

GPSA	COAST GUARD BLUE DOLPHINS GPSA Mini Meet July 28, 2007	
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Location: Fort Eustis Aquatic Center
 Building 641 (corner of Washington Ave. & Tyler Ave.)
 Fort Eustis, Va. 23604
 (757) 878-1090 / 1091

Meet Host: Coast Guard Blue Dolphin Swim Team
 Meet Director: Stephanie Wolfle
 (757) 450-0506
entries@gpsaswimming.org

Warm-up: 7:20 am (2 warm-up sessions of 25 minutes, GPSA Representatives will be forwarded a warm-up schedule no later than the Thursday before the meet) the Meet starts at 8:30 am. Due to the security issues, please allow sufficient time to obtain a pass to enter the base.

There will be two, 5 minute warm-up sessions after the breaststroke events have concluded. Each team's warm-up session and lane assignments will be the same as in the morning.

DIVING WILL NOT BE PERMITTED IN LANES WHERE SWIMMERS ARE SWIMMING IN BOTH DIRECTIONS. During the first 15 minutes of each warm-up session, NO DIVING WILL BE PERMITTED. At the discretion of the Meet Director, the last 10 minutes may be used for sprints – Diving will be permitted at the start end of the pool only with one way swimming allowed.

Facility: 10 Lane (8 lanes for meet), 25 meter pool, with Kiefer Wave Eater racing lane lines, Daktronics Automatic Timing System and 10 lane scoreboard. Seating capacity is 600 (300 in stands above deck, 300 in temporary bleachers on deck if available).

Eligibility: This meet is open to all swimmers listed on a GPSA team roster. Swimmers must NOT have achieved a championship meet qualifying time in the event to be entered to be eligible to swim in that event. **Times cannot be faster than the 2007 Championship Meet qualifying times as is printed on the GPSA website or printed within the current rules.**

Entries: Swimmers may enter up to four (4) individual events. All entries should be submitted by email using Team Manager II Lite (TMIILite) which was provided by GPSA. All entries must include a completed summary sheet with payment. Entry times must be 25-meter times. If times were swum at George Wythe or Hidenwood, multiply by 1.09 to convert to meters. If swum at Colony, multiply by 1.07. "NO TIME" entries will be accepted so long as the swimmer has never competed in the event, inclusive of time trials. The coach should avoid entering a swimmer which he/she knows will have a championship qualifying time, but does not because the swimmer simply has not had to opportunity to swim that event.

Entries must be submitted on TMIILite. Entries can either be emailed or put on a disk and delivered to the address listed below. **E-Mail entries are preferred and will eliminate processing time.**

Per GPSA guidelines, sample entries will be due by July 14, 2007, and should be sent to entries@gpsaswimming.org. All teams are required to submit one sample entry regardless of participation in the meet. This entry will be deleted upon successful transmission.

A completed summary page with an individual listed as a contact must be included with the entries and delivered along with a check to cover the entry fees. If entries are e-mailed, please include the summary sheet information along with the email. For entries which are emailed, a check must be received by Friday, July 27, 2007, unless other arrangements are made. Teams which have not paid may not be allowed to compete.

Entry Deadline: 9:00 PM, Saturday, July 21, 2007. Entries may be delivered or e-mailed to:

Stephanie Wolfle
401 Florida Ave
Portsmouth, VA 23707

Phone: 757-450-0506

E-Mail: entries@gpsaswimming.org (entries)
stephieh2o@aol.com (questions only, not entries)

Entry times shall be as of July 21, 2007. Should entries be extended, any entries submitted after this date shall include the swimmer's fastest time as of July 21 (not the date of submission). Swimmers with a submitted entry time equal to or faster than the Championship Meet Qualifying time for any event will be eliminated from that event.

Entry Fees: \$1.50 per individual entry. \$2.25 per swimmer. Please make one check payable to **CGBD**. Please submit only **one check per team**. For email entries, checks (w/summary sheet) may be given to Stephanie Wolfle.

