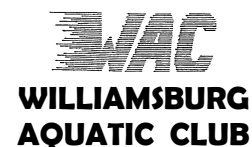




WAC LAST CHANCE MEET
A/BB/B/C Meet
FEBRUARY 7-8, 2009
SANCTION NO. VS-09-39



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-39	
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090	
FACILITY:	<ul style="list-style-type: none">• Eleven (11) lane 25 yard indoor pool. All sessions will be run using an eight (8)-lane course for competition. The Meet Director reserves the right to use additional lanes for competition during the session or individual events.• Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).	
MEET DIRECTOR:	Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662	Anne Anderson Email: flandos@cox.net Phone: (757) 220-8633
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 February 7, 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">• All 10 & younger swimmers will swim in the morning sessions.• All 11 & older swimmers will swim in the afternoon sessions.	
WARM-UPS:	<ul style="list-style-type: none">• Morning session warm-ups: 7:00 AM; Competition starts at 8:00 AM• Afternoon session warm-ups: 12:00 PM; Competition starts at 1:00 PM• All warm-up times are subject to change based on entries• Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than Tuesday February 3, 2009 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, JANUARY 28 , 2009</p> <ul style="list-style-type: none">• Entries must be submitted in Short Course Yards 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) 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 "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.• Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per session.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.• The Meet Director reserves the right to reorder the day's scheduled events, combine heats/events, and to eliminate heats if necessary to prevent too lengthy a session.• Email entries to: coachharold2@cox.net	

	<ul style="list-style-type: none"> • Mail entries to: Williamsburg Aquatic Club 3013 South Court Williamsburg, VA 23185 • 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: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Williamsburg Aquatic Club • Payment must be received by February 3rd, 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"> • Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & over individual events will be given separate awards for the 13-14 and 15 & over age groups ○ 11 & over individual events will be given separate awards for the 11-12, 13-14, and 15 & over age groups ○ 10 & under individual events will be given separate awards for 9-10 and 8 & under age groups • Relay events: Ribbons will be awarded for first through fourth places.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. • Positive Check-in for the 500 Freestyle & the 400 I.M. will be required by the end of warm-ups. • Positive Check-in for the 1000 Freestyle & the 1650 Freestyle will be by 3:00 PM each day • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Swimmers should report directly to the blocks for their events. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
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: Doug Lockwood Email: dlockwood3@cox.net Phone: (757) 565-1421</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. Anyone interested in achieving certification through on deck training will be welcomed. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Cay Pittman, Phone (757) 565-3599 or at Email: wacofficials@hotmail.com • Officials meetings/briefings will be held 1 hour before 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 WAC website, www.swimwac.com, no later than January 7th, 2009 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Officials and coaches hospitality will be available • Meet programs will be sold
FACILITY RULES:	<p>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS:</p> <ul style="list-style-type: none"> • Picture identification will be required to gain access to the base. You may also need Automobile Registration as well as proof of insurance to gain access to the base. Please allow plenty of time for base access due to security considerations. • Rules will be enforced by meet marshal, aquatic center staff and the Fort Eustis Fire Marshall. • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and/or in the meet program, will be disqualified from the meet and escorted from the facility. • The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • Balcony: Swimmers and their bags will not be allowed to stay in the area. Spectator seating is limited and swimmers must stay on the competition or adventure pool deck. • Absolutely no parking on grass, at the MP station, or on the side by the trees in the Aquatic Center Parking Lot.
DIRECTIONS:	<p>From I-64 take Exit 250(Fort Eustis Blvd) towards Fort Eustis. This will take you onto the base. Go 4 blocks past security and through the circular intersection. Turn right at first Street (Tyler Road) past the circular intersection. The Aquatic facility is the building on your left. If the Aquatic Center lot is full, there are plenty of parking 100 yards down Tyler Road.</p>

**WAC WINTER SPLASH MEET
ORDER OF EVENTS**

Saturday, February 7th, 2009

Morning Session Warm-up: 7:00 AM; Start: 8:00 AM			Afternoon Session Warm-up: 12:00 PM; Start: 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & under 25 Free	2	27	11-12 100 IM	28
3	9-10 50 Free	4	29	11 & over 400 IM	30
5	8 & under 100 IM	6	31	11-12 100 Breast	32
7	10 & under 200 IM	8	33	13 & over 100 Breast	34
9	8 & under 50 Back	10	35	11-12 100 Fly	36
11	10 & under 100 Back	12	37	13 & over 100 Fly	38
13	8 & under 25 Fly	14	39	11-12 50 Back	40
15	9-10 50 Fly	16	41	11 & over 200 Back	42
17	8 & under 50 Breast	18	43	11-12 200 IM	44
19	10 & under 100 Breast	20	45	13 & over 200 IM	46
21	10 & under 200 Free	22	47	11-12 500 Free	48
23	8 & under 100 Free Relay	24	49	13 & over 500 Free	50
25	9-10 200 Free Relay	26	51	11-12 200 Free Relay	52
			53	13 & over 200 Free Relay	54
			55	13 & over 1650 Free	56

Sunday, February 8th, 2009

Morning Session Warm-ups: 7:00AM; Start: 8:00 AM			Afternoon Session Warm-up: 12:00 PM; Start: 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	8 & under 25 Back	58	81	11-12 50 Breast	82
59	9-10 50 Back	60	83	11 & over 200 Breast	84
61	9-10 100 IM	62	85	11-12 100 Free	86
63	8 & under 50 Fly	64	87	13 & over 100 Free	88
65	10 & under 100 Fly	66	89	11-12 100 Back	90
67	8 & under 25 Breast	68	91	13 & over 100 Back	92
69	9-10 50 Breast	70	93	11-12 50 Fly	94
71	8 & under 50 Free	72	95	11 & over 200 Fly	96
73	10 & under 100 Free	74	97	11-12 50 Free	98
75	8 & under 100 Medley Relay	76	99	13 & over 50 Free	100
77	9-10 200 Medley Relay	78	101	11-12 200 Free	102
79	10 & under 500 Free	80	103	13 & over 200 Free	104
			105	11-12 200 Medley Relay	106
			107	13 & over 200 Medley Relay	108
			109	13 & over 1000 Free	110