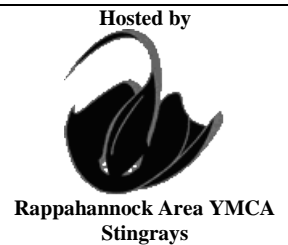




LAKE ANNA OPEN WATER SWIM
May 30, 2009
SANCTION NO. VS-09-57



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-57
LOCATION:	Lake Anna, Group Camping area, Christopher Run Campground, 7149 Zachary Taylor Hwy, Mineral, VA 23117, Phone: 540-894-4744
FACILITY:	<ul style="list-style-type: none">• There will a beach start at the start/finish line.• Open water: The race course will consist of a 1 K loop marked every 25 meters with buoys. All swimmers who have not completed the course during the prescribed time limit will be asked to retire. ½ K race will swim 250M out and back marked with different colored buoys.• Finish Banner marks finish line.• Manual watches used for timing system• Details of race course with landmarks will be available at check-in.
MEET DIRECTOR:	Leonard Philippart Email: leo106@cox.net Phone: (540) 841-9902
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes age 7 and older registered prior to the first day of the meet.• Must be registered USA swimmer to enter. Single day event membership available for an additional \$12 (registration form can be found on the last page of this announcement.• All swimmers who are registered with a USA Swimming Club may enter a relay if they are entered in an individual event. .• No at location registration will be permitted.• Age on May 30, 2009 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">• Morning session will start at 7:00 AM for events 1-8.• Mid-morning session will start no earlier than 10:15 AM for events 9-12.• Afternoon session will start no earlier than 11:30 AM for events 17-20.
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM.• Mid-morning session : Warm-ups at 10:15 AM competition starts at no earlier than 11:30 AM• Afternoon sessions: Warm-ups at 11:30 AM competition starts at no earlier than 12:45 PM.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, MAY 15, 2009</p> <ul style="list-style-type: none">• All entries received after that date requires a \$5 late fee per swimmer.• Those entering after May 15th may or may not receive a T-shirt. THERE WILL BE NO REDUCTION IN FEE.• Entries must be submitted in LCM 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Coaches Time (CT) and No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record.• Swimmers may enter a maximum of 3 <i>individual events</i> and 4 <i>relay events</i> per day.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.

	<ul style="list-style-type: none"> • Entries will be processed in the order received. This meet will be limited to a total of 500 swimmers • Email entries to: downs.leslie@yahoo.com • Mail entries to: Leslie Downs 8001 Sourwood Court Spotsylvania, VA 22551-2761 • 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.
FEES:	<p>Individual events: \$25 first event, cap, t-shirt and light snack \$10 additional individual events</p> <p>Relay events: \$20 per relay</p> <p>Swimmer Surcharge: \$2.50 (entered in any capacity in the meet)</p> <ul style="list-style-type: none"> • Checks should be made payable to: RAYS. • Payment must be received by May 27, 2009 for email entries. 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"> • Age Group Individual Events: Medals will be awarded to 1-3rd place for each age group/gender event. Ribbons for 4-8 place by age group/gender. Events 19 and 20 will be divided out and scored by 8 & U, 9-10 and 11-12. • Age Group Relays: Medals will be awarded to 1-3rd place only. • Open Individual Events: Medals will be awarded for 1-3rd place for each open event by gender. Ribbons for 4-8 place by gender. • Open Relay: Medals will be awarded to 1-3rd place only. • Team Trophies will be awarded for 1-3rd place to the teams scoring the highest points.
SCORING:	<ul style="list-style-type: none"> • Individual events will be scored 1-8 place with the following points: 1st- 10 points, 2nd -8 points, 3rd- 6 points, 4th-5 points, .5th- 4 points, 6th = 3 points, 7th – 2 points, 8th – 1 point. • Relays will be scored 1-8 place with the following points; 1st- 20 points, 2nd -16 points, 3rd- 12 points, 4th-10 points, .5th- 8 points, 6th = 6 points, 7th – 4 points, 8th – 2 point.
SEEDING:	<ul style="list-style-type: none"> • All like-distances will be seeded as a single event, without regard to a swimmer's age or gender. Places, awards, and published results will be separate for each event, age group, and gender. Meet Director reserves the right to change seeding and start times if large number of entries warrants changes. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that they can be processed prior to check-in.
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. • 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 staging area.
OFFICIALS:	<p>Meet Referee: Stephanie Suhling, Email: ssuhling@yaqhoo.com, Phone: (540) 903-7164 (cell)</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Officials that are comfortable and want to be out on the water, please state so in your request. • 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

