
	<p style="text-align: center;">Old Dominion Aquatic Club November Relay Jamboree and Sprint Decathlon November 1 – 2, 2014 SANCTION NO. VS-</p>	<p style="text-align: center;">Hosted by:</p> 
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SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS- USA Swimming, Inc., Virginia Swimming, Inc., and the Old Dominion University JC “Scrap” Chandler Natatorium 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:	Old Dominion University JC “Scrap” Chandler Natatorium located in the Health & Physical Education Building at the corner of 48th Street and Powhatan Avenue, Norfolk, VA 23508
FACILITY:	<ul style="list-style-type: none"> Eight (8) lane 25 yard indoor pool, 15 feet in depth at the start end and 4 feet in depth at the turn end. All sessions will be run using an eight (8) lane course for competition. Facility uses a 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:	Steve Bialorucki Phone: (757) 471-1828 Email: stevebialorucki@swimodac.com
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes registered before the first day of the meet. No on-deck Virginia Swimming athlete registration will be permitted. Age on November 1, 2014 will determine age for the entire meet.
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 12 & Younger swimmers will swim on Saturday and Sunday morning. All 13 & Older swimmers will swim on Saturday and Sunday afternoon. All events will be timed finals. The overhead start procedure will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 8:00 AM; competition starts at 9:00 AM. Afternoon sessions: Warm-ups not before 1:00 PM; competition starts not before 2:00 PM. Lane assignment and warm-up times for individual clubs will be posted on the ODAC website no later than Wednesday, October 29, 2014, 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. Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 21, 2014.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yards times 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 meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.

	<ul style="list-style-type: none"> • All of the 25 events should be entered with 50 times for all 9 and over swimmers. • Coaches Times should be used for all relay entries • Swimmers may enter a maximum of <i>5 relay events</i> and <i>all of the pentathlon events</i>. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: stevebialorucki@swimodac.com • IMPORTANT: If entries are 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. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
FEES:	<p>Pentathlon events: \$20.00 to be entered in all 10 events Relay events: \$9.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: ODAC • Mail entries to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464 (757) 474-1014 • Payment must be received by Oct 21, 2014 for all entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Awards will be given for first through eighth place. It is not a requirement to compete in all events for individual event awards. Pentathlon awards will be given first through 3rd in each age group. In order to qualify for a pentathlon award, a swimmer must complete all 10 events legally. • Relay events: Awards will be given for first through fourth place
SEEDING:	<ul style="list-style-type: none"> • All events will be preseeded.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from 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 before 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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • Any swimmer entered in the meet must be 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. • 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 not permitted. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. • 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 with valid USA Swimming credentials but 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:</p> <p>Email:</p> <p>Phone:</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 Jeff Kauffman, Email: jeffreykauffman@msn.com or Phone: (757) 407-1301
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
DIRECTIONS:	<ul style="list-style-type: none"> From Southside: Take 264 to Norfolk and exist Waterside Drive. Waterside drive becomes Boush Street and you will make a left onto Brambleton Avenue. Follow Brambleton Avenue you see signs for Hampton Boulevard/ODU. Bear right onto Hampton Boulevard. Follow Hampton Boulevard to 43rd Street (approximately 3 miles) and make a right follow down 48th Street facility is on your right. From Peninsula: I-64 E until you reach exit 276, VA-406/NAVAL Base/Terminal Boulevard. Once on the exit ramp, stay right as it splits. Once on I-564, stay right again, following the first exit for Terminal Boulevard. Continue straight through two traffic lights, and at the third light, turn left onto Hampton Boulevard. Follow Hampton Boulevard. to 48th Street and make a right. Follow to 1520 West 48th Street.
HOTELS:	<p><i>ODAC has not made any arrangements with any of the following hotels as far as discounts or blocks of rooms. All of these hotels are within 10-minutes of the ODU Campus.</i></p> <ul style="list-style-type: none"> Comfort Inn – Norfolk Naval Base 8051 Hampton Blvd. Norfolk, VA 23505-1001 (757) 451-0000 Norfolk Waterside Marriott 235 East Main St. Norfolk, VA 23510 (757) 627-4200 Econo Lodge – Ocean View Beach (NAS) 9601 4th View St. Norfolk, VA 23503-1401 (757) 480-9611 Omni Waterside Hotel at Norfolk 777 Waterside Dr. Norfolk, VA 23510-2101 (757) 622-6664 Hampton Inn – Norfolk Naval Base 8501 Hampton Blvd. Norfolk, VA 23505-1009 (757) 489-1000

