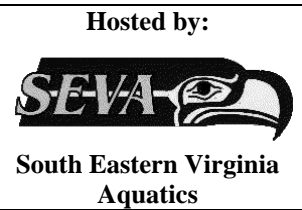




SEVA SEAHAWKS
Virginia Statewide A/BB/B/C Meet
October 16-17, 2010
SANCTION NO. VS-11-08



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-08		
LOCATION:	Midtown Aquatic 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:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Dave Henderson Phone: (757) 897-6127 (cell) Email: SEVAseahawks@aol.com</td> <td style="width: 50%;">Barry & Elaine Ramsey Phone: (757) 850-3879 Email: rueetoo@cox.net</td> </tr> </table>	Dave Henderson Phone: (757) 897-6127 (cell) Email: SEVAseahawks@aol.com	Barry & Elaine Ramsey Phone: (757) 850-3879 Email: rueetoo@cox.net
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes registered by the first day of the meet from the Southeast District-Peninsula. Teams from the Southeast District-Peninsula are CGBD, SEVA, and WAC. Other teams interested in attending, please contact the meet director. • No on deck Virginia Swimming athlete registration will be permitted. • Age on October 16, 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 12 year old & younger swimmers will compete in the morning session on Saturday and Sunday. • 11-12 swimmers will be included in the 1000 Freestyle distance session on Sunday. • All 13 to 18 year old swimmers will compete in the afternoon session on Saturday and Sunday. • All events will be timed finals. • Distance Sessions: Saturday (500 Freestyle) and Sunday (1000 Free) will start 15 minutes after the conclusion of the afternoon session. 		
WARM-UPS:	<ul style="list-style-type: none"> • Morning Session: Warm-ups start at 7:30 am; Competition starts at 8:40 am. • Afternoon Session: Warm-ups start no earlier than 12:30 pm; Competition starts at 1:40 pm. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. • The competition pool will be open for the Distance Session warm up for the first 10 minutes of the 15 minutes break following the afternoon session. • The warm-up/warm-down lanes will remain open at all times during the meet. • Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Wednesday, October 13, 2010 • This information will also be available on the SEVA website, www.sevaswimming.com, by going to the "Meets" followed by "SEVA Hosted Meets". • 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 13, 2010 		
ENTRIES:	<p>DEADLINE FOR RECEIPT OF ENTRIES IS TUESDAY, OCTOBER 12, 2010.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Hy-Tek Team Manager and 		

	<p>Commlink-2 software, or on a VSI master entry sheet.</p> <ul style="list-style-type: none"> • 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, Email address, and phone number 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 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 4 individual events and 1 relay on each day. • Relay teams must be designated A, B, C, etc. if a team enters more than one relay. • 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 event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries. • E-Mail Entries To: SEVAseahawks@aol.com • Mail Entries To: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Phone: (757) 897-6127 (cell) • 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 receipt of your entries. • Additional Entries may be allowed at the discretion of the Meet Director, 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 (entered in any capacity in the meet)</p> <ul style="list-style-type: none"> • Make Checks payable to: SEVA Inc. • Payment must be received by Wednesday, October 13, 2010 for email entries. Payment must be included with all mailed entries. An entry fee summary printout from Team Manager must accompany the entry fee payment. • 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 (1st) through eighth (8th) place <ul style="list-style-type: none"> ○ 10 & Under individual events will be given separate awards for 8 & Under and 9 year old and 10 year old swimmers. ○ 12 & Under individual events will be given separate awards for 8 & Under, 9 year old, 10 year old, 11 year old, and 12 year old swimmers. ○ The 11-12 year old events will be given separate awards for 11 year old & 12 year old swimmers. ○ 13 -18 events will be given separate awards for 13 year old & 14 year old swimmers and 15-18 age group.. ○ The 9 to 18 year old 500 Free will be given separate awards for 9-10, 11-12, 13-14 & 15-18 year old swimmers. ○ The 11 to 18 year old 1000 Free will be given awards for the 11-12, 13-14, & 15-18 age groups. • Relay Events: Awards will be presented to first (1st) through fourth (4th) place for each event.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded except for Event 45-46 (13-18 500 Free), Event 75-76 (12&U 500 Free) event 91-92 (11-18 1000 Free), and all relays, which will be deck seeded. • A positive check-in is required to swim events 45-46 (500 Free) and events 91-92 (1000 Free) • 13-18 500 Free check-in will be by 2:00 pm on Saturday • 12 & Under 500 Free check-in will be by 9:00 am on Sunday. • 11-18 1000 Free positive check will be by 2:00 pm on Sunday • SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE

	<p>EVENT.</p> <ul style="list-style-type: none"> The 500 Free events, 45-46 & 75-76, will be run in event order, slowest to fastest. The 1000 Free will be swum fastest to slowest.
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 day prior to the start 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 all sessions 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> <ul style="list-style-type: none"> We ask for your teams help in supplying officials for the meet. Anyone in the process of achieving certification through on-deck training is welcome. Contact: Freddie Persinger, SEVA Officials Chairman at (757) 897-0787 (c) or officials@sevaswimming.com. Thank you for your help in advance.
SAFETY:	<p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
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 SEVA web site at www.sevaswimming.com no later than Wednesday, October 13, 2010. Please see the "Meet" section followed by "SEVA Hosted Meets" section of the web site. This information will also be e-mailed to the contact person listed for each club. All teams are responsible for providing timers for their swimmers competing in 1000 Free events.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Meet programs will be sold for \$5.00 Snack Bar: SEVA will operate a snack bar during the meet. Swim Shop: Swim & Sports Stop will be operating a swim shop during the meet for your apparel needs. Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Dinner will be served on Friday evening. Breakfast and lunch will be served on Saturday and Sunday. Drinks and snacks will be provided during the day. First Aid: A staffed First Aid Station is located at the 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.
RESULTS:	<ul style="list-style-type: none"> All results will be announced, and then posted on the wall in the hallway near the snack bar Meet results will be e-mailed to all participating teams within 24 hours of the conclusion of the meet. The results will be posted to the Virginia Swimming web site www.virginiaswimming.com after the conclusion of the meet.
FACILITY RULES:	<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 violates Aquatic Center rules, posted at the pool, will be disqualified from the meet and escorted from the facility.

	<ul style="list-style-type: none"> • 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 containers (e.g. sports and plastic bottles with screw-on caps). • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff are the only people permitted behind the blocks. Spectators are asked to remain behind the ropes setup on the sides of the pool. Please stay in the seating area as much as possible and not view the meet from the deck during warm-ups and the competition. • Team Areas: Team seating will be available in the gymnasium and limited space in the pool area. No swim bags will be allowed in the pool area. Swimmers should keep their bags in the gym. 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 (sandals/flip-flops) • 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. They are allowed in the gym. • Parking: Please note that there is a one-way traffic pattern that circles the building. Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). • Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum. • No shaving anywhere in the venue.
DIRECTIONS:	<p>From the North/South, follow I-64 to exit 261A. Take Hampton Roads Parkway west. Follow approximately 2 ½ miles (Hampton Roads Parkway will turn into Harpersville Road). Turn left onto Jefferson Avenue. Go Approximately 1 mile to McLawhorne Drive. Turn right at the light. The Newport News Midtown Community/Aquatic Center will be on your left.</p>

**ORDER OF EVENTS
SEVA A/BB/B/C Meet**

Saturday, October 16, 2010

Morning Session

Warm-up: 7:30 am; Start: 8:40 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Freestyle	2
3	10 & Under 50 Freestyle	4
5	11-12 200 Butterfly	6
7	10 & Under 100 Butterfly	8
9	11-12 100 Individual Medley	10
11	10 & Under 100 Individual Medley	12
13	11-12 50 Breaststroke	14
15	10 & Under 50 Breaststroke	16
17	11-12 100 Backstroke	18
19	10 & Under 100 Backstroke	20
21	11-12 200 Breaststroke	22
23	10 & Under 200 Freestyle	24
25	11-12 50 Butterfly	26
27	10 & Under 200 Freestyle Relay	28
29	11-12 200 Freestyle Relay	30
31	11-12 400 Individual Medley	32

Sunday, October 17, 2010

Morning Session

Warm-up: 7:30 am; Start: 8:40 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	11-12 200 Freestyle	48
49	10 & Under 100 Freestyle	50
51	11-12 100 Butterfly	52
53	10 & Under 50 Butterfly	54
55	11-12 200 Individual Medley	56
57	10 & Under 200 Individual Medley	58
59	11-12 50 Backstroke	60
61	10 & Under 100 Breaststroke	62
63	11-12 100 Breaststroke	64
65	10 & Under 50 Backstroke	66
67	11-12 200 Backstroke	68
69	11-12 50 Freestyle	70
71	10 & Under 200 Medley Relay	72
73	11-12 200 Medley Relay	74
75	12 & Under 500 Freestyle	76

Afternoon Session

Warm-up: 12:30 PM; Start: 1:40 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	13-18 100 Freestyle	34
35	13-18 200 Butterfly	36
37	13-18 200 Individual Medley	38
39	13-18 200 Breaststroke	40
41	13-18 100 Backstroke	42
43	13-18 200 Freestyle Relay	44

Afternoon Session

Warm-up: 12:30 PM; Start: 1:40 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
77	13-18 200 Freestyle	78
79	13-18 100 Butterfly	80
81	13-18 100 Breaststroke	82
83	13-18 200 Backstroke	84
85	13-18 50 Freestyle	86
87	13-18 400 Individual Medley	88
89	13-18 200 Medley Relay	90

Distance Session

Approximate start 15 min after afternoon session

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	13-18 500 Freestyle	46

Distance Session

Approximate start 15 min after afternoon session

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
91	11-18 1000 Freestyle	92