	<p>than May 23, 2009.</p> <ul style="list-style-type: none"> • Officials meeting will be at 7:30 AM at the hospitality tent.
SAFETY:	<ul style="list-style-type: none"> • Safety boats will monitor the entire course. • Lifeguards will be on site. • 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. • First Aid station available in hospitality tent.
TIMERS:	Timers will be provided by the host team.
GENERAL:	<ul style="list-style-type: none"> • This event is on the public side of Lake Anna. • Average water temperature is expected to be in the high 60's - low 70s. • Extra T-shirts for coaches and spectators may be ordered on your registration form for \$8 each. • Hospitality tent will be set up by the water with light snacks for swimmers. • Water will be available on the course during the 5K, 3K and 2K races. • Coaches and officials will be given tickets to eat at concessions. • FRIDAY EVENING: Open air movie at dark. Free to those who are camping. • CONCESSIONS will be available Saturday from 7:00AM-3:00 PM in the pavilion. • SATURDAY MORNING: Breakfast will be available from 7:00-9:30 AM. • SATURDAY AFTERNOON: 9:30- 3:00 - Grilled lunch – Pre-ordered lunch is \$6. <ul style="list-style-type: none"> ○ All pre-ordered lunches must be picked up prior to 2:00PM. Lunch includes choice of one: grilled cheeseburger / hamburger, 2 grilled hot dogs, or grilled chicken breast and choice of two side dishes: baked beans, coleslaw, pasta salad, macaroni and cheese or garden salad. ○ Drinks: choice of one: water, Gatorade or soda. The lunch menu will include the pre-order items along with other choices available the day of the swim.
FACILITY RULES:	<ul style="list-style-type: none"> • There is a \$10 parking fee per car for non-camping participants and coaches collected by the campground at the gate day of the event. We highly recommend you carpool. • Facility Rules: http://www.christopherruncampground.com/rules.html • No alcohol can be consumed by any swimmers, coach or spectator before or during the competition on race day.
VOLUNTEERS	Anyone wishing to help with registration check-in, body marking, on the water drink station, event check-in, water safety personnel or first aid station, please contact Leonard Philippart at leo106@cox.net
DIRECTIONS:	www.chriswtopherruncampground.com
LODGING:	<ul style="list-style-type: none"> • CAMPING Group site is already reserved for our event. <ul style="list-style-type: none"> ○ On site tent camping is available for \$4 per person – 10 sites with water/electricity, 21 sites with electricity, 30 sites with no water/no electricity. ○ Bathhouse is within walking distance. Portable toilets are close to pavilion. Camping is only available until we run out of sites on a first reserve basis. • Christopher Run Campground has spaces for RV's, several cabins, rental RV's and lodges for rent. Please see their website to book directly from them – www.chriswtopherruncampground.com. • Private Residences for rent: www.vrbo.com. www.vacationrentals.com, www.lakeannawaterfront.com • Lake Anna State Park also has cabins and campsites www.lakeannaonline.com/statepark.html • Ramada Inn South, 5324 Jefferson Davis Hwy, Fredericksburg, VA 22408, (540) 898-1102 • Lake Anna Lodge (at the lake), 5152 Rt. 208, Spotsylvania, VA, 22553 (540) 895-5844 • High Point Marina and Lighthouse Inn (at the lake), 4634 Courthouse Rd, Spotsylvania, VA, (540) 895-5249

