



**2008 FALL FESTIVAL SWIM MEET**  
**A/BB/B/C Meet**  
**October 18-19, 2008**  
**SANCTION NO. VS-09-09**

Hosted by:  
**QDD**  
Swim Team

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-09</b>
<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 yard venue</li><li>• At least 3 lanes will be available throughout the meet for continuous warm-up and cool down.</li></ul>
<b>MEET DIRECTOR:</b>	Karen Harrison Phone: (703) 369-7669 Email: <a href="mailto:thebigmahmuh@aol.com">thebigmahmuh@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming registered swimmers.</li><li>• All swimmers participating in this meet must be registered by the first day of the meet.</li><li>• No on deck registration will be permitted.</li><li>• Age on October 18, 2008 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 12 &amp; Under swimmers will swim on Saturday and Sunday morning. Distance session will follow Saturday morning session for 9-12 swimmers (Event #19-20)</li><li>• All 13 &amp; Over swimmers will swim on Saturday and Sunday afternoon. Distance session will follow each afternoon session for 13&amp;O swimmers (Event #33-34 &amp; 63-64)</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 7:00-8:00 am, competition starts at 8:10 am.</li><li>• Afternoon sessions: Warm-ups will begin no earlier than 12:00 and will run for 1 hour beginning immediately following events 19 and 20. Competition starts 10 minutes after the completion of warm-ups</li><li>• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions. The distance session competition will start 5 minutes thereafter.</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 Tuesday October 14th, 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 6:00 PM, WEDNESDAY, OCTOBER 8, 2008</b></p> <ul style="list-style-type: none"><li>• <b>Entries from teams outside the North District and VSI LSC will be accepted until 6:00 pm, Thursday, October 9, 2008, if space is available after North district and 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 may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person, phone number, and email address to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>• Coaches Times (CT) and No Time (NT) 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.</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></ul>

	<ul style="list-style-type: none"> <li>• Entries will be processed in the order received.</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: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a></li> <li>• Send entries to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192</li> <li>• <b>IMPORTANT:</b> 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.</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>Late entries will be accepted.</b> Late entries will be accepted if time and swimmer limits have not been exceeded. <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ Additional heats will not be added.</li> </ul> </li> </ul>
<b>FEES:</b>	<p>Individual events: \$4.75 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>• Payment must be received by Tuesday, October 14, 2008 for email entries. Payment must be included with all mailed entries.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through Eighth Place.</li> <li>• 12 &amp; Under events will be given separate awards for 11-12, 9-10 and 8 &amp; Under groups.</li> <li>• 13 &amp; Over events will be given separate awards for 13-14 and 15 and Over age groups..</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, <b>except</b> events 15 &amp; 16 (12 &amp; U 500 Free), 27 &amp; 28 (13 &amp; Over 400 IM), 29 &amp; 30 (13 &amp; Over 1000 Free), 55 &amp; 56 (13 &amp; Over 500 Free) will be pre-seeded</li> <li>• <b>Positive check-in will close at 9:00 am, Saturday October 18, 2008 for events 19 &amp; 20.</b></li> <li>• <b>Positive check-in will close at 2:00 pm, Saturday October 18, 2008 for events 31, 32, 33, 34.</b></li> <li>• <b>Positive check-in will close at 2:00 pm, Sunday October 19, 2008 for events 63 &amp; 64.</b></li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT</b></li> <li>• <b>Events 33 &amp; 34 (13 &amp; Over 1000 Free) will be swum fastest to slowest alternating girls heats with boys heats</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 disqualified from 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> <li>• <b>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.</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>• The overhead start procedure will be used for all sessions.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Jim Frye</b>  <b>Email: <a href="mailto:jamfrye@comcast.net">jamfrye@comcast.net</a></b>  <b>Phone: (540) 840-8947</b></p>

