



CGBD "FALL INVITATION"
Southeast (SE) District A/BB Meet
November 12-13, 2005
SANCTION NO. VS-06-14



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-14
LOCATION:	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573
FACILITY:	8-lane, 50 meter indoor pool; configured for SC; 6 continuous warm-up / cool down lanes; overflow gutters; non-turbulent lane markers; Colorado Timing System.
MEET DIRECTOR:	Mike Melo Phone: (757) 438-6118 Email: mikemelo@cox.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Southeast District. Team in Southeast District are: CGBD, CYAT, NSD, ODAC, OBX, PRO, PYAC, SEVA, SSC, TAC, TCAC, TIDE, TPHN, and WAC• All swimmers may compete in any event and relay strokes in which they have a "BB" or "A" Time (AA times and higher are ineligible).• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 2005-2008 NAG top 16 based times are in effect.• Age on November 12, 2005 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.• Morning sessions: Warm-ups at 7:30-8:20 AM; competition starts at 8:30 AM.• Afternoon sessions: Warm-ups at 12:00-12:50 PM; competition starts at 1:00 PM.• Distance sessions:<ul style="list-style-type: none">○ The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter.○ The approximate start time for the distance sessions will be posted on the CGBD website no later than November 9, 2005, and will also be emailed to the contact person of the participating clubs.○ The distance sessions will start no earlier than the estimated times.• Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than November 9, 2005, 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.
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.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, NOVEMBER 3, 2005 <ul style="list-style-type: none">• Entries must be submitted in short course yard times using Hy-Tek Team Manager and CommLink-2 software, or on a VSI master entry sheet.• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.• A Team Manager printout of entries must be included or the meet checklist/summary sheet with

	<p>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.</p> <ul style="list-style-type: none"> • All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 4 <i>individual events</i> and 1 <i>relay event</i> per day. • 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. • 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: colleendb@cox.net • Mail entries to: Colleen Beatovich 223 Clayton Drive Yorktown, VA 23693 • 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.
FEES:	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: CGBD. • Payment must be received by November 9, 2005 for email entries. Payment must be included with all mailed 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: Ribbons will be awarded for first through eighth place. • 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups. • 12 & Younger events will be given separate awards for 11-12 and 10 & Younger age groups. • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All individual events, except 29, 30, 51, 52, 53, 54, 55, 57, 58, 85, 86, 87, 88, 111, 112, 113, & 114 will be pre-seeded. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • Events 25-28 (Relays), 29-30 (12&U 500 Free), 51-54 (400 IM), 55-56 (Relays), 57-58 (13&O 1650 Free), 85-88 (Relays), 113-114 (Relays), and 115-116 (13&O 500 Free) will require a positive check-in to swim. • Positive check-in will close at 10:30 AM (Morning Sessions) and 3:00 PM (Afternoon Session). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • 1650 Free (Events 57 & 58) will be swum fastest to slowest and alternating heats of girls and boys. • 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. (Optional if you choose to accept deck entries.)
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 United States 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.
RULES:	<ul style="list-style-type: none"> • The 2005 USA Swimming Rules and Regulations will apply. • The overhead start procedure will be used for the afternoon sessions, and may be used for the

	<p>morning sessions at the discretion of the Referee.</p> <ul style="list-style-type: none"> In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Mike Willard Email: mwillard@wmjordan.com Phone: (757) 596-6341</p> <ul style="list-style-type: none"> Officials at all positions will be required 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 Steve Romeo (sromeo@landmarkdg.com) no later than November 8, 2005. There will be an Officials' Meeting one (1) hour prior to each session in Room 104.
SAFETY:	<p>VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.</p>
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 Web site no later than November 8, 2005 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violates 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. 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 can not 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: A staffed 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.
FACILITY RULES:	<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).

	<p>Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.).</p> <ul style="list-style-type: none"> • 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.
DIRECTIONS:	<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 MacLawhorne Drive. Turn right at the light. Pool is on the left.</p>

CGBD "FALL INVITATION"**ORDER OF EVENTS****Saturday, November 12, 2005****Morning Session****Warm-up: 7:30 am; Start: 8:30 am****Afternoon Session****Warm-up: 12:00 noon; Start: 1:00 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Breast	2	31	13-14 100 Breast	32
3	10&U 100 Breast	4	33	15&O 100 Breast	34
5	11-12 50 Fly	6	35	13-14 200 Free	36
7	10&U 50 Fly	8	37	15&O 200 Free	38
9	11-12 200 Back	10	39	13-14 100 Fly	40
11	10&U 100 IM	12	41	15&O 100 Fly	42
13	11-12 100 IM	14	43	13-14 200 IM	44
15	10&U 200 Free	16	45	15&O 200 IM	46
17	11-12 200 Free	18	47	13-14 200 Back	48
19	10&U 50 Back	20	49	15&O 200 Back	50
21	11-12 50 Back	22	51	13-14 400 IM	52
23	11-12 200 Fly	24	53	15&O 400 IM	54
25	10&U 200 Free Relay	26	55	13&O 400 Free Relay	56
27	11-12 200 Free Relay	28			
	<u>Distance Session</u>			<u>Distance Session</u>	
	(10 minute break)			(10 minute break)	
29	12&U 500 Free	30	57	13&O 1650 Free	58

Sunday, November 13, 2005**Morning Session****Warm-up: 7:30 am; Start: 8:30 am****Afternoon Session****Warm-up: 12:00 noon; Start: 1:00 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	11-12 100 Back	60	89	13-14 200 Fly	90
61	10&U 100 Back	62	91	15&O 200 Fly	92
63	11-12 50 Breast	64	93	13-14 50 Free	94
65	10&U 50 Breast	66	95	15&O 50 Free	96
67	11-12 100 Free	68	97	13-14 200 Breast	98
69	10&U 100 Free	70	99	15&O 200 Breast	100
71	11-12 200 IM	72	101	13-14 100 Back	102
73	10&U 200 IM	74	103	15 & O 100 Back	104
75	11-12 100 Fly	76	105	13-14 100 Free	106
77	10&U 100 Fly	78	107	15 & O 100 Free	108
79	11-12 50 Free	80	109	13 & O 400 Medley Relay	110
81	10&U 50 Free	83			
83	11-12 200 Breast	85		<u>Distance Session</u>	
				(10 minute break)	
85	10&U 200 Medley Relay	86	111	13-14 500 Free	112
87	11-12 200 Medley Relay	88	113	15&O 500 Free	114