

Speedo Eastern States Senior Invitational

Host: Arlington Aquatic Club

January 03-04, 2004

Sanction # PVI-04-16

SANCTION: Held under the sanction of USA Swimming/Potomac Valley Swimming Inc. Sanction n

LOCATION: Wakefield Rec. Center
8100 Braddock Rd
Annandale, Va.
(703) 321-7080
Directions: Capital Beltway (VA), exit Braddock Road West. Proceed on Braddock Road to Wakefield Park entrance on right. Pool is in the park.

FACILITY: Eleven (16) lane 25 yard indoor pool. Eight (10) lanes will be used for competition. Five lanes will be available for continuous

ELIGIBILITY: Open to all swimmers of team that are members of the Eastern States Senior Circuit. All swimmers must be registered with United States Swimming Inc. There are no qualifying times but all team agree to bring swimmers who are training at a senior level and are preparing for successful qualification or participation in Sectionals and Nationals. Please see published Circuit Guidelines for more information. Age on January 03, 2004 will determine age for the entire meet. To be eligible to enter this meet, a swimmer must be registered with USA Swimming, Inc. no later than the entry deadline shown below. No on-deck registration will be permitted.

CIRCUIT PARTICIPANTS ARE:

Virginia LSC

Coast Guard Blue Dolphins (CGBD)
Hargrave Military Academy (HA)
Poseidon Swimming (PSDN)
Quantico Devil Dolphins (QDD)
South Eastern Virginia Aquatics (SEVA)

Maryland LSC

Columbia Aquatic Association(CAA)
Eagle Swim Team (EST)

Potomac Valley LSC

Arlington Aquatic Club (AAC)
Fort Belvoir Swim Team (FBST)
Occoquan Swimming (OCCS)
Machine Aquatic (MACH)
Sea Devils-(Reston site) (SDS)
Maryland Sub. Swim Club (MSSC)

MEET FORMAT: All events will be **Timed Finals.**

WARM-UPS: *Saturday, January 03, 2004*

Session 1

7:00 am - 8:30 am warm up/8:45 am start

Session 2

4:00 pm - 5:00 pm warm up/5:15 pm start

Sunday, January 04, 2004

Session 3

6:30 am - 7:45 am warm up for the 1650 Free/8:00 am start

Session 4

Warm-up will be available at all times/Session start time will be 30 minutes after the completion of the 1650 Free. 1650(events 25 - 26) will be swum slowest to fastest, alternating heats of women then men. Women and men may swim together.

ENTRIES: Deadline for receipt of entries is Friday, December 26, 2003.

Entries must be submitted in short course yard times on 3.5" computer disks using Commlink II on HYTEK Meet Manager computer software. If entries are submitted on computer disk, a printout showing what is on the disk **MUST** also be submitted. In all cases, a completed summary sheet showing the name of the person to contact in case of questions and a check for the amount of the entry fees must accompany the entries.

Swimmers may enter (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1650 Free plus 3 events on Sunday. Swimmers may participate in 2 relays per session. Relay teams must be designated A, B, C, etc. if a team enters more than one relay. All entry times must have been achieved in USS sanctioned or approved competition.

Mail Entries To:

Ward Foley
AAC
3700 S. Four Mile Run Drive
Arlington, Va. 22206
703-228-1810
Wfoley@co.arlington.va.us

MEET DIRECTOR: The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries.

Co-Meet Director: Ward Foley (703) 228-1810, wfoley@co.arlington.va.us

FEES:

Individual Events.....	\$4.00
Relay Events.....	\$10.00
Swimmers sur-charge	\$2.00

Make Checks payable to: BIG SIX.

RULES: The 2003 USA Swimming Code and Rules will apply. USA Swimming Safety and warm-up procedures will be in effect. In accordance with USA Swimming Policy, only those coaches who, at all times, display current, valid United States Swimming credentials will be permitted to act in a coaching capacity at this meet.

PENALTIES: 1. Penalties for entries using fraudulent and/or non-verifiable entry times:

- Swimmer shall be disqualified from the event entered illegally.
- Club may be fined up to \$100.00 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.

2. Clubs entering swimmers not legally registered with USS Swimming by the deadline date may be fined \$100.00 per swimmer per event entered illegally.

AWARDS: Circuit T-Shirts for participants at the last circuit meet in January

SCORING: Scoring will be on a sixteen-place basis. Individual events will be awarded 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events will receive double these point values.

SEEDING: All events at the distance of 200 and below will be preseeded. All relays, 400 IM's, 500 Free's, and 1000 Free's will be deck seeded and requires a positive check in. Relay check in must be done by the end of warm up for each session. Check-in for the 400 IM will be by 8:30 am and check in for the 500 Free will be by 4:30 pm Saturday. Check in for the 1650 Free will be by 6:00 pm on Saturday.

OFFICIALS: We ask for your teams help in supplying officials for the meet. Any one in the process of achieving certification through on-deck training is welcome. Contact Dave DiNardo (301) 241-6155 dinardo@grubb-ellis.com Thank you for you help in advance.

ORDER OF EVENTS
Saturday, January 03, 2004

Session 1 Warm-ups: 7:00 - 8:30 am/Start 8:45 am Session 2 Warm-ups: 4:00 - 5:00 pm/Start 5:15 pm

Female		Male		Female		Male	
1	200 Free Relay	2		11	800 Free Relay	12	
3	200 Breast	4		13	100 Free	14	
5	100 Fly	6		15	200 Fly	16	
7	200 Back	8		17	100 Breast	18	
9	500 Free	10		19	400 IM	20	

Sunday, January 04, 2004

Session 3 Warm-up: 6:30 - 7:45 am/Start 8:00 am Session 4 Warm-up: All Morning/Start 30 minutes after 1650 Free

Female		Male		Female		Male	
21	1650 Free	22		23	400 Free Relay	24	
				25	200 IM	26	
				27	50 Free	28	
				29	100 Back	30	
				31	200 Free	32	
				33	400 Medley Relay	34	

Hotel Information:
Comfort Inn
11180 Main St.
Fairfax, Va.
(703) 591-5900
Contact: Sandra Puebla - ask for the meet rate \$69.00

Summary of Team Entries

Speedo Eastern States Senior Invitational
Host: Arlington Aquatic Club
January 03-04, 2004
Sanction No. PVI – 04-16

Club Entry Summary

Club Name _____

Club Code _____

Number of swimmers entered:

Total number of Girls _____ Total number of Boys _____

Total number of individual events..... _____ * \$4.00 = _____

Total number of relays..... _____ * \$10.00 = _____

Total number of swimmers _____ * \$2.00= _____

TOTAL ENTRY FEES = _____

If payment is by **check**, please make check payable to **BIG SIX** .

Person to contact in case questions:

Name _____

Address _____

Phone:() _____ **Daytime**