9-10 Boys 500 Free), 95 (11-12 Boys 500 Free), and 96-97 (13&amp;O 500 Free) will be pre-seeded.</li> <li>• All 8 &amp; Younger swimmers should report to the Clerk of Course for their <b>25 YARD INDIVIDUAL</b> events and will be escorted to the blocks from there.</li> <li>• All other swimmers should report directly to the starting blocks for their events.</li> <li>• Positive check-in is required for Event #50-51 (13&amp;O 400 IM), 76 (9-12 Girls 500 Free), 77 (9-10 Boys 500 Free), 95 (11-12 Boys 500 Free), and 96-97 (13&amp;O 500 Free)</li> <li>• Positive check-in closes for the events as indicated below: <ul style="list-style-type: none"> <li>○ Event #50-51 (13&amp;O 400 IM) at the conclusion of warm-ups for session 3.</li> <li>○ Event #76 (9-12 Girls 500 Free) and 77 (9-10 Boys 500 Free) at the conclusion of warm-ups for session 4.</li> <li>○ Event #95 (11-12 Boys 500 Free) and 96-97 (13&amp;O 500 Free) at the conclusion of warm-ups for session 6.</li> </ul> </li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT</b></li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>• 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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> <li>○ Swimmers 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.</li> <li>○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> </ul> </li> <li>• The overhead start procedure will be used for all sessions.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.</li> <li>• 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 <ul style="list-style-type: none"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Mike Romanowski</b>  <b>Email: <a href="mailto:m_romanowski@verizon.net">m_romanowski@verizon.net</a></b>  <b>Phone: (703) 594-2487</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Spencer Quinn, Email: <a href="mailto:spencer@sqsoftware.com">spencer@sqsoftware.com</a> by Tuesday, January 15, 2013.</li> <li>• Officials will meet in Hospitality one hour before the start of every session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the <a href="http://www.qddswim.org">www.qddswim.org</a> no later than Wednesday, January 16, 2013, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• <b>Swimmers swimming in Events #76 (9-12 Girls 500 Free), 77 (9-10 Boys 500 Free), 95 (11-12 Boys 500 Free), 96-97 (13&amp;O 500 Free) are responsible for supplying their own timers and lap counters.</b></li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be sold for \$5.</li> <li>• A Hospitality Suite will be available (refreshments &amp; lunch) for USS officials &amp; coaches.</li> <li>• Concessions snack bar and PRO SHOP (<a href="http://www.sportfairusa.com/">http://www.sportfairusa.com/</a>) will be available.</li> <li>• Meet T-Shirts will be available at the Pro Shop (<a href="http://www.sportfairusa.com/">http://www.sportfairusa.com/</a>).</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Each club is responsible for supervising the conduct of their swimmers.</li> <li>• Swimmers are not permitted in any room of buildings not directly associated with this swim meet.</li> <li>• No towels or suits etc. are to be hung on or around the lifeguard stands.</li> <li>• Swimmers must towel off before leaving the pool area to enter the hallway. Appropriate footwear must be worn at all times in the hallways.</li> <li>• Only coaches, swimmers, and officials are allowed on the competition deck. Swimmers will be allowed to "camp out" in the gymnasium. There will be no "camping out" allowed in the hallways. All others are required to be in the elevated spectator bleachers or the gymnasium.</li> <li>• No cars are to be left in the fire lanes.</li> <li>• <b>The facility no longer allows parking in the lot adjacent to the facility. Drop off points will be provided for discharging swimmers and directions will be given to the overflow parking lots.</b></li> </ul>

**ORDER OF EVENTS:** Highlighted rows indicate positive CHECK-IN required

**Saturday, January 19, 2013**

**Sunday, January 20, 2013**

Session 1: 9-10 and 11-12 GIRLS		
Women	Event	Men
1	11-12 100 Fly	
2	9-10 50 Fly	3
4	11-12 100 Free	
5	9-10 100 Free	6
7	11-12 200 Breast	
8	9-10 100 Breast	9
10	11-12 200 IM	
11	9-10 200 IM	12
13	11-12 50 Free	
14	9-10 50 Free	15
16	11-12 100 Back	
17	9-10 100 Back	18
19	11-12 50 Breast	

Session 4: 9-10 and 11-12 GIRLS		
Women	Event	Men
59	11-12 200 Free	
60	9-10 200 Free	61
62	11-12 100 IM	
63	9-10 100 IM	64
65	11-12 50 Back	
66	9-10 50 Back	67
68	11-12 200 Fly	
69	11-12 200 Back	
70	9-10 50 Breast	71
72	11-12 100 Breast	
73	9-10 100 Fly	74
75	11-12 50 Fly	

Session 2: 8 & Under		
Women	Event	Men
20	8 & Under 100 IM	21
22	8 & Under 25 Back	23
24	8 & Under 25 Breast	25
5 minute break		
26	8 & Under 25 Free	27
28	8 & Under 25 Fly	29
5 minute break		
30	8 & Under 50 Back	31
32	8 & Under 50 Breast	33
5 minute break		
34	8 & Under 50 Free	35
36	8 & Under 50 Fly	37
38	8 & Under 100 Free	39

Session 5: 11-12 GIRLS and 9-10 Distance		
Women	Event	Men
76	9-12 500 Free	
	9-10 500 Free	77

Session 6: 11-12 year BOYS and 13 & Over		
Women	Event	Men
	11-12 200 Free	78
79	13 & Over 100 Free	80
	11-12 100 IM	81
82	13 & Over 200 IM	83
	11-12 50 Back	84
85	13 & Over 200 Fly	86
	11-12 200 Fly	87
	11-12 200 Back	88
89	13 & Over 200 Back	90
	11-12 100 Breast	91
92	13 & Over 100 Breast	93
	11-12 50 Fly	94

Session 3: 11-12 year BOYS and 13 & Over		
Women	Event	Men
	11-12 100 Fly	40
41	13 & Over 100 Fly	42
	11-12 100 Free	43
44	13 & over 200 Free	45
	11-12 200 Breast	46
47	13 & Over 200 Breast	48
	11-12 200 IM	49
50	13 & Over 400 IM	51
	11-12 50 Free	52
53	13 & Over 50 Free	54
	11-12 100 Back	55
56	13 & Over 100 Back	57
	11-12 50 Breast	58

Session 7: 11-12 BOYS and 13 & Over Distance		
Women	Event	Men
	11-12 500 Free	95
96	13 & Over 500 Free	97