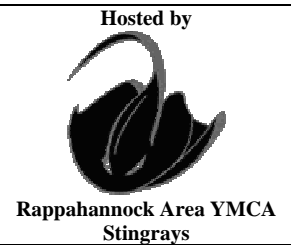




RAPPAHANNOCK AREA YMCA STINGRAYS
2008 LC A/BB/B/C Meet
June 7-8, 2008
SANCTION NO. VS-08-57



SANCTION:	Held under the sanction of USA Swimming & Virginia Swimming, Inc. SANCTION NO. VS-08-57
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
FACILITY:	Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; The pool will be configured to conduct competition in 10-lanes except as noted.
MEET DIRECTOR:	Scott Perry Email: Chopnyip@aol.com Phone: (540) 891-5658
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers• 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 June 7, 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 12 & Younger swimmers will swim on Saturday and Sunday morning.• All 13 & Older swimmers will swim on Saturday and Sunday afternoon.• Events 29-30 (10&U 200 Free Relay) and 83-84 (10&U 200 Medley Relay) will use in-water starts in the shallow-end to conform with facility safety requirements.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 6:30 am; competition starts at 8:00 am.• Afternoon sessions: Warm-ups no earlier than 11:30 am. Information will be posted on the RAYS' website, www.swimrays.org, by Wednesday, June 4, 2008.• Distance session: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon session, with the distance session competition starting 5 minutes thereafter.<ul style="list-style-type: none">○ The approximate start time for the distance sessions will be posted on the RAYS' website by Wednesday, June 4, 2008 and will also be emailed to the contact person of the participating clubs.○ The distance session will start no earlier than the estimated times.• Lane assignment and warm-up times for individual clubs will be posted on the RAYS' website by Wednesday, June 4, 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 WEDNESDAY, MAY 28, 2008</p> <ul style="list-style-type: none">• Entries from teams outside the VSI LSC will be accepted until 6:00 pm, Thursday, May 29, 2008, if space is available after VSI entries have been accepted.• Entries must be submitted in long course meter 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) will be accepted for events in which a swimmer does not have a time of

	<p>record. Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition.</p> <ul style="list-style-type: none"> • "No Time" (NT) entries will not be accepted. • Swimmers may enter a maximum of three individual events per session and one relay event per day. • Entries will be processed in the order received. This meet will be limited to a total of 750 Swimmers. • 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: ssuhling@yahoo.com • Mail entries to: Stephanie Suhling 6 Daventry Place Stafford, VA 22554 • 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. • If you do not receive an email confirming receipt of your entries within 24 hours of sending them contact the Stephanie Suhling 540-903-7164 cell or via email immediately. • After May 30, late entries will only be accepted if there is room in existing heats. New heats will not be created.
FEES:	<p>Individual events: \$4.75 Relay Events: \$14.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$5 per event prior to the first day of the meet and \$10 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: RAYS. • Payment must be received by May 28, 2008 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & Older events will be given separate awards for 13-14 and 15 & Over age groups. ○ 9-12 events will be given separate awards for 9-10 and 11-12 age groups. ○ 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. ○ Heat winner ribbons will be awarded for all 10 & Younger individual events. • Relay events: Ribbons will be awarded for first through 4th place.
SEEDING:	<ul style="list-style-type: none"> • All events, except event #55, 56, 57, & 58 (13-14 & 15&O 400 IM), 59 & 60 (13&O 800 Free), 101, 102, 103, & 104 (13-14 & 15&O 400 Free), 85 & 86 (9-12 400 Free), and 87 & 88 (11-12 400 IM) will be pre-seeded. Swimmers should report directly to the blocks for their events. • Events 55, 56, 57, 58, 59, 60, 85, 86, 87, 88, 101, 102, 103, & 104 will require a positive check-in to swim. • Positive check-in will close at the conclusion of that session's warm-ups. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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: Stephanie Suhling Email: ssuhling@yahoo.com Phone: (540) 720-1474</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 Stephanie Suhling no later than May 28th. Training will be allowed at this meet. Please contact Stephanie prior to the meet to make sure she has someone to mentor you. There will be an officials' meeting approximately 45 minutes prior to the start of each session. 	
SAFETY:	<ul style="list-style-type: none"> VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet 	
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 www.swimrays.org no later than June 4th, and will also be emailed to the contact person of each of the individual clubs. 	
GENERAL:	<ul style="list-style-type: none"> Concessions with food and heat sheets will be provided. Sports Fair will sell equipment and apparel. 	
FACILITY RULES:	<ul style="list-style-type: none"> Swimmers are not permitted in any room of the building not directly associated with the meet. Swimmers and spectators are expected to camp out in the gym or outside patio off the pool deck. By order of the Fire Marshall, swimmers will not be allowed to set up "camp" areas in the hallways. Only swimmers, coaches, and officials can be on deck. All spectators are required to be in the elevated bleachers or in the gyms. Each club is responsible for the conduct of its swimmers. 	
DIRECTIONS:	Directions to the Freedom Center are posted on the RAYS' website.	
HOTELS:	<p>The Courtyard, Manassas VA (At I-66 exit #47) 703-335-1300</p> <p>Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) 703-393-9966</p> <p>Springhill Suites by Marriott, Centreville, VA 703-815-7800</p> <p>Best Western Battlefield (5 miles to pool) (703) 361-8000</p>	<p>Country Inn & Suites by Marriott (703) 393-9797</p> <p>Fairfield Inn by Marriott (5.5 miles to pool) (703) 393-9966</p> <p>Hampton Inn (4.8 miles to pool) (703) 369-1100</p> <p>Comfort Suites (4.8 miles to pool) (703) 686-1100</p>