Late Entries: New entries will be accepted the day of the meet at the Meet Director's discretion, and may be accepted before 8:00 am on the day of the meet. Switching of events will not be allowed. Such entries must be made by the GPSA Representative or designated representative (NOT the coach, swimmer, or parent) at the announcer's table. Each entry must be approved by the Meet Director, and will be charged a late entry fee of \$3.00 per swimmer. "Add" sheets will be provided in each team's packet, which will be available at 7:30 am. Late entries will occupy empty lanes left open by scratches. **If all lanes are full for an event, no late entries will be allowed. Late entries will be limited to the extent that they can be processed without a delay to the meet.**

Each team will be responsible for their late entries and assure that these swimmers will be to the clerk of course, or to the swimmer's lane at the appropriate time since these entries will not be published in the heat sheet.

Seeding: This meet will be pre-seeded. Swimmers will be assigned a heat number and lane prior to the start of the meet.

Scratches: Scratches needed to be submitted by the GPSA Representative to the announcer's table prior to 8:00 am. Please use the scratch sheets provided in each team's information packet.

Rules: GPSA Rules for interpool meets will apply.

Timers: Teams will be assigned lanes to time during the meet. The GPSA Representative will be notified by e-mail or telephone which lane(s) their team has been assigned and if one or two or three timers are needed. Assignments will be pro-rated based on the number of entries from each team. It is the GPSA Representative's responsibility to make certain that lane is covered as required.

Awards: -Large rosette ribbons will be awarded for 1st – 8th place in all events with at least eight swimmers in that event.
-Heat ribbons will be awarded for all heats.
-Participation ribbons will be given to all swimmers receiving no other award.

Miscellaneous: Deck officials (no timers), two coaches (per team), and one GPSA reps (per team) will be provided lunch. The snack bar will be under the operation of Ft. Eustis.

Heat Sheets: Heat sheet will be sold in the lobby area for \$5.00 per booklet.

All fire safety rules of the base will be followed at all times. Lounge chairs **will not be allowed** on the pool deck or in the stands. The GPSA official will be responsible for the conduct of all personal of their respective teams.

Coaches should use the stands adjacent to lane #1. Coaches will be allowed along the edge of the pool deck, but they should minimize their time on the snack bar side of the deck. No spectators will be allowed along the pool deck. Coaches and GPSA

Representatives understand the congestion along the sides of the pool deck will be regulated by the Marshals, the Meet Director, and the Referee, and failure to abide by these officials is cause for removal from the meet.

Entry into the pool deck area for swimmers, coaches, parents, etc., from the grassy area in the rear of the building (tent locations) will be restricted and monitored as directed by the Meet Director, as instructed by the facility manager. Feet will need to be cleaned before entry, and debris, as well as shoes which may damage the pool deck, will be prohibited. THESE RULES ARE SUBJECT TO CHANGE DURING THE MEET, AS DETERMINED BY THE FACILITY MANAGER. FAILURE OF ANYONE TO ABIDE BY THESE RULES, OR ANY CHANGES MADE DURING THE MEET, ARE SUBJECT TO IMMEDIATE EXPLUSION FROM THE MEET, WITHOUT WARNING.

Please park in designated areas only. There are approximately 75 spaces in front of the Aquatic Center. There are an additional 300 spaces available just past the Aquatic Center on Tyler Ave. **Do not park along the curbs in front of the Aquatic Center. Do not park behind the Aquatic Center.**

The tables in the concession area are temporary seating only for those who purchase food items at the concession stand. Do not sit in the hallways near the bathrooms or locker rooms.

Tents: Teams may erect tents in the grass area in the rear of the building. Tents must be placed so that there is a minimum of ten feet between the building structure and the tent (including all doors). **No tents will be permitted in the front of the Aquatic Center or in the area adjacent to the basketball courts. Tents not located in the designated areas may be removed and disposed of at the discretion of the Meet Director or the Military Police, without notice to the team causing the violation.**

Code of Conduct

We would like to thank each team for their participation in the meet. In order to make this meet successful, please furnish the following rules to your team members and their families and ask that they make all efforts to observe them at the meet. The GPSA is permitted to use the facility due to the generosity of the Ft. Eustis Aquatic Center. In order to maintain this relationship, we ask that you take proper care of the facility, and observe the following rules:

- (1) All GPSA rules are in effect, inclusive of the current GPSA Code of Conduct.
- (2) Coaches, officials, and GPSA Representatives are the only ones allowed on the pool deck other than for the purpose of entering or exiting the facility. Parents and guests should make all efforts to remain in the designated areas, inclusive of warm-up times and breaks. Small children should not be allowed to roam around the grounds. Parents or guests should at no time approach a coach or official while that person is on the pool deck, nor are they allowed to approach the swimmer while in the water or behind the blocks waiting for their event.
- (3) Each club is responsible for the conduct of their athletes.
- (4) No radios, stereos, or boom boxes are permitted in the pool area. Walkmans are permitted.
- (5) Balls, skateboards, roller blades, etc. are not permitted on the grounds or in the building. These items will be confiscated and not returned.
- (6) No weapons are permitted on the base. This includes items that have the appearance of a weapon such as squirt guns, cap guns, pocket knives, etc. Such items will be confiscated, and the person in possession of the property is subject to arrest in accordance with the rules of the base
- (7) No running.
- (8) No glass in the building.
- (9) Smoking is not permitted.
- (10) Clubs are responsible for policing trash in the areas they congregate. Please respect the facility property and keep the grounds clean.
- (11) First Aid supplies should be available at the front desk and will also be available with the Meet Director.
- (12) The base Fire Marshall may be present and looking for rules violations. The safety of the meet is their primary goal.

Schedule of Events and Qualifying Times

The table below includes the order of events and the Championship Meet Qualifying Times for the 2007 season. Swimmers in this meet cannot have achieved a qualifying time for the event they wish to swim as of July 21, 2007

BOYS EV#	QUAL TM	EVENT	GIRLS EV#	QUAL TM
1	1:48.50	10&U 100 IM	2	1:48.00
3	1:38.00	11-12 100 IM	4	1:35.25
5	1:28.00	13-14 100 IM	6	1:29.00
7	1:19.50	15-18 100 IM	8	1:26.50
9	31.00	6&U 25 FREE	10	31.00
11	20.50	7-8 25 FREE	12	21.50
13	41.00	9-10 50 FREE	14	42.00
15	36.50	11-12 50 FREE	16	36.50
17	33.25	13-14 50 FREE	18	34.75
19	29.50	15-18 50 FREE	20	32.50
21	28.75	8&U 25 BREAST	22	29.00
23	55.00	9-10 50 BREAST	24	54.00
25	50.00	11-12 50 BREAST	26	48.00
27	44.50	13-14 50 BREAST	28	46.00
29	39.00	15-18 50 BREAST	30	45.00
31	38.00	6&U 25 BACK	32	38.00
33	27.00	7-8 25 BACK	34	27.00
35	53.00	9-10 50 BACK	36	52.00
37	49.00	11-12 50 BACK	38	46.25
39	43.00	13-14 50 BACK	40	43.00
41	39.00	15-18 50 BACK	42	39.50
43	27.00	8&U 25 FLY	44	27.00
45	55.00	9-10 50 FLY	46	53.00
47	47.00	11-12 50 FLY	48	44.50
49	41.00	13-14 50 FLY	50	40.00
51	34.25	15-18 50 FLY	52	38.25

No Relay Events Will be Offered in this Meet

2007 GPSA Mini-Meet
July 28, 2007
Summary Worksheet

Team Name: _____

Team Code: _____ (ex. RM, KC, MAL, TABB)

Total Number of Boys: _____

Total Number of Girls: _____

Total Number of Swimmers: _____ x \$2.25 = _____

Total Number of Individual Events: _____ x \$1.50 = _____

Total Entry Fees Due = _____

Person to contact in case of entry questions:

Name: _____

Phone: Day Time: _____ Evening: _____

E-Mail: _____