



TOP BANANA MEET
Peninsula 8&Y Circuit Meet
October 23, 2010
SANCTION NO. VS-11-06



Hosted by:
Coast Guard Blue Dolphins

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-06
LOCATION:	Fort Eustis Aquatic Center, Building 641 (corner of Washington Ave & Tyler Ave), Fort Eustis, VA 23604, Phone: (757) 878-1090 or 878-1091
FACILITY:	<ul style="list-style-type: none">• Eleven-lane 25 yard indoor pool, 9 feet deep in lane 1 progressing to 7 feet deep lanes 7-11. The competition will be run using 4 or 6 lanes depending on the number of entries.• Facility has Kiefer Wave Eater racing lane lines. The Daktronics Automatic 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 October 23, 2010 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• 4-minute breaks after each set of events• 10-minute break before the relays
WARM-UP:	<ul style="list-style-type: none">• Warm-ups at 11:30-11:50 am; competition starts at 12:00 pm.• Lane assignments for individual clubs will be posted on the CGBD website no later than Wednesday, October 20, 2010 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 Wednesday, October 20, 2010.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, OCTOBER 16, 2010 <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 as an e-mail attachment• 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 "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.• 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

	<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: Mark Van Deren 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, October 23, 2010 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: Candy will be awarded for first through sixth place Heat winner Bananas will be awarded for all events. Relay events: Candy 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 USA 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 will be used at the discretion of the 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: Bob Hood Email: bob.hood@us.army.mil Phone: (757) 878-5777</p> <p>Officials at all positions will be required for this meet.</p>
SAFETY:	<p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> Clubs may be required to provide timers in proportion to the number of swimmers they have entered in meet. The number of timers required per club and their lane assignments will be posted on the CGBD website: http://www.cgbdswimming.org no later than Wednesday, October 20, 2010 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Concessions will be run by the Aquatic Center. Hospitality will have drinks and snacks for coaches and officials. Heat sheets will be for sale for \$2.00.

FACILITY RULES:	<ul style="list-style-type: none"> • PLEASE READ THOROUGHLY. RULES WILL BE ENFORCED BY MEET MARSHALL, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL. • FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE AND AUTOMOBILE REGISTRATION ARE REQUIRED TO ENTER FORT EUSTIS. • 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 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 competition 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. • SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA WILL BE FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK. <p>The Adventure Pool side of the building WILL NOT be available for seating.</p>
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ORDER OF EVENTS

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