



AMENDED
OLD DOMINION AQUATIC CLUB
February A/BB Meet
February 4-5, 2006
SANCTION NO. VS-06-37



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-37
LOCATION:	Old Dominion University Health and P.E. Pool, The H&PE Building is at the corner of 48 th St. and Powhatan Avenue, Norfolk, VA 23508
FACILITY:	The J.C. "Scrap" Chandler Natatorium is an 8-lane, 25-yard facility with non-turbulent lane markers and automatic timing. Directions to the pool and hotel information are included with the meet information.
MEET DIRECTOR:	Barb Stein Phone: (757) 467-6667 Email: marcjstein@aol.com
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming/VSI registered swimmers in Southeastern District. The Teams in the 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).Swimmers with 1 "BB" or "A" Time entry in a session may swim as many bonus events in which they have "B" times in that same session up to the per session limit of events.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 February 3, 2006 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 7:15 AM; competition starts at 8:30 AM.Afternoon sessions: Warm-ups at 12:00 PM; competition starts at 1:15 PM.Distance sessions:<ul style="list-style-type: none">The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter.The distance sessions will start no earlier than the estimated times.The meet director reserves the right to adjust warm-up times once entries are received.Lane assignment and warm-up times for individual clubs will be posted on the ODAC website no later than Thursday, February 2, 2006, 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 WEDNESDAY JANUARY 25, 2006.</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 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 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 entry times must have been achieved in USA Swimming sanctioned, approved, and observed competition. Swimmers may enter a one event on Friday and a maximum of <i>4 individual events</i> and <i>1 relay event</i> per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. 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 Mail entries to: Steve Bialorucki 5165 Stratford Chase Dr Virginia Beach, VA 23464 (757)474-1014 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: ODAC Payment must be received by February 1, 2006 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. 11 & Older events will be given separate awards for 11-12, 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 the 400 IM, 500 Free, 1000 Free, will be pre-seeded. The 500 Free (Events #29, 30, 109, & 110), 400 IM (Events #31 & 32) and 1000 Free (Events #55 & 56) will require a positive check-in to swim. Positive check-in will close at 10:00 AM (Morning Sessions) and 2:30 PM (Afternoon Session). SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. The 1000 Free (events 55 and 56) 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.
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 morning sessions at the discretion of the Referee. 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: Janet Law Email: janetlaw56@cox.net Phone: (757)482-5146</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 Janet Law. 						
SAFETY:	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.						
DIRECTIONS:	<p style="text-align: center;"><u>Directions to Old Dominion University</u></p> <p>From I-64 East (coming from Richmond) Take I-64 East through the Hampton Roads Bridge Tunnel and go approximately five more miles to the exit for I-564 toward Terminal Blvd. As you exit, stay to the right to exit immediately onto Terminal Blvd. (There is only one way to go on Terminal Blvd) Once on Terminal Blvd, stay on it until you reach the Norfolk International Marine Terminals at the junction of Hampton Blvd. Take a left on Hampton Blvd. Go approximately two miles and turn right onto 49th Street to progress onto campus.</p> <p>From Chesapeake (coming from US 58 East) Take US 58 East through Suffolk until it joins with I-64. Take I-64 to I-264 toward Norfolk Stay on I-264 until you go through the Downtown Tunnel. Once you go through the tunnel, you'll want to move to the left to exit, and take the Waterside Drive exit. Follow Waterside Drive for several blocks, which turns into Boush Street. At the intersection of Boush and Brambleton avenue, make a left turn onto Brambleton. Move into the right lane. You will see a sign that says "ODU." Merge with the traffic onto Hampton Boulevard approximately three miles. You will turn left on 49th Street to progress onto the campus.</p> <p>To the H&P.E. Pool After turning onto 49th street, continue for almost one mile to the only stop sign and take a left onto Powhatan Ave. The H&P.E. Building is actually at the corner of 48th street and Powhatan Ave., but 48th street is a one way street that goes back out toward Hampton Blvd. You can turn onto 48th street to park in the lot there, or park in the lots on Powhatan or 49th street. In any case, you want to enter the building from the sidewalk at 48th street to get to the pool.</p>						
HOTELS:	<p>HOTEL INFORMATION</p> <p>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.</p> <table border="0"> <tbody> <tr> <td> <p><i>Comfort Inn – Norfolk Naval Base</i> 8051 Hampton Blvd. Norfolk, VA 23505-1001 (757)451-0000</p> </td><td> <p><i>Norfolk Waterside Marriott</i> 235 East Main St. Norfolk, VA 23510 (757)627-4200</p> </td></tr> <tr> <td> <p>Econo Lodge – Ocean View Beach (NAS) 9601 4th View St. Norfolk, VA 23503-1401 (757)480-9611</p> </td><td> <p><i>Omni Waterside Hotel at Norfolk</i> 777 Waterside Dr. Norfolk, VA 23510-2101 (757)622-6664</p> </td></tr> <tr> <td> <p><i>Hampton Inn – Norfolk Naval Base</i> 8501 Hampton Blvd. Norfolk, VA 23505-1009 (757)489-1000</p> </td><td></td></tr> </tbody> </table>	<p><i>Comfort Inn – Norfolk Naval Base</i> 8051 Hampton Blvd. Norfolk, VA 23505-1001 (757)451-0000</p>	<p><i>Norfolk Waterside Marriott</i> 235 East Main St. Norfolk, VA 23510 (757)627-4200</p>	<p>Econo Lodge – Ocean View Beach (NAS) 9601 4th View St. Norfolk, VA 23503-1401 (757)480-9611</p>	<p><i>Omni Waterside Hotel at Norfolk</i> 777 Waterside Dr. Norfolk, VA 23510-2101 (757)622-6664</p>	<p><i>Hampton Inn – Norfolk Naval Base</i> 8501 Hampton Blvd. Norfolk, VA 23505-1009 (757)489-1000</p>	
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Saturday, February 4, 2006