ORDER OF EVENTS

Saturday, November 1, 2014 Relay Jamboree

Morning 10 & U and 11-12 Session Warm-up: 8:00 am; Start: 9:00 am			Afternoon Senior and 13-14 Session Warm-up: 1:00 pm; Start: 2:00 pm (time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 150 Free Relay	2	37	13-14 300 Free Relay	38
3	10&U 150 Free Relay	4	39	Senior 300 Free Relay	40
5	11-12 300 IM Relay	6	41	13-14 300 IM Relay	42
7	10&U 300 IM Relay	8	43	Senior 300 IM Relay	44
9	11-12 150 Fly Relay	10	45	13-14 300 Fly Relay	46
11	10&U 150 Fly Relay	12	47	Senior 300 Fly Relay	48
13	11-12 150 Back Relay	14	49	13-14 300 Back Relay	50
15	10&U 150 Back Relay	16	51	Senior 300 Back Relay	52
17	11-12 150 Breast Relay	18	53	13-14 300 Breast Relay	54
19	10&U 150 Breast Relay	20	55	Senior 300 Breast Relay	56
21	11-12 450 Crescendo Relay	22	57	13-14 450 Crescendo Relay	58
23	10&U 450 Crescendo Relay	24	59	Senior 450 Crescendo Relay	60
25	11-12 200 Mixed Relay	26	61	13-14 200 Mixed Relay	62
27	10&U 200 Mixed Relay	28	63	Senior 200 Mixed Relay	64
29	11-12 1000 Distance Relay	30	65	13-14 1000 Distance Relay	66
31	10&U 1000 Distance Relay	32	67	Senior 1000 Distance Relay	68
33	11-12 200 Broken IM Relay	34	69	13-14 200 Broken IM Relay	70
35	10&U 200 Broken IM Relay	36	71	Senior 200 Broken IM Relay	72

Sunday, November 2, 2014 Sprint Decathlon

Morning 10 & U and 11-12 Session Warm-up: 8:00 am; Start: 9:00 am			Afternoon Senior and 13-14 Session Warm-up: 1:00 pm; Start: 2:00 pm (time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
73	11-12 25 Fly	74	113	13-14 25 Fly	114
75	10&U 25 Fly	76	115	Senior 25 Fly	116
77	11-12 25 Back	78	117	13-14 25 Back	118
79	10&U 25 Back	80	119	Senior 25 Back	120
81	11-12 25 Breast	82	121	13-14 25 Breast	122
83	10&U 25 Breast	84	123	Senior 25 Breast	124
85	11-12 25 Free	86	125	13-14 25 Free	126
87	10&U 25 Free	88	127	Senior 25 Free	128
89	11-12 50 Fly	90	129	13-14 50 Fly	130
91	10&U 50 Fly	92	131	Senior 50 Fly	132
93	11-12 50 Back	94	133	13-14 50 Back	134
95	10&U 50 Back	96	135	Senior 50 Back	136

97	11-12 50 Breast	98	137	13-14 50 Breast	138
99	10&U 50 Breast	100	139	Senior 50 Breast	140
101	11-12 50 Free	102	141	13-14 50 Free	142
103	10&U 50 Free	104	143	Senior 50 Free	144
105	11-12 100 IM	106	145	13-14 100 IM	146
107	10&U 100 IM	108	147	Senior 100 IM	148
109	11-12 100 Free	110	149	13-14 100 Free	150
111	10&U 100 Free	112	151	Senior 100 Free	152

Explanation of Events:

Saturday, November 1
(Relay Jamboree)

Session 1
10-under and 11-12

150 Freestyle Relay	(3 swimmers/ each doing a 50 free)
300 IM Relay	(3 swimmers / each doing a 100 IM)
150 Butterfly Relay	(3 swimmers / each doing a 50 fly)
150 Backstroke Relay	(3 swimmers / each doing a 50 back)
150 Breaststroke Relay	(3 swimmers / each doing a 50 breast)
450 Crescendo Relay	(5 swimmers / 50-100-150-100-50)
200 Mixed Medley Relay	(2 girls – 2 boys / choice of order)
1000 Distance Relay	(4 swimmers / each doing a 250 free)
200 Broken IM Relay	(4 swimmers / each doing a 50)
	1 st swimmer = 25 fly – 25 back
	2 nd swimmer = 25 breast – 25 free
	3 rd swimmer = 25 fly – 25 back
	4 th swimmer = 25 breast – 25 free

Session 2
13-14 and 15-older

300 Freestyle Relay	(3 swimmers / each doing a 100 free)
300 IM Relay	(3 swimmers / each doing a 100 IM)
300 Butterfly Relay	(3 swimmers / each doing a 100 fly)
300 Backstroke Relay	(3 swimmers / each doing a 100 back)
300 Breaststroke Relay	(3 swimmers / each doing a 100 breast)
450 Crescendo Relay	(5 swimmers / 50-100-150-100-50)
200 Mixed Medley Relay	(2 girls – 2 boys / choice of order)
1000 Distance Relay	(4 swimmers / each doing a 250 free)
200 Broken IM Relay	(4 swimmers / each doing a 50)
	1 st swimmer = 25 fly – 25 back
	2 nd swimmer = 25 breast – 25 free
	3 rd swimmer = 25 fly – 25 back
	4 th swimmer = 25 breast – 25 free

Sunday, November 2
(Sprint Decathlon)

Session 3
10-under and 11-12

25 Butterfly
25 Backstroke
25 Breaststroke
25 Freestyle
50 Butterfly
50 Backstroke
50 Breaststroke
50 Freestyle
100 IM
100 Freestyle

Swimmers compete in all 10 events

All 10 times are added together

In order to qualify for a pentathlon award, a swimmer must compete in all 10 events legally.

Session 4
13-14 and 15-older

25 Butterfly
25 Backstroke
25 Breaststroke
25 Freestyle
50 Butterfly
50 Backstroke
50 Breaststroke
50 Freestyle
100 IM
100 Freestyle

Swimmers compete in all 10 events

All 10 times are added together

In order to qualify for a pentathlon award, a swimmer must compete in all 10 events legally.

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