



2015 VSI REGIONAL SUMMER AWARDS
July 10-12, 2015
SANCTION NO. VS-15-96

Hosted by:



Coast Guard Blue Dolphins

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-15-96 USA Swimming, Inc., Virginia Swimming, Inc., Brittingham-Midtown Aquatic Center, and Coast Guard Blue Dolphins Swim Team, Inc., shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 						
LOCATION:	Brittingham-Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, Phone: (757) 591-4573						
FACILITY:	<ul style="list-style-type: none"> 8-lane, 50 meter indoor pool 14 feet deep at the start end and 4 feet deep at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4) 						
MEET DIRECTOR:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Kevin Morello</td> <td style="width: 50%;">Steve Hennessy</td> </tr> <tr> <td>Email: kmorello@cox.net</td> <td>Phone: (757) 450-0706</td> </tr> <tr> <td>Phone: (757) 592-4799</td> <td>Email: coachsteve2423@gmail.com</td> </tr> </table>	Kevin Morello	Steve Hennessy	Email: kmorello@cox.net	Phone: (757) 450-0706	Phone: (757) 592-4799	Email: coachsteve2423@gmail.com
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Email: kmorello@cox.net	Phone: (757) 450-0706						
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams: CGBD, EF, NSU, OBX, ODAC, SEVA, TAC, TIDE, VYAC, & WAC. The qualifying period for this meet is January 1, 2014 through July 9, 2015 No on deck Virginia Swimming athlete registration will be permitted. 8 and younger swimmers may compete in any 8 and under event regardless of their time. 8 and younger swimmers may compete in any 10 and under event in which they have a time that is slower than the age group championship qualifying time. 14 and younger swimmers may compete in any event in which they have a time that is slower than the age group championship qualifying time. 15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time. Age on July 10, 2015 will determine age for the entire meet. 10 & 12 year old swimmers aging up from July 10 to July 23, 2015, and 14 year old swimmers aging up from July 10 to July 16, 2015, with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event. Any 14 year swimmer who does not qualify for Senior Champs may enter the event 10, 12, & 14 year old swimmers aging up between championships will be seeded correctly by time, however will swim exhibition only, and will not be eligible to receive an award. 						
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 Events will be timed finals. 12 and younger swimmers will swim in the morning sessions. 13 and older swimmers will swim in the afternoon sessions. The 800 meter free on Sunday afternoon will be an 11 & over event. 						
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:00 am; competition starts at 8:15 am Afternoon sessions: Warm-ups not before 12:15 pm; competition starts not before 1:30 pm Distance session (800 Free): The pool will be opened for 15 min. of open warm-ups immediately following the finish of the afternoon session with competition starting 5 min. thereafter. 						

	<ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the CGBD website, http://www.cgbdswimming.org, no later than Tuesday, July 7, 2015, and will also be emailed to the contact person of the participating clubs. ○ The distance session will start no earlier than the estimated times. ● Lane assignment and warm-up times for individual clubs will be posted on the CGBD website, http://www.cgbdswimming.org, no later than Tuesday, July 7, 2015 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 TUESDAY, JUNE 30, 2015.</p> <ul style="list-style-type: none"> ● Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. ● Teams submit entries via e-mail. ● A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. ● Swimmer may enter a maximum of 9 individual events, no more than 3 per day. ● “No Time” (NT) entries will be accepted. ● The Meet Director reserves the right to combine heats and events, which actions may require reseeding. ● Proof of Entry time, if requested, must be provided to the Age Group Chair within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed. ● Email entries to: Steve Hennessy, coachsteve2423@gmail.com ● Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$6.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> ● Checks should be made payable to: CGBD ● Mail payment to: Steve Hennessy 607 Lotz Drive Yorktown, VA 23692 ● Payment must be received by July 7, 2015 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. ● IMPORTANT: If payment is 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.
AWARDS:	<ul style="list-style-type: none"> ● Individual events will be scored and awarded medals first through third place and ribbons fourth through sixteenth place. ● 10 & under events will be awarded as 9-10 and 8 & under. ● 13 & over events will be awarded as 13-14 and 15 & over. ● 11 & over events will be awarded as 11 & over.
SEEDING:	<ul style="list-style-type: none"> ● All events, except the 400 and 800 freestyles, and the 400 IM's will be pre-seeded. ● The above events will require a positive check-in to swim. <ul style="list-style-type: none"> ○ Positive check-in will close at 8:45 am Friday, for event #17-18. ○ Positive check-in will close at 2:00 pm Friday, for event #25-26. ○ Positive check-in will close at 8:45 am Saturday, for event #47-48. ○ Positive check-in will close at 2:00 pm Saturday, for event #57-58.

