

Sanctioned by:



# 1<sup>st</sup> SERVICE BANK Just Swim Again

## LC Derby

April 29 - 30, 2006

George Mason University – Fairfax

Hosted by:



Swimteam

### SANCTION

Explicitly sanctioned by USA Swimming through Potomac Valley Swimming

**Sanction #**

### FACILITY

[George Mason University - Aquatic and Fitness Center](#)

4400 University Boulevard

Fairfax, Virginia 22030

(703) 993-3939

50 meters -- 8 lanes

### MEET DIRECTOR

Mike Kraeuter

[H2O-Life@att.net](mailto:H2O-Life@att.net)

703-218-2427

The MD reserves the right to:

- Limit entries in any event, if necessary, in order to manage session length.
- If it's necessary to limit entries, teams will be notified by Tuesday, April 19<sup>th</sup>, and refunds will be given.
- Combine events in which there are insufficient entries.

### CLUB OFFICIALS CHAIRMAN

Tony Fitz,

(703) 437-7378

[tfitz@cox.net](mailto:tfitz@cox.net)

### MEET REFEREE

John Firestein

[jfirestein@mac.com](mailto:jfirestein@mac.com)

### ELIGIBILITY

- Swimmers shall compete at the age attained on the first day of the meet.
- An athlete may only compete in his/her own age division.
- Only USA Swimming registered teams will be **invited** to participate.
- Invitations may be extended to clubs if interest is expressed, provided commitments have not exceeded the meet limit of 850 swimmers.
- To be eligible to enter this meet, a swimmer must be registered with USA Swimming and their LSC, no later than the entry deadline.
- Due to the format of the meet no deck entries will be allowed.

### INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the BOD](#). Athletes with a disability are welcomed and are asked to 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.

### MEET FORMAT

- In spirit of the Kentucky Derby each swimmer is encouraged to choose a horse name along with 2 alternate selections (print selections on page 7 no more than 16 characters long including spaces) or submit an excel spreadsheet which matches the swimmers name with their chosen horse name. This chosen name is for the sole purpose of displaying and announcing; all official final results will be recorded with the swimmers proper name & registration information at the conclusion of the meet.
- Should you not choose a name, one will be assigned. If the horse name is deemed inappropriate another one will be assigned.
- Each swimmer will be given a cap, color coded by team.
- The pool will be configured to conduct competition in 8-lane, 50meter pool.
- All events will be swum as TIMED FINALS.
- Events #39 & #40 will be swum fastest to slowest, alternating girls and boys.
- Overhead starts **may** be used to manage the length of each session.

### SCHEDULE

Continual warm-up/warm down facilities are available throughout the meet (except during open and assigned warm-up times).

#### SAT & SUN Mornings (Sessions #1 & #4)

- 6:30-7:50am Assigned Warm-ups
- 7:30am Officials Meeting
- 7:45am Lane Timers Meeting
- 7:50am Coaches Meeting (Sat only)
- 8:00am Competition Begins

#### SAT & SUN Afternoons (Sessions #2 & #5)

- Assigned warm-ups to commence immediately following the conclusion of the morning sessions #2 and #5, but **not earlier than 11:30am**.
- Competition will begin 90 minutes after the start

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of warm-ups.

- Accurate timeline projection will be made available after all entries have been received.
- Session timelines will be sent electronically to all attending teams, with their Warm-Up lane assignments and Lane Timer Assignments by Tuesday April 18<sup>th</sup>.

### SAT Evening (Session #3)

- Open warm-up to commence immediately following the conclusion of session #2, but **not earlier than 4:30pm**.
- Competition will begin 45 minutes after the start of warm-ups.
- Accurate timeline projection will be made available after all entries have been received.
- Session timelines will be sent to all attending teams, with their Warm-Up lane assignments and Lane Timer Assignments by Tuesday April 18<sup>th</sup>.

### RULES

- Entries will be accepted on a first-come, first-serve basis. Once the meet is full, entries will no longer be accepted.
- Current USA Swimming Rules and Regulations will apply.
- Swimmers may enter and swim a maximum of 4 individual events in any one session, but no more than 5 individual events during ONE day.
- **Entries MUST be submitted in LC METERS times. No NT's will be accepted** (refer to the entries section).
- The meet director reserves the right to Positive Check-in all 200 yard events or longer in the interest of manageable time lines. If used, these events will be seeded on the deck. Swimmers not checked in will be scratched from that event. Athletes who have checked in, been seeded, and fail to swim the event will be barred from their next scheduled individual event.
- No late entries are permitted for this meet.

### COACHES

- Coaches must have current USA Swimming credentials visible at all times while on-deck.
- Coaches Packets will be available at the Admin Table.

