




WAC HEAD START MEET
Southeast District A/BB/B/C Meet
SEPTEMBER 25-26, 2010
SANCTION NO. VS-11-02

Hosted by

 Williamsburg Aquatic Club

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO. VS-11-02						
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090						
FACILITY:	<ul style="list-style-type: none"> • Eleven (11) lane 25 yard indoor pool, 9 feet deep in lane 1 progressing to 7 feet deep lanes 7-11. • All Sessions will be run using an eight lane course for competition with two additional lanes for continuous warm-up/warm-down. • The Meet Director reserves the right to use 9 or 10 lanes for competition should it is necessary which would reduce or eliminate the warm-up/warm-down lanes • Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines • 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 style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Harold Baker</td> <td style="width: 50%;">Anne Anderson</td> </tr> <tr> <td>Email: coachharold2@cox.net</td> <td>Email: flandos@cox.net</td> </tr> <tr> <td>Phone: (757) 229-8662</td> <td>Phone: (757) 220-8633</td> </tr> </table>	Harold Baker	Anne Anderson	Email: coachharold2@cox.net	Email: flandos@cox.net	Phone: (757) 229-8662	Phone: (757) 220-8633
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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 in Southeast District, BAC, and VACS. Teams in Southeast District are: CGBD, OBX, ODAC, SEVA, TAC, TCAC, TIDE, US, VYAC, and WAC • No on deck Virginia Swimming athlete registration will be permitted. • Age on September 25, 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 ages will swim in a single session each day, Saturday afternoon and Sunday morning • All relays will be mixed consisting of 2 girl and 2 boy swimmers. • All events will be timed finals. 						
WARM-UPS:	<ul style="list-style-type: none"> • Saturday Afternoon Session warm-up start: 12:00 PM; Competition starts 1:00 PM • Sunday Morning Session warm-up start: 8:00 AM; Competition starts 9:00 AM • Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than Wednesday, September 22, 2010, 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. • 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, September 22, 2010 						
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS SUNDAY, SEPTEMBER 19, 2010.</p> <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 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 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. 						

	<ul style="list-style-type: none"> Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per session. Relays will be mixed consisting of 2 boy and 2 girl swimmers. 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 lengthy a session. This may include combining heats and events, which actions may require reseeding. Email entries to: coachharold2@cox.net Mail entries to: Williamsburg Aquatic Club 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. 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: Williamsburg Aquatic Club Payment must be received by Wednesday, September 22, 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 individual events will be given separate awards for the 13-14 and 15 & over age groups 10 & under individual events will be given separate awards for 9-10 and 8 & under age groups Relay events: Ribbons will be awarded for first through fourth places.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. Swimmers 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 will be used for the 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: Mark Knotts Email: wacswimmer@msn.com Phone: (757) 220-8540</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. Anyone interested in achieving certification through on deck training will be welcomed. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Glenn Watkins, Phone (757) 871-1892, Email: gaw1717@cox.net • Officials meetings/briefings will be held one hour before each session.
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 WAC website, www.swimwac.com, no later than Wednesday, September 22, 2010 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. You may also need Automobile Registration as well as proof of insurance to gain access to the base. Please allow plenty of time for base access due to security considerations. • 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. • Absolutely no parking on grass, at the MP station, or on the side by the trees in the Aquatic Center Parking Lot.
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 HEAD START MEET ORDER OF EVENTS

Saturday, September 25, 2010

Morning Session		
Warm-up: 12:00 PM; Start: 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & 12 50 Free	2
3	10 & under 50 Free	4
5	13 & over 100 Free	6
7	11 & 12 100 IM	8
9	10 & under 100 IM	10
11	13 & over 200 Back	12
13	11 & 12 50 Back	14
15	10 & under 50 Back	16
17	13 & over 100 Breast	18
19	11 & 12 50 Fly	20
21	10 & under 50 Fly	22
23	13 & over 200 IM	24
25	11 & 12 100 Breast	26
27	10 & under 100 Breast	28
29	13 & over 100 Fly	30
31	11 & 12 mixed 200 Free Relay	
32	10 & under mixed 100 Free Relay	
33	13 & 14 mixed 200 Free Relay	
34	15 & over mixed 200 Free Relay	

Sunday, September 26, 2010

Morning Session		
Warm-up: 8:00 AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	11 & 12 100 Back	36
37	10 & under 100 Back	38
39	13 & over 50 Free	40
41	11 & 12 200 IM	42
43	10 & under 200 IM	44
45	13 & over 200 Fly	46
47	11 & 12 100 Fly	48
49	10 & under 100 Fly	50
51	13 & over 200 Breast	52
53	11 & 12 50 Breast	54
55	10 & under 50 Breast	56
57	13 & over 200 Free	58
59	11 & 12 100 Free	60
61	10 & under 100 Free	62
63	13 & over 100 Back	64
65	11 & 12 mixed 200 Medley Relay	
66	10 & under mixed 100 Medley Relay	
67	13 & 14 mixed 200 Medley Relay	
68	15 & over mixed 200 Medley Relay	