SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: **VS-06-17**
LOCATION:	Old Dominion University Health and P.E. Pool The H&PE Building is at the corner of 48th St. and Powhatan Ave. 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 608 Ryder Cup Ln. Email: marcjstein@aol.com Virginia Beach VA 23462
ELIGIBILITY:	• Open to all USA Swimming/VSI registered swimmers • 10 & Younger swimmers must have an "A" time for each event entered. • 11 & Older swimmers who have one "AA" entry time may enter two additional events in which they have at least an "A" time. • 13-14 Swimmers entering senior events in which a 13-14 event is offered must have the 15-16 "AA" time for entry. • 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 18, 2005 will determine age for the entire meet.
DISABILITY SWIMMERS:	• **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:	• All events will be timed finals. • **Morning, afternoon, and evening sessions have been combined into a single session each day. Event numbers will remain the same but will not run in normal sequence. Coaches and swimmers will have to follow the order of events carefully.** • **Saturday & Sunday Morning sessions: Warm-ups begin at 7:00 am; competition starts at 8:45 am. All age groups will swim in the morning sessions.** • **Sunday's Distance Session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the morning session, with the distance session competition starting 5 minutes thereafter.** • Lane assignment and warm-up times for individual clubs will be posted on the ODAC website no later than Wednesday November 16, 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.
ENTRIES:	**DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY NOVEMBER 8, 2005.** • VSI registered teams will be given priority on acceptance of entries. • 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.

	- All entry times must have been achieved in USA Swimming sanctioned, approved, and observed competition. 13 & Older Swimmers may enter a one event on Friday, four events on Saturday and three events on Sunday. 12& Younger swimmers may enter up to four individual events and one relay 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:	Individual events: $3.00 Relay events: $12.00 Swimmer surcharge: $2.00 per person (entered in the meet in any capacity) - Checks should be made payable to: ODAC - Payment must be received by November 16, 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:	- Individual events: Ribbons will be awarded for first through eighth place. 13 & Older events will be given separate awards for 13-14 and Senior age groups. - Senior events in which no 13-14 event is offered will provide separate awards for 13-14 and Senior age groups - Relay events: Ribbons will be awarded for first through fourth place
SEEDING:	- All events Saturday and Sunday will be pre-seeded except for the Senior 500 Free and the 10&Y 500 Free. - All events on **Sunday afternoon** will be deck seeded with lane assignments posted around the pool. - All heats of the 13&O 500 Free and 1000 Free will be swum fastest to slowest alternating women, then men. - The 500 Free, 400 IM and 1000 Free will require a positive check-in to swim. **Positive check-in on Sunday will close at 10:30 am.** **SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.** - 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:	Penalties for entries using fraudulent and/or non-verifiable entry times: **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:	- 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:	**Meet Referee: Janet Law** **Email: janetlaw56@cox.net Phone: (757)482-5146** • 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:	**Directions to Old Dominion University** 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. 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. 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.
HOTELS:	**Hotel Information** 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. *Comfort Inn – Norfolk Naval Base* 8051 Hampton Blvd. Norfolk, VA 23505-1001 (757)451-0000 **Econo Lodge – Ocean View Beach (NAS)** 9601 4th View St. Norfolk, VA 23503-1401 (757)480-9611 *Hampton Inn – Norfolk Naval Base* 8501 Hampton Blvd. Norfolk, VA 23505-1009 (757)489-1000 *Norfolk Waterside Marriott* 235 East Main St. Norfolk, VA 23510 (757)627-4200 *Omni Waterside Hotel at Norfolk* 777 Waterside Dr. Norfolk, VA 23510-2101 (757)622-6664

Saturday Morning				Sunday Morning	
Women	**Event**	**Men**	**Women**	**Events**	**Men**
17	11-12 200 Breast	18	69	11-12 200 Medley Relay	70
7	Senior 200 Fly	8	71	10&Y 200 Medley Relay	72
19	10&younger 100 Fly	20	57	Senior 200 IM	58
21	11-12 100 Fly	22	73	11-12 200 Back	74
9	13-14 100 Back	10	75	10&younger 500 Free	76
11	Senior 100 Back	12	59	13-14 100 Free	60
23	10&younger 50 Free	24	61	Senior 100 Free	62
25	11-12 50 Free	26	77	11-12 100 IM	78
13	Senior 200 Free	14	79	10&younger 100 IM	80
27	10&younger 100 Back	28	63	13-14 100 Breast	64
29	11-12 100 Back	30	65	Senior 100 Breast	66
15	Senior 200 Breast	16	81	11-12 50 Fly	82
31	10&younger 50 Breast	32	83	10&younger 50 fly	84
33	11-12 50 Breast	34	85	11-12 200 Free	86
47	13-14 50 Free	48	87	10&younger 200 Free	88
49	Senior 50 Free	50	67	Senior 200 Back	68
35	10&younger 200 IM	36	89	11-12 50 Back	90
37	11-12 200 IM	38	91	10&younger 50 Back	92
51	13-14 100 Fly	52	93	11-12 100 Breast	94
53	Senior 100 Fly	54	95	10&younger 100 Breast	96
39	10&younger 100 Free	40	97	11-12 200 Fly	98
41	11-12 100 Free	42			
55	Senior 500 Free	56		**Sunday Afternoon**	
43	10&Y 200 Free Relay	44	**Women**		**Men**
45	11-12 200 Free Relay	46			
			3	13 & Over 400 IM	4
			1	11-12 500 Free	2
			5	13& Over 1000 Free	6

Morning Sessions Warm-ups-7:00 am
Morning Sessions Start- 8:45 am

Sunday Afternoon Session:
The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the morning session, with the distance session competition starting 5 minutes thereafter.