Morning Session
Warm-up: 7:15 am; Start: 8:30 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Breast	2
3	10&U 100 Breast	4
5	11-12 50 Fly	6
7	10&U 50 Fly	8
9	11-12 200 Back	10
11	10&U 100 IM	12
13	11-12 100 IM	14
15	10&U 200 Free	16
17	11-12 200 Free	18
19	10&U 50 Back	20
21	11-12 50 Back	22
23	11-12 200 Fly	24
25	10&U 200 Free Relay	26
27	11-12 200 Free Relay	28

Distance Session

(15 minute break)

29	12&U 500 Free	30
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Afternoon Session
Warm-up: 12:00 noon; Start: 1:15 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	11&O 400 IM	32
33	13-14 100 Breast	34
35	15&O 100 Breast	36
37	13-14 200 Free	38
39	15&O 200 Free	40
41	13-14 100 Fly	42
43	15&O 100 Fly	44
45	13-14 200 IM	46
47	15&O 200 IM	48
49	13-14 200 Back	50
51	15&O 200 Back	52
53	13&O 200 Free Relay	54

Distance Session

(15 minute break)

55	13&O 1000 Free	56
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Sunday, February 5, 2006

Morning Session
Warm-up: 7:15 am; Start: 8:30 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	11-12 100 Back	58
59	10&U 100 Back	60
61	11-12 50 Breast	62
63	10&U 50 Breast	64
65	11-12 100 Free	66
67	10&U 100 Free	68
69	11-12 200 IM	70
71	10&U 200 IM	72
73	11-12 100 Fly	74
75	10&U 100 Fly	76
77	11-12 50 Free	78
79	10&U 50 Free	80
81	11-12 200 Breast	82
83	10&U 200 Medley Relay	84
85	11-12 200 Medley Relay	86

Afternoon Session
Warm-up: 12:00 noon; Start: 1:15 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
87	13-14 200 Fly	88
89	15&O 200 Fly	90
91	13-14 50 Free	92
93	15&O 50 Free	94
95	13-14 200 Breast	96
97	15&O 200 Breast	98
99	13-14 100 Back	100
101	15&O 100 Back	102
103	13-14 100 Free	104
105	15&O 100 Free	106
107	13&O 200 Medley Relay	108

Distance Session

(15 minute break)

109	13&O 500 Free	110
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