



WILLIAMSBURG AQUATIC CLUB
Southeastern District B/C Meet
December 1-2, 2007
SANCTION No. VS-08-19

Hosted by
WAC
Williamsburg
Aquatic Club

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION #: VS-08-19	
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090	
FACILITY:	The pool is an 8 lane indoor 25 yd. Short Course facility with non-turbulent lane lines. Two additional lanes will be used for warm-up/warm-down during the meet. The automatic Daktronics or comparable timing system will be used.	
MEET DIRECTORS:	Anne Anderson Email: flandos@cox.net Phone: (757) 220-8633	Harold Baker Email: coachharold2@aol.com Phone: (757) 229-8662
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Southeast District. Teams in the Southeast District are: CGBD, CYAT, NSD, ODAC, OBX, PRO, PYAC, SEVA, SSC, TAC, TCAC, TIDE, US, and WAC• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 8 & Younger swimmers may participate regardless of classification.• Swimmers 9 & Older may compete in any event and relay strokes in which they have a "B" or "C" Time.• 2005-2008 NAG top 16 based times are in effect.• Age on December 1, 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 10 & younger swimmers will swim in the Morning Sessions on Saturday and Sunday.• All 11 & older swimmers will swim in the Afternoon Sessions on Saturday and Sunday.• All events will be timed finals.	
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:30 AM• Afternoon sessions: Warm-ups at 12:00 PM; competition starts at 1:00 PM• Distance sessions: 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. Warm-up/Warm-down lanes will be available during the meet.• Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than Tuesday, November 27, 2007, 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 WEDNESDAY, NOVEMBER 20, 2007 <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, phone number, and email address 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 <i>4 individual events</i> and <i>1 relay event</i> per day.	

	<ul style="list-style-type: none"> 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 limiting meet entries for each swimmer to a maximum of 3 individual events and 1 relay event per day or any one day of the meet, combining heats and combining events, which actions may require reseeding. Email entries to: coachharold2@aol.com Mail entries to: Williamsburg Aquatic Club c/o Harold Baker 3013 South Court Williamsburg, VA 23185 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: Williamsburg Aquatic Club Payment must be received by November 20, 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. 11 & older events will be given separate awards for 11-12, 13-14, and 15 & older Age Groups. 13 & older events will be given separate awards for 13-14 and 15 & older Age Groups 10 & younger events will be given separate awards for 9-10 and 8 & Y Age Groups Relay events: Ribbons will be awarded for first through eight place.
SEEDING:	<ul style="list-style-type: none"> All events, except events 51, 52, 77, 78, 91, 92, 107, & 108 will be pre-seeded. Swimmers should report directly to the blocks for their events. Events 51, 52 (11&O1650 Free), 77, 78 (10&Y 500 Free), 91, 92 (11&O 400 IM), and 107, 108 (11&O 1650 Free) will require a positive check-in to swim. <ul style="list-style-type: none"> Positive check-in will close at the start of the morning session preceding the 10&Y 500 Free and at the start of afternoon session for the 11&O 400 IM Positive check-in will close at 3:00 PM for the afternoon distance sessions SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 53-54 (1650 Free) and 109-110 (1000 Free) 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 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: Jim Knicely Phone: (757) 253-0360 Email: jjk@knicelylaw.com</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 Cay Pittman, Phone: (757) 565-3599, Email: pittmanc@cox.net • An Officials meeting will be held 45 minutes before the start of the morning and afternoon sessions. They will start at 7:45 AM & 12:15 PM each day.
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.
TIMERS:	<ul style="list-style-type: none"> • 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 WAC Website (www.swimwac.com) no later than Tuesday, November 27th, 2007 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Officials and coaches hospitality will be available • Meet programs will be sold
FACILITY RULES:	<p>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS:</p> <ul style="list-style-type: none"> • Picture identification will be required to gain access to the base. • Rules will be enforced by meet marshal, aquatic center staff and the Fort Eustis Fire Marshall. • 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/or 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 allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • 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. • Balcony: Swimmers and their bags <u>will not be allowed</u> to stay in the area. Spectator seating is limited and swimmers must stay on the competition or adventure pool deck.
DIRECTIONS:	From I-64 take Exit 250(Fort Eustis Blvd) towards Fort Eustis. This will take you onto the base. Go 4 blocks past security and through the circular intersection. Turn right at first Street (Tyler Road) past the circular intersection. The Aquatic facility is the building on your left. If the Aquatic Center lot is full, there are plenty of parking 100 yards down Tyler Road.

WAC B/C/MINI MEET

ORDER OF EVENTS

Saturday, December 1, 2007

Morning Session

Warm-up: 7:30 am; Start: 8:30 am

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

Afternoon Session

Warm-up: 12:00 noon; Start: 1:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 100 Breast	28
29	13&O 100 Breast	30
31	11-12 50 Free	32
33	13&O 200 Free	34
35	11-12 100 Fly	36
37	13&O 100 Fly	38
39	11-12 50 Back	40
41	11&O 200 Back	42
43	11-12 100 IM	44
45	13&O 200 IM	46
47	13&O 200 Free Relay	48
49	11-12 200 Free Relay	50

Distance Session

(15 minute break)

51	11&O 1650 Free	52
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Sunday, December 2, 2007

Morning Session

Warm-up: 7:30 am; Start: 8:30 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	10&Y 100 Back	54
55	8&Y 100 IM	56
57	9-10 100 IM	58
59	8&Y 25 Free	60
61	9-10 50 Free	62
63	8&Y 50 Breast	64
65	10&Y 100 Breast	66
67	8&Y 25 Fly	68
69	9-10 50 Fly	70
71	8&Y 50 Back	72
73	9-10 200 Medley Relay	74
75	8&Y 100 Medley Relay	76

Distance Session

(15 minute break)

77	10&Y 500 Free	78
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Afternoon Session

Warm-up: 12:00 noon; Start: 1:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	11-12 100 Back	80
81	13&O 100 Back	82
83	11-12 50 Breast	84
85	11&O 200 Breast	86
87	13&O 50 Free	88
89	11-12 200 Free	90
91	11&O 400 IM	92
93	11-12 50 Fly	94
95	11&O 200 Fly	96
97	11-12 100 Free	98
99	13&O 100 Free	100
101	11-12 200 IM	102
103	13&O 200 Medley Relay	104
105	11-12 200 Medley Relay	106

Distance Session

(15 minute break)

107	11&O 500 Free	108
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