ORDER OF EVENTS

SATURDAY AM SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 50 Free	2
3	10 & U 100 Back	4
5*	11-12 50 Back	6*
7*	11-12 200 Back	8*
9	10 & U 50 Fly	10
11	11-12 100 Fly	12
13	10 & U 200 IM	14
15	11-12 200 IM	16
17	10 & U 100 Free	18
19	11-12 200 Free	20
21	10 & U 50 Breast	22
23	11-12 100 Breast	24
25	10 & U 200 Free	26
27	11-12 400 Free Relay	28
29	10 & U 200 Free Relay	30

SATURDAY PM SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
31	13-14 100 Breast	32
33	15 & O 100 Breast	34
35	13-14 200 Free	36
37	15 & O 200 Free	38
39	13-14 100 Fly	40
41	15 & O 100 Fly	42
43	13-14 200 Back	44
45	15 & O 200 Back	46
47	13-14 50 Free	48
49	15 & O 50 Free	50
51	13-14 400 Free Relay	52
53	15 & O 400 Free Relay	54
55	13-14 400 IM	56
57	15 & O 400 IM	58

SATURDAY EVENING SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
59	13 & O 800 Free	60

- All teams please bring your own LAP COUNTERS
- Must have at least a BB time in your age group

SUNDAY AM SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
61*	11-12 50 Fly	62*
63*	11-12 200 Fly	64*
65	10 & U 100 Fly	66
67	11-12 100 Back	68
69	10 & U 50 Back	70
71*	11-12 50 Breast	72*
73*	11-12 200 Breast	74*
75	10 & U 100 Breast	76
77	11-12 100 Free	78
79	10 & U 50 Free	80
81	11-12 400 Medley Relay	82
83	10 & U 200 Medley Relay	84
85*	9-12 400 Free	86*
87*	11-12 400 IM	88*

SUNDAY PM SESSION

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
89	13-14 200 Fly	90
91	15 & O 200 Fly	92
93	13-14 100 Back	94
95	15 & O 100 Back	96
97	13-14 200 IM	98
99	15 & O 200 IM	100
101	13-14 400 Free	102
103	15 & O 400 Free	104
105	13-14 200 Breast	106
107	15 & O 200 Breast	108
109	13-14 100 Free	110
111	15 & O 100 Free	112
113	13-14 400 Medley Relay	114
115	15 & O 400 Medley Relay	116