	<ul style="list-style-type: none"> ○ Positive check-in will close at 2:00 pm Sunday, for events #87-88. ● SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. ● Event #87 & 88 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> ● Swimmer shall be marked as exhibition for 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 USA 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. ● A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.
RULES:	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations will apply. ● Any swimmer entered in the meet must be dive certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. ● The overhead start procedure will be used at the discretion of the Meet Referee for the all sessions. ● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. ● Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. ● In accordance with VSI Best Practices, swimmers should shower before entering the pool. ● In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Tommy Lovell Email: scoutmastertommy@gmail.com Phone: (757) 532-4378</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: Genny Kimbel, CGBD Officials Chair, email: gennykimbel@gmail.com, no later than Tuesday, July 7, 2015. ● There will be an officials' meeting approximately 1 hour prior to the start of each session.
SAFETY:	VSI Safety and Warm-up procedures will be in effect.
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 CGBD website, http://www.cgbdswimming.org, no later than Tuesday, July 7, 2015, and will also be emailed to the contact person of each of the individual clubs. ● Swimmers are expected to provide their own timers and lap counters for event #87 & 88 (800 Freestyle)
GENERAL:	<ul style="list-style-type: none"> ● Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. <ul style="list-style-type: none"> ○ Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. ○ Please note that the City of Newport News prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers.

	<ul style="list-style-type: none"> • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats. • Team Areas: Team seating will be available in the pool and gym area. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (or sandals). • Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. • Team Banners: Team Banners cannot be hung from a water return pipe that runs over the team seating areas. • Programs: Meet Programs will be sold for \$8.00. • Snack Bar: CGBD will operate a Concessions Stand during the meet. • Swim Supplies: CGBD will operate a Swim Shop during the meet. • First Aid: First Aid Station is located at end of the pool near the entrance to the Locker Rooms. • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.
<p>FACILITY RULES:</p>	<ul style="list-style-type: none"> • Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). • Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. • No coolers in the pool area. They are allowed in the Gym. • No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym. • Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym). • No shaving anywhere in the venue. • No running or horseplay in the facility. • Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. • Clean up your area when you leave after each session. Trashcans are located throughout the facility. Lost and Found is located next to the Announcer. • Officials only inside the ropes. • Coaches, officials, and meet staff only in the Hospitality Room. • The Aquatic Center will close during electrical storms. • NO SMOKING in the Aquatic Center (pool area) or the rest of the building.
<p>DIRECTIONS:</p>	<p>From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to McLawhorne Drive. Turn right at the light. Pool is on the left.</p>

VSI REGIONAL SUMMER AWARDS

Order of Events

Friday, July 10, 2015

Morning Session Warm-up: 7:00 AM; Start: 8:15 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200m Backstroke	2
3	9-10 50m Breaststroke	4
5	11-12 50m Breaststroke	6
7	8 & U 50m Breaststroke	8
9	11-12 200m Freestyle	10
11	10 & U 200m Freestyle	12
13	11-12 100m Butterfly	14
15	10 & U 100m Butterfly	16
17	11-12 400m Individual Medley	18

Afternoon Session Warm-up: 12:15 PM; Start: 1:30 PM (Time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	13&O 200m Freestyle	20
21	13&O 100m Breaststroke	22
23	13&O 100m Butterfly	24
25	13&O 400m Individual Medley	26

Saturday, July 11, 2015

Morning Session Warm-up: 7:00 AM; Start: 8:15 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 200m Butterfly	28
29	8& U 50m Freestyle	30
31	9-10 50m Freestyle	32
33	11-12 50m Freestyle	34
35	10&U 100m Breaststroke	36
37	11-12 100m Breaststroke	38
39	8 & U 50m Backstroke	40
41	9-10 50m Backstroke	42
43	11-12 50m Backstroke	44
45	10&U 400m Freestyle	46
47	11-12 400m Freestyle	48

Afternoon Session Warm-up: 12:15 PM; Start: 1:30 PM (Time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	13&O 200m Butterfly	50
51	13&O 50m Freestyle	52
53	13&O 200m Breaststroke	54
55	13&O 100m Backstroke	56
57	13&O 400m Freestyle	58

Sunday, July 12, 2015

Morning Session Warm-up: 7:00 AM; Start: 8:15 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	11-12 200m Breaststroke	60
61	10 & U 100m Backstroke	62
63	11-12 100m Backstroke	64
65	8 & U 100m Freestyle	66
67	9-10 100m Freestyle	68
69	11-12 100m Freestyle	70
71	8&U 50m Butterfly	72
73	9-10 50m Butterfly	74
75	11-12 50m Butterfly	76
77	10&U 200m Individual Medley	78
79	11-12 200m Individual Medley	80

Afternoon Session Warm-up: 12:15 PM; Start: 1:30 PM (Time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	13&O 200m Backstroke	82
83	13&O 100m Freestyle	84
85	13&O 200m Individual Medley	86
87	11&O 800m Freestyle	88