



**CGBD CHRISTMAS INVITATION**  
**Southeast District B/C Meet**  
**December 9-11, 2005**  
**SANCTION NO. VS-06-24**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-06-24</b>
<b>LOCATION:</b>	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573
<b>FACILITY:</b>	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.
<b>MEET DIRECTOR:</b>	Mike Melo Phone: 757-438-6118 Email: <a href="mailto:mikemelo@cox.net">mikemelo@cox.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in the Southeast District. Teams in the SE District are: CGBD, CYAT, NSD, OBX, ODAC, PRO, PYAC, SEVA, SSC, TAC, TCAC, TIDE, TPHN, &amp; WAC.</li><li>• All swimmers participating in this meet must be registered by the first day of the meet.</li><li>• No on deck registration will be permitted.</li><li>• <b>8 &amp; Younger swimmers may participate regardless of classification.</b></li><li>• <b>Swimmers 9 &amp; Older may compete in any event and relay strokes in which they have a "B" or "C" Time.</b></li><li>• 2005-2008 NAG top 16 based times are in effect.</li><li>• Age on December 9, 2005 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 10 &amp; Younger swimmers will swim on Saturday and Sunday morning.</li><li>• All 11 &amp; Older swimmers will swim on Saturday and Sunday afternoon.</li><li>• All events will be timed finals.</li><li>• Friday Evening Session: Warm-ups (Open) at 4:30-5:20 PM; competition starts at 5:30 PM</li><li>• Morning sessions: Warm-ups at 7:30 – 8:20 AM; competition starts at 8:30 AM.</li><li>• Afternoon sessions: Warm-ups at 12:00 – 12:50 PM; competition starts at 1:00 PM.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than <b>December 7, 2005</b>, and will also be emailed to the contact person of the participating clubs.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 30, 2005.</b></p> <ul style="list-style-type: none"><li>• 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.</li><li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>• A Team Manager printout of entries must be included or the VSI Meet Entry 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.</li><li>• Coaches Time (CT) and No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li><li>• Swimmers may enter a maximum of <b>3 individual events and 1 relay event per day.</b></li><li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li><li>• Entries will be processed in the order received.</li></ul>

	<ul style="list-style-type: none"> <li>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.</li> <li>Email entries to: <a href="mailto:colleendb@cox.net">colleendb@cox.net</a></li> <li>Mail entries to: Colleen Beatovich 223 Clayton Drive Yorktown, VA 23693</li> <li><b>IMPORTANT:</b> 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.</li> </ul>
<b>FEES:</b>	<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"> <li>Payment must be received by December 7, 2005 for email entries. Payment must be included with all mailed entries.</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place.</li> <li>13 &amp; Older events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>11 &amp; Older events will be given separate awards for 11-12, 13-14, and 15 &amp; Older age groups.</li> <li>9-12 events will be given separate awards for 9-10 and 11-12 age groups.</li> <li>10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</li> <li>Heat winner ribbons will be awarded for all 10 &amp; Younger individual events.</li> <li>Relay events: Ribbons will be awarded for first through 4<sup>th</sup> place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All <b>individual</b> events will be <b>pre-seeded</b>, except 9-12 500 Freestyle (Events 1 &amp; 2), 11&amp;O 400 IM (Events 3&amp;4), 13&amp;O 1000 Freestyle (Events 5 &amp; 6), 11/12 200 Freestyle (Events 53 &amp; 54), 200 Freestyle (Events 79 &amp; 80), 13&amp;O 500 Freestyle (Events 105 &amp; 106) and all Relays.</li> <li>9-12 500 Freestyle (Events 1 &amp; 2), 11&amp;O 400 IM (Events 3 &amp; 4), 13&amp;O 1000 Freestyle (Events 5 &amp; 6), 11/12 200 Freestyle (Events 53 &amp; 54), 200 Freestyle (Events 79 &amp; 80), 13&amp;O 500 Freestyle (Events 105 &amp; 106).</li> <li><b>Positive check-in</b> will close at <b>5:15 PM</b> (Friday Distance Session), <b>9:00 AM</b> (Morning Sessions), and <b>1:30 PM</b> (Afternoon Session).</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li><b>8 &amp; Younger</b> swimmers in the morning sessions must report to the Clerk of Course from where they will be brought to the blocks. All other swimmers should report directly to the blocks for their events.</li> <li>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.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li><b>Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded.</b></li> <li><b>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.</b></li> <li><b>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.</b></li> <li>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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The 2005 USA Swimming Rules and Regulations will apply.</li> <li>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.</li> <li>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.</li> </ul>

