



Quantico Swimming
2015 QDD Cup
 July 12, 2015



LOCATION:	<ul style="list-style-type: none"> Central Park Aquatic Center – 10371 Central Park Drive, Manassas 20110
FACILITY:	<ul style="list-style-type: none"> Eight Lane, 25 Yard indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; Lanes will be available throughout the meet for continuous warm-up and cool down.
MEET CONTACT:	Email: communications@gddswim.org Phone: (703) 369-0699
ELIGIBILITY:	<ul style="list-style-type: none"> Open to 12 & Under, non-USA Swimming athletes. Individual team coaches will ensure that athletes are not registered with USA Swimming. Coaches will sign and submit the attached waiver, indicating that they have verified athlete status. Age on June 1, 2015 will determine the swimmer's age for the meet.
FORMAT:	<ul style="list-style-type: none"> The meet will follow an abbreviated version of the PWSL Swim Meet Format. There will be a ten-minute break after event 16, 11-12 Girls 50 yard backstroke.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups at 12:00 pm, competition starts at 1:00pm. Lane assignment and warm-up times for individual teams will be posted on the QDD website (www.gddswim.org) no later than Thursday, July 9, 2015, and will also be emailed to the contact person of the participating teams.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JULY 8TH</p> <ul style="list-style-type: none"> Entries must be submitted in short course meters times using Hy-Tek Team Manager and Commlink-2 software. Each team may enter a maximum of twelve 12&U athletes. Swimmers may enter a maximum of 3 individual events. Teams may bring any combination of age groups/gender, up to 12 athletes. Email entries to: Mary Poletto, Email: teamadmin@gddswim.org.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place. Overall winning team will have team name added to QDD Cup, to be displayed at Central Park Aquatic Center. The opportunity exists to set QDD Cup records in the new yard-length pool. 1st place winners* of individual events will have their names entered into a drawing for each event they win. Grand Prize: Complimentary program dues at Quantico Swimming (QDD) for one swim year, valid August, 2015 – August, 2016, (excluding registration and meet fees). *Applicable only to swimmers new to USA Swimming. Three grand prizes to be awarded. Grand prizes not transferable.
OFFICIALS:	<ul style="list-style-type: none"> Officials will be needed for all positions for this meet. Team Officials contact should submit the names and session availability of PWSL certified officials to Spencer Quinn, Email: spencer@sqsoftware.com by Thursday, July 9th.
TIMERS:	<ul style="list-style-type: none"> Teams will provide timers in proportion to the number of swimmers they have entered into the meet. Two timers per lane will be assigned.
GENERAL:	<ul style="list-style-type: none"> Concessions snack bar and PRO SHOP (Sport Fair) will be available. Refreshments will be provided for officials & coaches.
FACILITY RULES:	<ul style="list-style-type: none"> Each team is responsible for supervising the conduct of their swimmers. No towels or suits etc. are to be hung on or around the lifeguard stands. Only coaches, swimmers, and officials are allowed on the competition deck.

PWSL Meet Format (Yard Length)

Age Group	Girls Event #	Event	Boys Event #
8 & Under	1	25 Yard Free	2
9-10	3	50 Yard Free	4
11-12	5	50 Yard Free	6
10 & Under	7	100 Yard Individual Medley	8
11-12	9	100 Yard Individual Medley	10
8 & Under	11	25 Yard Back	12
9-10	13	50 Yard Back	14
11-12	15	50 Yard Back	16
** 10 MINUTE BREAK **			
8 & Under	17	25 Yard Breast	18
9-10	19	50 Yard Breast	20
11-12	21	50 Yard Breast	22
8 & Under	23	25 Yard Butterfly	24
9-10	25	25 Yard Butterfly	26
11-12	27	50 Yard Butterfly	28