



**2nd ANNUAL CARL WARNER MEMORIAL
BB+ Meet
November 12-14, 2010
SANCTION NO. VS-11-17**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-17
LOCATION:	Brittingham-Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, Phone: (757) 591-4573
FACILITY:	<ul style="list-style-type: none"> • 8-lane, 50 meter indoor pool 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System. <ul style="list-style-type: none"> ○ Configured for 8-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool into a bulkhead ○ 6 continuous warm-up / cool down lanes (4-6 feet in depth) in the none competition portion of the pool; • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Oscar Alvarez Email: f2zoo@cox.net Phone: (757) 639-8042
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered by the first day of the meet. • No on deck USA Swimming athlete registration will be permitted. • 13 & older swimmers must have a “BB” time or better in each event entered. • 12 & younger swimmers must have two “BB” times at any distance one each in different strokes including IM as the fifth stroke to swim any event offered • 2009-2012 NAG times are in effect. • Age on November 12, 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"> • Swimmers of all ages entered into distance events will swim Friday evening. • All 13 and older swimmers will swim Saturday morning, Saturday evening, and Sunday afternoon sessions. • All 12 and younger swimmers will swim on Saturday afternoon and Sunday morning sessions. • All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none"> • Friday night warm-ups are general from 4:00-4:45 pm; competition starts at 5:10 pm. There will be specific warm-ups the last 15 minutes of warm-ups (4:45-5:00 pm) with lanes 1 & 8 being pace lanes, and lanes 2 & 7 being one-way starts/sprints. • Morning session warm-ups: 7:00 am; competition starts: 8:10 am. • Afternoon session warm-ups: Not earlier than 12:15 pm; competition starts: Not earlier than 1:25 pm. • Saturday evening sessions: warm-ups are general from 5:30-6:15 pm; competition starts at 6:40 pm. There will be specific warm-ups the last 15 minutes of warm-ups (6:15-6:30 pm) with lanes 1 & 8 being pace lanes, and lanes 2 & 7 being one-way start/sprints. • Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than November 10, 2010, and will also be emailed to the contact person of the participating clubs. • If any session runs late, the following session warm-ups will begin immediately after the earlier session ends. • 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,

November 10, 2010	
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00 PM, SUNDAY, NOVEMBER 8, 2010</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. • 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. • “No Time” (NT) entries will be accepted in the 12&U sessions for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition • Swimmers may enter a maximum of 2 individual events on Friday. <ul style="list-style-type: none"> ○ 12 & younger swimmers may enter 4 events & 1 relay per session on Saturday and Sunday ○ 13 & older swimmers may enter 3 individual events and 1 relay event per session, no more than 5 individual events and 2 relay events per day on Saturday and may enter 4 individual events and 1 relay event per session on Sunday. • 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 lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: cgbdswimming@cox.net • Mail entries to: Steve 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 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: \$4.50 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 November 10, 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: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups ○ 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. ○ 12 & Under events will be given separate awards for 11-12 and 10 & Under age groups ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups • Heat winner ribbons will be awarded for all 10 & Under individual events. • 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, 400 IM, and 1650 Free and relays, which will be deck seeded. • The Events #3-4 (12&U 500 Free), #5-6 (13&O 1650 Free), #17-18 (13&O 500 Free), and #91-92 (13&O 400 IM) will require a positive check-in to swim. • Positive check-in will close 20 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.

PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times: <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 will be used for the morning and afternoon sessions, and may be used for the mid-day sessions 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:	Meet Referee: Michael Downs Email: mhd@cox.net Phone: (757) 846-3820 <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 Tom Colasurdo via email at misterconductor@verizon.net no later than November 10, 2010 • There will be an Officials' Meeting one (1) hour prior to each session in Room 102
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 posted on the CGBD Web site no later than November 10, 2010 and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in the 1650 Free are responsible for providing their own lap counters.
GENERAL:	<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 and gym area. 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 can not be hung from a water return pipe that runs over the team seating areas. • Programs: Meet Programs will be sold for \$8.00. • Snack Bar: CGBD will operate a Concessions Stand during the meet. • Swim Supplies: CGBD will operate a Swim Shop during the meet. • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms.

	<ul style="list-style-type: none"> • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.
FACILITY RULES:	<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.
DIRECTIONS:	From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.

ORDER OF EVENTS
2nd ANNUAL CARL WARNER MEMORIAL MEET

Friday, November 12, 2010

Evening Session		
Warm-up: 4:00 pm; Start: 5:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 50 Freestyle	2
3	12 & Under 500 Freestyle	4
5	13 & Over 1650 Freestyle	6

Saturday, November 13, 2010

Morning Session		
Warm-up: 7:00 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	13-14 400 Freestyle Relay	8
9	15 & Over 400 Freestyle Relay	10
11	13 & Over 200 Butterfly	12
13	13 & Over 200 Backstroke	14
15	13 & Over 200 Breaststroke	16
17	13 & Over 500 Freestyle	18

Afternoon Session		
Warm-up: 12:15 pm; Start: 1:25 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	11-12 100 Freestyle	20
21	10 & Under 50 Freestyle	22
23	11-12 200 Butterfly	24
25	10 & Under 100 Butterfly	26
27	11-12 100 Individual Medley	28
29	10 & Under 100 Individual Medley	30
31	11-12 50 Breaststroke	32
33	10 & Under 50 Breaststroke	34
35	11-12 100 Backstroke	36
37	10 & Under 100 Backstroke	38
39	11-12 200 Breaststroke	40
41	10 & Under 200 Freestyle	42
43	11-12 50 Butterfly	44
45	10 & Under 200 Freestyle Relay	46
47	11-12 200 Freestyle Relay	48

Sunday, November 14, 2010

Morning Session		
Warm-up: 7:00 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	11-12 200 Freestyle	60
61	10 & Under 100 Freestyle	62
63	11-12 100 Butterfly	64
65	10 & Under 50 Butterfly	66
67	11-12 200 Individual Medley	68
69	10 & Under 200 Individual Medley	70
71	11-12 50 Backstroke	72
73	10 & Under 100 Breaststroke	74
75	11-12 100 Breaststroke	76
77	10 & Under 50 Backstroke	78
79	11-12 200 Backstroke	80
81	11-12 50 Freestyle	82
83	10 & Under 200 Medley Relay	84
85	11-12 200 Medley Relay	86

Afternoon Session		
Warm-up: 12:15 pm; Start: 1:25 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
87	13-14 400 Medley Relay	88
89	15 & Over 400 Medley Relay	90
91	13 & Over 400 Individual Medley	92
93	13 & Over 100 Backstroke	94
95	13 & Over 200 Freestyle	96
97	13 & Over 100 Butterfly	98

Evening Session		
Warm-up: 5:30 pm; Start: 6:40 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	13 & Over 100 Freestyle	50
51	13 & Over 200 Individual Medley	52
53	13 & Over 100 Breaststroke	54
55	13-14 800 Freestyle Relay	56
57	15 & Over 800 Freestyle Relay	58