



**OLD DOMINION AQUATIC CLUB**  
**SE (Southside) District B/C Meet**  
**October 8-9, 2005**  
**SANCTION NO. VS-06-02**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-06-02</b>
<b>LOCATION:</b>	Old Dominion University, J.C. "Scrap" Chandler Natatorium 49 <sup>th</sup> Street & Powhatan Avenue, Norfolk, VA
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• 8-Lane, 25-Yard pool</li><li>• Equipped with Swim-Quip non-turbulent land markers</li><li>• Automatic timing by Colorado Systems</li></ul>
<b>MEET DIRECTOR:</b>	Ellen Deppe 904 General Hill Drive Virginia Beach, VA 23454 Phone: (757) 496-4032 Email: emdeppe@cox.net
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in SE (Southside) District. Teams in the SE (Southside) District are: CYAT, NSD, ODAC, OBX, PRO, PYAC, SSC, TAC, TCAC, &amp; TIDE.</li><li>• All swimmers participating in this meet must be registered 24 hours prior to the start 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 October 8, 2005 will determine age for the entire meet.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 9 to 12 year old swimmers will swim on Saturday and Sunday morning.</li><li>• All 8 &amp; Younger and 13 &amp; Over swimmers will swim on Saturday and Sunday afternoon.</li><li>• All events will be timed finals.</li><li>• Morning sessions: Warm-ups at 7:15 am to 8:05 am; competition starts at 8:15 am.</li><li>• Afternoon sessions: Warm-ups at 12:15 pm to 1:05 pm; competition starts at 1:15 pm.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</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>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, SEPTEMBER 29, 2005.</b></p> <ul style="list-style-type: none"><li>• 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.</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 meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>• Coaches Times (CT) or 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 <i>4 individual events</i> and <i>1 relay event</i> per day.</li><li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li><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:stevebialorucki@swimodac.com">stevebialorucki@swimodac.com</a></li><li>• Mail entries to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464</li></ul>

	Phone: (757)474-1015 <ul style="list-style-type: none"> <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>	Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity) <ul style="list-style-type: none"> <li>Checks should be made payable to: <b>ODAC Meets</b></li> <li><b>Payment must be received by October 5, 2005 for email entries. Payment must be included with all mailed entries.</b></li> <li><b>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for 1<sup>st</sup> to 8<sup>th</sup> place</li> <li>13 &amp; Older events will be given separate awards for 13-14 and 15 &amp; Older 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>Heat winner ribbons will be awarded for all 12 &amp; Younger individual events.</li> <li>Relay events: Ribbons will be awarded for 1<sup>st</sup> to 4<sup>th</sup> place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> <li>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>	Penalties for entries using fraudulent and/or non-verifiable entry times: <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 at least 24 hours prior to the start 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>	<b>Meet Referee: Janet Law</b> <b>Email: <a href="mailto:janetlaw56@cox.net">janetlaw56@cox.net</a></b> <b>Phone: (757) 242-3243.</b> <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 <b><u>Janet Law</u></b>.</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>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>NO SMOKING</b> on the pool deck or in the spectator gallery.</li> <li>Each Team is encouraged to ensure the good conduct of swimmers in all areas of the building, including but not limited to locker rooms and hallways.</li> <li><b>NO GLASS</b> containers are permitted in or around the pool area.</li> <li>Swimmers in the 8 &amp; Younger 25-yard events will wait for the entire heat to finish and then exit the pool at the ladders on the sides rather than climb the bulkhead at the shallow end of the pool.</li> </ul>

**Old Dominion Aquatic Club**  
**October B/C Meet**  
**October 8-9, 2005**  
**Sanction Number VS-06-02**

**Saturday Morning – October 8th**

AM Session  
Warm-ups: 7:15-8:05 a.m.  
Start: 8:15(9-10, 11-12) a.m.

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

**Sunday Morning – October 9th**

AM Session  
Warm-ups: 7:15-8:05 a.m.  
Start: 8:15(9-10, 11-12) a.m.

<u>Girls</u>		<u>Boys</u>
61	11-12 500 Free	62
63	9-10 100 Back	64
65	11-12 100 Back	66
67	9-10 50 Breast	68
69	11-12 50 Breast	70
71	9-10 100 I.M.	72
73	11-12 100 I.M.	74
75	9-10 100 Free	76
77	11-12 100 Free	78
79	9-10 50 Fly	80
81	11-12 50 Fly	82
83	9-10 200 Free Relay	84
85	11-12 200 Free Relay	86

**Saturday Afternoon – October 8th**

PM Session  
Warm-ups: 12:15-1:05 p.m.  
Start: 1:15(13-older, 8-younger) p.m.

29	13-14 100 Back	30
31	15& older 100 Back	32
33	8& younger 25 Back	34
35	11& older 400 I.M.	36
37	13-14 50 Free	38
39	15& older 50 Free	40
41	8& younger 50 Free	42
43	11& older 200 Breast	44
45	13-14 100 Fly	46
47	15& older 100 Fly	48
49	8& younger 25 Fly	50
51	13-14 200 Free	52
53	15& older 200 Free	54
55	8& younger 200 Free Relay	56
57	13& older 200 Free Relay	58
59	11 & older 1000 Free	60

**Sunday Afternoon – October 9th**

PM Session  
Warm-ups: 12:15-1:05 p.m.  
Start: 1:15(13-older, 8-younger) p.m.

87	13& older 500 Free	88
89	8& younger 100 Free	90
91	13-14 100 Breast	92
93	15& older 100 Breast	94
95	8& younger 25 Breast	96
97	11& older 200 Fly	98
99	13-14 100 Free	100
101	15& older 100 Free	102
103	8& younger 25 Free	104
105	13-14 200 I.M.	106
107	15& older 200 I.M.	108
109	8& younger 100 I.M.	110
111	11& older 200 Back	112
113	13& older 200 Medley Relay	114