<b>OFFICIALS:</b>	<p><b>Meet Referee: Mike Willard</b>  <b>Email: <a href="mailto:mwillard@wmjordan.com">mwillard@wmjordan.com</a></b>  <b>Phone: (757) 596-6341</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required for this meet.</li> <li>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 (<a href="mailto:sromeo@landmarkdg.com">sromeo@landmarkdg.com</a>) not later than December 7, 2005.</li> <li>There will be an Officials' Meeting one (1) hour prior to each session in Room 104.</li> </ul>
<b>SAFETY:</b>	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.
<b>TIMERS:</b>	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 no later than 8 December 2004, and will also be emailed to the contact person of each of the individual clubs.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>Swimmer / Spectator Conduct:</b> 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.</li> <li><b>Deck Access:</b> 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.</li> <li><b>Team Areas:</b> Team seating will be available in the Gym. 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).</li> <li><b>Spectator Seating:</b> Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area.</li> <li><b>Programs:</b> Meet Programs will be sold for \$5.00.</li> <li><b>Snack Bar:</b> CGBD will operate a Concessions Stand during the meet.</li> <li><b>Swim Supplies:</b> CGBD will operate a Swim Shop during the meet.</li> <li><b>First Aid:</b> A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms.</li> <li><b>Lost and Found:</b> Lost and Found will be located next to the Announcer's Table.</li> <li><b>Hospitality:</b> CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> <li>Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>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.</li> <li>No coolers in the pool area. They are allowed in the Gym.</li> <li>No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym.</li> <li>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 (in the Gym.).</li> <li>No shaving anywhere in the venue.</li> <li>No running or horseplay in the facility.</li> <li>Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li> <li>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.</li> </ul>

	<ul style="list-style-type: none"> <li>• Officials only inside the ropes.</li> <li>• Coaches, officials, and meet staff only in the Hospitality Room.</li> <li>• The Aquatic Center will close during electrical storms.</li> <li>• NO SMOKING in the Aquatic Center (pool area) or the rest of the building.</li> </ul>
<b>DIRECTIONS:</b>	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.

**ORDER OF EVENTS**  
**CGBD "Christmas Invitation"**  
**9 December 2004**

**FRIDAY EVENING**

**WARM-UPS: 4:30 – 5:20 P.M. MEET STARTS: 5:30 P.M.**

<b><u>GIRLS</u></b>		<b><u>EVENT</u></b>	<b><u>BOYS</u></b>
1	9-12	500 Y FREESTYLE	2
3	11&O	400 INDIVIDUAL MEDLEY	4
5	13&O	1000 Y FREESTYLE	6

**SATURDAY MORNING**

**WARM-UPS: 7:30 - 8:20 A.M. MEET STARTS: 8:30 A.M.**

<b><u>GIRLS</u></b>		<b><u>EVENT</u></b>	<b><u>BOYS</u></b>
7	9/10	100 Y INDIVIDUAL MEDLEY	8
9	8&Y	25 Y FREESTYLE	10
11	9/10	50 Y FREESTYLE	12
13	8&Y	50 Y BACKSTROKE	14
15	10&Y	100 Y BACKSTROKE	16
17	8&Y	25 Y BREASTSTROKE	18
19	9/10	50 Y BREASTSTROKE	20
21	8&Y	50 Y FLY	22
23	10&Y	100 Y FLY	24
25	8&Y	200 Y MEDLEY RELAY	26
27	9/10	200 Y FREESTYLE RELAY	28

**SATURDAY AFTERNOON**

**WARM-UPS: 12:00-12:50 P.M. MEET STARTS: 1:00 P.M.**

<b><u>GIRLS</u></b>		<b><u>EVENT</u></b>	<b><u>BOYS</u></b>
29	11/12	100 Y INDIVIDUAL MEDLEY	30
31	13&O	200 Y INDIVIDUAL MEDLEY	32
33	11/12	100 Y FREESTYLE	34
35	13&O	50 Y FREESTYLE	36
37	11/12	100 Y BACKSTROKE	38
39	11&O	200 Y BACKSTROKE	40
41	11/12	50 Y BREASTSTROKE	42
43	13&O	100 Y BREASTSTROKE	44
45	11/12	100 Y FLY	46
47	11&O	200 Y FLY	48
49	11/12	200 Y MEDLEY RELAY	50
51	13&O	200 Y FREESTYLE RELAY	52
--- 10-Minute Break ---			
53	11/12	200 Y FREESTYLE	54

## SUNDAY MORNING

WARM-UPS: 7:30 - 8:20 A.M. MEET STARTS: 8:30 A.M.

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
55	8&Y	100 Y INDIVIDUAL MEDLEY	56
57	10&Y	200 Y INDIVIDUAL MEDLEY	58
59	8&Y	50 Y FREESYLE	60
61	10&Y	100 Y FREESTYLE	62
63	8&Y	25 Y BACKSTROKE	64
65	9/10	50 Y BACKSTROKE	66
67	8&Y	50 Y BREASTSTROKE	68
69	10&Y	100 Y BREASTSTROKE	70
71	8&Y	25 Y FLY	72
73	9/10	50 Y FLY	74
75	8&Y	200 Y FREESTYLE RELAY	76
77	9/10	200 Y MEDLEY RELAY	78
--- 10-Minute Break ---			
79	10&Y	200 Y FREESTYLE	80

## SUNDAY AFTERNOON

WARM-UPS: 12:00-12:50 P.M. MEET STARTS: 1:00 P.M.

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
81	11/12	200 Y INDIVIDUAL MEDLEY	82
83	13&O	200 Y FREESTYLE	84
85	11/12	50 Y FREESTYLE	86
87	13&O	100 Y FREESTYLE	88
89	11/12	50 Y BACKSTROKE	90
91	13&O	100 Y BACKSTROKE	92
93	11/12	100 Y BREASTSTROKE	94
95	11&O	200 Y BREASTSTROKE	96
97	11/12	50 Y FLY	98
99	13&O	100 Y FLY	100
101	11/12	200 Y FREESTYLE RELAY	102
103	13&O	200 Y MEDLEY RELAY	104
--- 10-Minute Break ---			
105	13&O	500 Y FREESTYLE	106