### AWARDS

There will be **3 levels** of awards given out:

1. Swimmers entered with USA "A" times or faster will receive ribbons for 1<sup>st</sup> – 8<sup>th</sup> place.
2. Swimmers entered with USA "BB" times and slower than USA "A" times will receive ribbons for 1<sup>st</sup> – 8<sup>th</sup> place.
3. Swimmers with times slower than USA "BB" times will receive ribbons for 1<sup>st</sup> – 8<sup>th</sup> place.

### ENTRY FEES

- **\$ 3.00** surcharge per swimmer.
- **\$ 5.00** per individual event.
- Team entries will **not** be processed until payment has been received.
- Refunds will be made to anyone cut from an event by the Meet Director, because of a need to limit competition.

### OFFICIALS

- USA Swimming certified officials are requested for all positions.
- All certified officials wishing to volunteer to work this meet please contact the FISH Officials Chairman, **Tony Fitz**, at (703) 437-7378 or [tfitz@cox.net](mailto:tfitz@cox.net) prior to Saturday April 22<sup>nd</sup>. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the Admin table at the start of the Warm-up. Certified officials, who have not been contacted, should volunteer their services to the Referee.
- USA Swimming Certified Officials are requested for all positions.
- While on deck Officials must have current credentials visible at all times.

### ENTRIES

- **No late or deck entries will be accepted.**
- The meet will be capped at 850 swimmers.
- Sessions #1, #2, #4 and #5 (SAT & SUN Mornings and Afternoons) are limited to a maximum of 400 swimmers per session.
- Entries in events #39 & #40 (13&O 1500m Free) are limited to a maximum of 3 hours.
- Entry into events #63 & #64 are limited to those swimmers who have a current time of BB or faster in the 12 & under 400 Free, or **time of record** equal to BB or faster in the 200 Free for their current age-group.
- Entry into events #39 & #40 are limited to those swimmers who have a current time of BB or faster in the 13 & over 1500 Free, or **time of**

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**record** equal to BB or faster in the 400m/500yd Free for their current age-group.

- To maximize the timeline, every swimmer must be entered with a previously earned LCM time, or a converted time (SCY or SCM times converted to LCM times), or an estimated COACHES TIME. If events are received with NT's the team will be contacted and asked to supply a time if there is no response then the event will be dropped.
- If a swimmer exceeds the maximum entries, the last event, by numerical order, will be dropped.
- Entries will be accepted on a first-come, first-served basis. It is anticipated that this meet will be fully entered.

## MEET ENTRY PROCEDURES

### General Instructions:

- Entries may be submitted (1) by sending a **disk** to the meet director or (2) via **e-mail (preferred)**. Follow the instructions under the appropriate heading below. Immediately following are rules that apply regardless of method chosen.
  - Each club is requested to remit one check to cover the entry fees for the entire team. **Please put the club name on the entry check (if not a club check) and note the number of entries.** Please do not send cash. The Meet director will not accept telephone or fax entries.
  - On **page 7** of this packet you will find a swimmer/horse name chart (each name may be no more than 16 characters long including spaces). This must be completed and either mailed with your payment or e-mailed with your entry information as an excel spreadsheet. Entries **cannot** be processed until this form is received.
  - Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.
  - **Optional:** Before preparing your entries, events for this meet can be downloaded and then imported into team manager. **(TO BE POSTED)** unzip it and then go to team manager/file/import/meet

events). To download **as a file**, you may need in your browser to right click on the mouse and select "Save Link/Target as"

### Disk Entries:

- Submit the Hy-Tek commlink II file along with an entry cover sheet. The team manager meet entry report files must also be sent; one by **swimmer** and one by **event**. The name and phone number of the club representative submitting the entries must also be included.

### E-mail Entries:

- Club E-mail entries will be accepted provided the transmission time is prior to entry deadline.
- Attach one report by event, one by name (save as Word for Windows in Team Manager)
- Attach commlink file
- In body of e-mail give total number of splashes (men, women, total entry) and contact information (name, phone, e-mail address)
- **Remember to also send entry fee check via USPS**
- Include in the subject heading type, "2006 Just Swim Again LC Derby - \*\*\*\*\*" with the club's initials substituted in place of the asterisks. If the club is submitting entries from more than one location, please add the location to the heading with the club initials.
- The Meet Director will acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means than e-mail to confirm receipt.

## DEADLINE

- The Meet Director must receive all entries for this meet no later than:  
**5:00 pm, Tuesday, April 11<sup>th</sup>, 2006.**
- This is early due to the time needed to prepare the set-up of the meet in MM and have caps printed.

## MAKE CHECKS PAYABLE TO *the FISH*

## SEND ENTRIES & CHECKS TO

Mike Kraeuter  
3082 White Birch Court  
Fairfax, VA 22031  
[H2O-Life@att.net](mailto:H2O-Life@att.net)

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### TEAM RESPONSIBILITIES

- Each club is responsible for supervising the conduct of their swimmers.
- Swimmers are not permitted in any area not directly associated with the swim meet.

