



**MARDI GRAS
Peninsula 8&Y Circuit Meet
January 22, 2011
SANCTION NO. VS-11-40**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-40
LOCATION:	Brittingham-Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, VA 23601, Phone: (757) 591-4573
FACILITY:	<ul style="list-style-type: none">• Eight-lane 50 meter indoor pool, 4-16 feet deep; overflow gutters; non-turbulent lane markers. The pool will be configured for 8 25-yard lanes. The competition will be run using 4 or 6 lanes depending on the number of entries.• The Colorado Timing System will not be used during this competition. The competition will be run using three watches per lane.• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2 (C).
MEET DIRECTOR:	Mark Van Deren Email: markvanderen@yahoo.com Phone: (757) 675-4364 Kevin Hennessy Email: kevinatcgbd@cox.net Phone: (757) 303-1870
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes eight years old and younger from CGBD, SEVA, and WAC registered by the first day of the meet. Other teams are welcome. Please contact the meet director if your team would like to attend.• No on deck Virginia Swimming athlete registration will be permitted.• Age on January 22, 2011 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 will swim in one session• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Warm-ups at 9:30 am; competition starts at 10:00 am.• Lane assignments for individual clubs will be posted on the CGBD website no later than Thursday, January 20, 2011 and will also be emailed to the contact person of the participating clubs.• Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Thursday, January 20, 2011
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JANUARY 18, 2011</p> <ul style="list-style-type: none">• Entries must be submitted in Short Course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams submit entries via e-mail.• 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.• Coach's Times (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 "BB" 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.• 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 and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too

	<p>lengthy a session. This may include combining heats and events, which actions may require reseeding.</p> <ul style="list-style-type: none"> Email entries to: markvanderen@yahoo.com Mail entries to: Kevin Hennessy 607 Lotz Drive Yorktown, VA 23692 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. 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
FEES:	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: CGBD Payment must be received by Saturday, January 15, 2011 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: will be awarded for first through sixth place Heat winner awards will be awarded to each heat winner. Relay events: will be awarded for first through third place.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded Swimmers in the afternoon sessions should report directly to the blocks for their events
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be marked as exhibition for 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. Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. The overhead start procedure may be used at the discretion of the Meet Referee. In accordance with VSI Policy, only those coaches who have 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: John Warhol Email: cqbd.officials@gmail.com Phone: (757) 245-6363</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 John Warhol via email at cqbd.officials@gmail.com no later than January 19, 2011 There will be an Officials' Meeting 45 minutes prior to the start of the meet in the classroom.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
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 emailed to the contact

	<p>person of each of the individual clubs no later than Thursday, January 13, 2011.</p>
<p>GENERAL:</p>	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. Please note that the City of Newport News prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats. • Team Areas: Team seating will be available in the pool. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (or sandals). • Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. • Team Banners: Team Banners cannot be hung from a water return pipe that runs over the team seating areas. • Programs: Heat sheets will be sold for \$1.00. • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms. • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: Hospitality will have drinks and snacks for coaches and officials.
<p>FACILITY RULES:</p>	<ul style="list-style-type: none"> • Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). • Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. • No coolers in the pool area. They are allowed in the Gym. • No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym. • Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.). • No shaving anywhere in the venue. • No running or horseplay in the facility. • Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. • Clean up your area when you leave after each session. Trash cans and recycle bins are located throughout the facility. Lost and Found is located next to the Announcer. • Officials only inside the ropes. • Coaches, officials, and meet staff only in the Hospitality Room. • The Aquatic Center will close during electrical storms. • NO SMOKING in the Aquatic Center (pool area) or the rest of the building.

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ORDER OF EVENTS

Warm-up: 9:30 am; Start: 10:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	100 Medley Relay	2
	4-minute break	
3	50 Freestyle	4
	4-minute break	
5	25 Backstroke	6
	4-minute break	
7	25 Breaststroke	8
	4-minute break	
9	25 Freestyle	10
	4-minute break	
11	25 Butterfly	12
	4-minute break	
13	50 Backstroke	14
	4-minute break	
15	100 Individual Medley	16
	4-minute break	
17	100 Freestyle Relay	18