



AMENDED #2
OLD DOMINION AQUATIC CLUB
LSC Senior Meet
November 10-11, 2007
SANCTION NO. VS-08-15



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-15	
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA Phone: (757) 878-1090	
FACILITY:	The pool is a 10 lane indoor 25 yd. Short Course facility with non-turbulent lane lines. There will be lanes for warm-up/warm-down during the meet unless we feel the need to use all 10 lanes. The automatic Daktronics timing system will be used.	
MEET DIRECTOR:	Michele Burns Phone: (757) 427-0754 Email: mburns01@cox.net	Erin Thomas Phone: (757) 495-2779 Email: thomasfor4@aol.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in the LSC.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• Age on November 10, 2007 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 swimmers can swim Saturday morning, Saturday afternoon and Sunday morning.• All events will be timed finals.	
WARM-UP:	<ul style="list-style-type: none">• Saturday and Sunday am session: Warm-up: 7:00am; competition start: 8:45 am• Saturday pm session: Warm-up: 4:00 pm; competition start: 5:00pm• Sunday distance session: 15 warm-up following morning session; Competition start no earlier than: 12:00 noon• Lane assignment and warm-up times for individual clubs will be emailed no later than November 8, 2007 and will also be emailed to the contact person of the participating clubs.	
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, NOVEMBER 1, 2007</p> <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 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.• 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• Swimmers may enter a maximum of 4 individual events and 1 relay event per session (no more than 5 individual events 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: swimodac@msn.com• Mail entries to: Steve Bialorucki 5165 Stratford Chase Dr Virginia Beach, VA 23464	

	<ul style="list-style-type: none"> • 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: Old Dominion Aquatic Club. • Payment must be received by November 10, 2007 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. • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except the 500 Free, 1650 free, 400 IM, which will be deck seeded. • The 500 Free, 1650 Free and 400 IM will require a positive check-in to swim. • Positive check-in will close 30 minutes prior to the start of the session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Swimmers in all sessions should report directly to the blocks for their events. • Deck entries will be accepted in the order received 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 current 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:	<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>
FACILITY RULES:	<ul style="list-style-type: none"> • PLEASE READ THOROUGHLY. THE MEET MARSHALS, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL WILL ENFORCE RULES. • FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE, AUTOMOBILE REGISTRATION AND PROOF OF INSURANCE ARE REQUIRED TO ENTER THE FORT. • 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 in the meet program will be disqualified from the meet and escorted from the facility. • The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is

	<p>allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.</p> <ul style="list-style-type: none"> • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • The Pool Decks have been recently resurfaced and the Aquatic Center prohibits any street shoes on the deck. • SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA IS FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK. • THE ADVENTURE POOL DECK IS NOT TO BE USED EXCEPT AS ACCESS BETWEEN THE SNACK BAR, LOCKER ROOMS AND THE COMPETITION POOL. • NO TEAM AREA SET UP OR SPECTATORS, PARENTS AND FAMILIES ARE PERMITTED IN THIS AREA. THE AQUATIC CENTER STAFF WILL MARK APPROPRIATE TRANSIT AREAS.
DIRECTIONS:	<p>From Southside: I64 WEST through the Hampton Roads Bridge Tunnel to Exit 250A, Fort Eustis Blvd. After passing through the main gate, the road becomes Washington Blvd. At ½ mile, go through the traffic circle by going 180 degrees around the circle. After the circle, take your first right on Tyler Avenue. The Aquatic Center entrance is on your left immediately after you turn onto Tyler Avenue. There is a drop off point in the front of the Aquatic Center. Additional parking is available 50 yards past the entrance to the Aquatic Center on the both the right and left sides of Tyler Avenue.</p>

ORDER OF EVENTS
ODAC Southeast District Senior Meet
November 10-11, 2007

Saturday, November 10, 2007					
Saturday AM Session Warm-up: 7:00 am; Start: 8:45am			Saturday PM Session Warm-up: 4:00pm; Start: 5:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	Senior 200 Fly	2	11	Senior 500 Free	12
3	Senior 100 Back	4	13	Senior 100 Fly	14
5	Senior 200 Free	6	15	Senior 200 Breast	16
7	Senior 400 IM	8	17	Senior 50 Free	18
9	Senior 200 Medley Relay	10	19	Senior 800 Free Relay	20
Sunday, November 11, 2007 Warm-up: 7:00am Start: 8:45am					
21	Senior 200 IM	22			
23	Senior 100 Free	24			
25	Senior 100 Breast	26			
27	Senior 200 Back	28			
29	Senior 200 Free Relay	30			
Distance Session 15 minute warm-up; estimated event start is 12:00 noon					
31	Senior 1650 Free	32			