### WARNING

- Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid

### DECK ACCESS

- Parents not working the meet as a deck official, volunteer timer, or other meet position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Coaches and deck officials are required to display their current USA Swimming card
- All others are required to be in the elevated spectator bleachers.

### LANE TIMERS

- The host club is responsible for supplying one timer per lane and the attending teams will be assigned a pro-rata share of lanes to staff with lane timers. The information for attending team's lane assignments and number of lane timers required will be electronically sent out to all teams by Tuesday, April 19<sup>th</sup>.
- Lane Timers will meet 15 minutes prior to the start of each session's competition (except for the evening distance sessions).

- Saturday evening Session #3 swimmers are required to provide their own timers, and if desired, a counter.

### SAFETY

- PVS warm-up and safety procedures will be in effect during this meet. These procedures may be found at [www.pvswim.org](http://www.pvswim.org).
- Deck Marshals will be assigned to supervise the warm-up sessions, and have the authority to remove any swimmer, coach, or club from the warm-up who does not follow the safety rules.

### ONSITE AMENITIES

- Heat sheets will be available.
- A Hospitality area will be available for USA Swimming officials and coaches.
- Concession stand will be available.
- PRO SHOP may be available.

### MEET HOTEL

We have secured a **special** meet rate of \$94.00 at the Fairfax Marriott for both teams and families. There is a block of 50 rooms reserved. Ask for the **Fish Swim Team Room Block** to get the meet rate. This special rate will last till April 7, 2006.

- It is located approximately 4 miles from the George Mason – Aquatic and Fitness Center.
- Please call Marriott reservations at 1-800-228-9290 or call the hotel directly at 703-352-2525 and ask for a room in the **Fish Swim Team Room Block**.

Fairfax Marriott at Fair Oaks  
11787 Lee Jackson Highway  
Fairfax, VA 22033

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### CLUB ENTRY COVER SHEET & PERSON OF CONTACT REPORT

CLUB NAME: \_\_\_\_\_

#### Female Swimmers

#### Male Swimmers

10&U \_\_\_\_\_

10&U \_\_\_\_\_

11/12 \_\_\_\_\_

11/12 \_\_\_\_\_

13/14 \_\_\_\_\_

13/14 \_\_\_\_\_

15&O \_\_\_\_\_

15&O \_\_\_\_\_

Total Females \_\_\_\_\_

Total Males \_\_\_\_\_

Total Swimmers \_\_\_\_\_ X \$ 3.00/swimmer = Surcharge \$ \_\_\_\_\_

Total Individual Events \_\_\_\_\_ X \$ 5.00/event = Event Fees \$ \_\_\_\_\_

Total Meet Fees \$ \_\_\_\_\_

Name of your team's LANE TIMER COORDINATOR (the person who will be AT this meet to coordinate your team's lane timers).

Name:

\_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Name and Address of TEAM ENTRIES PERSON OF CONTACT.

Name:

\_\_\_\_\_

Home Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

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### Session #1

Saturday Morning, April 29th

Girls	Event Name	Boys
1	11-12 100m Fly	2
3	10 & under 100m Fly	4
5	11-12 200m Breast	6
7	10 & under 50m Back	8
9	11-12 50m Back	10
11	10 & under 100m Free	12
13	11-12 100m Free	14
15	10 & under 50m Breast	16
17	11-12 50m Breast	18
19	11-12 200m Back	20
21	10 & under 200m Free	22
23	11-12 200m Free	24

### Session #4

Sunday Morning, April 30th

Girls	Event Name	Boys
41	11-12 100m Back	42
43	10 & under 100m Back	44
45	11-12 200m Fly	46
47	10 & under 50m Free	48
49	11-12 50m Free	50
51	10 & under 100m Breast	52
53	11-12 100m Breast	54
55	10 & under 50m Fly	56
57	11-12 50m Fly	58
59	10 & under 200m IM	60
61	11-12 200m IM	62
63	12 & under 400m Free	64

### Session #2

Saturday Afternoon, April 29th

Girls	Event Name	Boys
25	13 & over 50m Free	26
27	13 & over 200m Breast	28
29	13 & over 100m Back	30
31	13 & over 200m Free	32
33	13 & over 100m Fly	34
35	13 & over 50m Breast	36
37	13 & over 400m IM	38

### Session #5

Sunday Afternoon, April 30th

Girls	Event Name	Boys
65	13 & over 200m Back	66
67	13 & over 100m Free	68
69	13 & over 200m Fly	70
71	13 & over 50m Back	72
73	13 & over 100m Breast	74
75	13 & over 200m IM	76
77	13 & over 50m Fly	78
79	13 & over 400m Free	80

### Session #3

Saturday Evening, April 29th

Girls	Event Name	Boys
39	13 & over 1500m Free	40