	<ul style="list-style-type: none"> <li>• Officials at all positions will be required 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 Rick Lisbon, Email: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a> by October 14, 2008</li> <li>• Officials will meet in Hospitality 45 minutes before the start of every session</li> <li>• There will be a training session for new stroke and turn officials on Saturday October 18, 2008 at 11:00 am.</li> </ul>		
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• The overhead start procedure will be used for the morning sessions, and may be used for the mid-day and afternoon sessions at the discretion of the Referee.</li> <li>• 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.</li> </ul>		
<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.pwcweb.com/gddsims">www.pwcweb.com/gddsims</a> no later than Tuesday October 14, 2008, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers competing in the 500 free and 1000 Free <b>are responsible for providing their own lap counters and timers. These are events 19, 20, 33, 34, 63 and 64.</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 will be available.</li> <li>• Refreshments, lunch and evening snacks will be provided for USS officials &amp; coaches</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 the 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>• Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the hallway.</li> <li>• No cars are to be left in the fire lanes.</li> </ul>		
<b>HOTELS:</b>	<table border="0"> <tr> <td> The Courtyard, Manassas VA (At I-66 exit #47)  10701 Battleview Pkwy  (703) 335-1300   Marriott's Fairfield Inn, Manassas, VA (At I-66 #47)  (703) 393-9966   Springhill Suites by Marriott, Centreville, VA  (703) 815-7800   Best Western Battlefield (5 miles to pool)  (123 rooms open to exterior)  10820 Balls Ford Rd  (703) 361-8000   Comfort Suites (4.8 miles to pool)  (138 rooms open to interior hallway)  7350 Williamson Blvd  (703) 686-1100 </td> <td> Country Inn &amp; Suites by Marriott  (5.4 miles to pool) (75 rooms open to interior hallway)  10810 Battleview Pkwy  (703) 393-9797   Fairfield Inn by Marriott (5.5 miles to pool)  (80 rooms open to interior hallway)  6950 NOVA Way  (703) 393-9966   Hampton Inn (4.8 miles to pool)  (125 rooms open to interior hallway)  7295 Williamson Blvd  (703) 369-1100 </td> </tr> </table>	The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy (703) 335-1300  Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966  Springhill Suites by Marriott, Centreville, VA (703) 815-7800  Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000  Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100	Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797  Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966  Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100
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**ORDER OF EVENTS: Highlighted rows indicate positive CHECK-IN required**

October 18, 2008		
Session 1, Saturday Morning Warm-up: 7:00 am; Start: 8:10 am		
Women	Event	Men
1	12&U 200 Freestyle	2
3	12&U 100 Breaststroke	4
5	12&U 50 Freestyle	6
7	8&U 25 Freestyle	8
9	12&U 100 Butterfly	10
11	12&U 50 Backstroke	12
13	8&U 25 Backstroke	14
15	11-12 200 Backstroke	16
17	12&U 100 IM	18

October 19, 2008		
Session 5, Sunday Morning Warm-up: 7:00 am; Start: 8:10 am		
Women	Event	Men
35	11-12 200 breaststroke	36
37	12&U 100 freestyle	38
39	12&U 50 breaststroke	40
41	8&U 25 Breaststroke	42
43	12&U 100 backstroke	44
45	11-12 200 butterfly	46
47	12&U 50 butterfly	48
49	8&U 25 Butterfly	50
51	12&U 200 IM	52

Session 2, Saturday Morning Distance (15 minute break)		
Women	Event	Men
19	9-12 500 Freestyle	20

Session 3, Saturday Afternoon Warm-up: 12:00 noon; Start: 1:10 pm (time are "no earlier than")		
Women	Event	Men
21	13 & Over 100 freestyle	22
23	13 & Over 200 butterfly	24
25	13 & Over 100 backstroke	26
27	13 & Over 50 freestyle	28
29	13 & Over 200 breaststroke	30
31	13 & Over 400 IM	32

Session 6, Sunday Afternoon Warm-up: 12:00 noon; Start: 1:10 pm (time are "no earlier than")		
Women	Event	Men
53	13 & Over 200 freestyle	54
55	13 & Over 100 butterfly	56
57	13 & Over 200 backstroke	58
59	13 & Over 100 breaststroke	60
61	13 & Over 200 IM	62

Session 4, Saturday Afternoon Distance (15 minute break)		
Women	Event	Men
33	13 & Over 1000 freestyle	34

Session 7, Sunday Afternoon Distance (15 minute break)		
Women	Event	Men
63	13 & Over 500 freestyle	64