ORDER OF EVENTS

Event #	Gender	Age	Distance	Age	Gender	Event #
1	Women	Open	5K	Open	Men	2
3	Women	15-18	5K	15-18	Men	4
5	Women	Open	3K	Open	Men	6
7	Girls	13-14	3K	13-14	Boys	8
9	Women	Open	2K	Open	Men	10
11	Girls	11-12	2K	11-12	Boys	12
13	Women	Open	1K	Open	Men	14
15	Girls	9-10	1K	9-10	Boys	16
17	Women	Open	500M	Open	Men	18
19	Girls	7-12	500M	7-12	Boys	20
21	Mixed	Open	4X5K relay	15-18	Mixed	22
23	Mixed	Open	4X3K relay	13-14	Mixed	24
25	Mixed	Open	4X2K relay	11-12	Mixed	26
27	Mixed	Open	4X1K relay	9-10	Mixed	28
29	Mixed	7-12	4X500M relay			
30	Mixed	Graduated AGE Group	1K + 2K +3K +4K			

Description of EVENTS and SCHEDULE:

5K: 5 times around course. The race will end 2 hours after the start. Registration: 7:00AM; Pre-race Meeting/check-in: 7:45AM; Event start: 8:30AM.

3K: 3 times around race course. The race will end 90 minutes after the start. Registration: 8:45AM; Pre-race Meeting/check-in: 9:30AM; Event start: No earlier than 10:15.

2K: 2 times around race course. The race will end 60 minutes after the start. Registration: 10:15am; Pre-race Meeting/check-in: 11:00AM; Event start: No earlier than 11:30AM.

1K: 1 time around race course. The race will end 30 minutes after the start. Registration: 11:00 AM; Pre-race Meeting/check-in: 12:00 Noon; Event start: No earlier than 12:30PM.

1/2 K: The race will consist of a 500M swim. The course will be a 250M loop marked every 25 meters with pink buoys. Registration: 11:30AM; Pre-race meeting/check-in: 12:45PM; Event start: No earlier than 12:45PM

Relays: There will be age group relays offered in the 9-10 1K, 11-12 2K, 13-14 3k, 15-18 5K, and the Open 5K. Four swimmers from a team may enter as a relay. The gender of the relays may be mixed. Swimmers' times from individual events will be added together to get the cumulative relay time in the same distance/age group and will determine place. In the Open 5K, any 4 swimmers entered in the distance race may swim as a relay. There will be an age group mixed graduated relay consisting of a swimmer from each of the races: 9-10 1K, 11-12 2K, 13-14 3k and 15-18 5K. Swimmers' times from individual events will be added together to get the cumulative relay time and will determine place.

May 30, 2009 (severe weather date May 31, 2009)

Registration forms must be signed and sent to:

Leslie Downs
8001 Sourwood Ct.,
Spotsylvania, VA 22551-2761 E-mail: downs.leslie@yahoo.com

One needed for each swimmer. Do not wait on your coach to mail in your form.

Name:
Age: Gender: Male Female
Are you registered with USA-S? USMS Neither
Registration Number (required if USA-S):
USA Swimming Club: LSC:
Street Address:
City:
State: Zip:
E-mail: Phone:

Make checks payable to: RAYS

T-Shirt Size (Adult sizes): S M L XL 2XL Youth: 10-12 14-16

If no t-shirt size is clearly marked, competitor will receive an Adult L.

Table with 5 columns: Item, # entered, Event(s) #, Cost, Total for line. Rows include: Initial entry fee, Additional events fee, Relay event fee, Extra T-shirt, Non-member registration, Friday night movie, Saturday lunch, Camping Friday night, Camping Saturday night, Late Fee if received after May 15, Total enclosed.

Please read and sign the liability release:

Liability Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Virginia Swimming, Inc, Rappahannock Area YMCA Stingrays Swim Team, Virginia Game, Wildlife and Fisheries, Dominion Power, Christopher Run Campground, United States Coast Guard, Meet Sponsors, Meet Committees, and or any individuals officiating at the meet r supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming.. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmers Signature

Parent's Signature if under 18: Date: