



GPSA MINI MEET

July 23, 2011

Hosted by:



Coast Guard Blue Dolphins

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 Dolphins Swim Team
Meet Director: Jihan Minson (757) 879-5485 cgbteamadmin@cox.net
Mark Van Deren (757) 675-4364 markvanderen@yahoo.com

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 bona fide 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 equal to or faster than the 2011 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 (TMILite) 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 TMILite. 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 13, 2011, 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

- 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 Rep (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. Extra lunch tickets may be purchased in advance for \$5.00. Lunches will need to be requested with entries and paid in advance so sufficient food can be purchased.

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. A "Clerk-of-Course" area will be designated on the day of the meet for all swimmers participating in 25 meter events. 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 must be located in the designated areas as shown on the GPSA tent map used for the Championship Meet drawing. Specific locations assigned to each team will not be enforced at this meet.* **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. Tents cannot be erected for any reason prior to 4:00 pm on July 22. We are guests of the base, and are utilizing this space early as a courtesy of the facility. Tents erected prior to that time are subject to removal, and GPSA or its representatives shall not be responsible for any damage to the tent should it be removed.**

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, parents, and club related spectators. **The GPSA Representative and Coaches shall be responsible for the supervision of their club and restricting access at start end and turn end of the pool to only swimmers and themselves.**
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 2011 season. Swimmers in this meet cannot have achieved a qualifying time for the event they wish to swim as of July 16, 2011.

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

2010 GPSA MINI MEET
July 23, 2011
Meet Entry Summary Worksheet

Team Name: _____

Team Code: _____ Example: RM, KC, MAL, TABB

Total Number of Boys: _____

Total Number of Girls: _____

Total Number of Swimmers: _____ X \$2.50 = _____

Total Number of Individual Entries: _____ X \$1.75 = _____

Total Number of Extra Lunch Tickets: _____ X \$5.00 = _____

Total Entry Fees Due = _____

Person to contact in case of questions about your entries:

Name: _____

Phone: Daytime: _____ Evening: _____

Email: _____