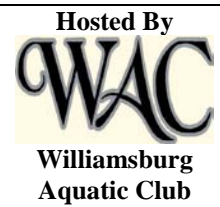




WILLIAMSBURG AQUATIC CLUB
Southeast District
12&Y B/C and 13&O BB/B/C Meet
December 4-5, 2010
SANCTION NO. VS-11-30



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-30						
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 be necessary to keep the sessions under 4 hours. • The Facility uses a Daktronics Automatic Timing System with a 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 border="0"> <tr> <td>Name: Harold Baker</td> <td>John Poorman</td> </tr> <tr> <td>Email: coachharold2@cox.net</td> <td>Email: jsswim01@mac.com</td> </tr> <tr> <td>Phone: (757) 229-8662</td> <td>Phone: (757) 250-3353</td> </tr> </table>	Name: Harold Baker	John Poorman	Email: coachharold2@cox.net	Email: jsswim01@mac.com	Phone: (757) 229-8662	Phone: (757) 250-3353
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Phone: (757) 229-8662	Phone: (757) 250-3353						
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes registered by the first day of the meet in the Southeast District: Teams in the Southeast District are: CGBD, OBX, ODAC, SEVA, TAC, TCAC, TIDE, US, WAC, and VYAC • No on deck Virginia Swimming athlete registration will be permitted. • 8 year old & younger swimmers may compete in any 8 & Under event regardless of classification • 9-12 year old swimmers may compete in any event and in any relay stroke in which they have a "B" or "C" time. • 13 year old swimmers and older may compete in any event and in relay strokes in which they have a "BB", "B", or "C" time. • 2009-2012 NAG time standards are in effect. • Age on December 4, 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 10 & younger swimmers will swim in the Morning sessions on Saturday & Sunday. • All 11 & older swimmers will swim in the Afternoon sessions on Saturday & Sunday. • All events will be timed finals. 						
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:30 AM • Afternoon sessions: Warm-ups at 12:30 PM; competition starts at 1:30 PM • Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon Session, with the distance session competition starting 5 minutes thereafter. • The approximate start time for the distance sessions will be posted on the WAC website no later than Tuesday November 30, 2010, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the WAC website Swimwac.com no later than November 30, 2010, and will also be emailed to the contact person. • 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 Tuesday November 30, 2010 						

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 24, 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 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 "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 4 individual events and 1 relay event 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 lengthy a session. This may include combining heats and events, and/or the use of 9 or 10 lanes for the session. • Email entries to: coachharold2@cox.net • Mail entries to: Harold Baker 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, December 1, 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. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. • Relay events: Ribbons will be awarded for first through eighth place .
SEEDING:	<ul style="list-style-type: none"> • All events, except events in the distance sessions will be pre-seeded. • Swimmers in the Morning & Afternoon sessions should report directly to the blocks for their events. • Events # 53 & 54 (1650 Free) & Event # 109 & 110 (1000 Free) will require a positive check-in to swim. • Positive check-in will close at 3:00 P.M. each day. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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.

	<ul style="list-style-type: none"> 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: Tommy Lovell Email: scoutmastertommy@gmail.com Phone: (757) 532-4378</p> <p>Bob Hood Email: bob.hood@us.army.mil Phone: (757) 878-5777</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 Glenn Watkins, Phone # (757) 871-1892, Email: wacofficials@hotmail.com no later than Sunday November 28, 2010 An Officials Meeting will be held 1 hour before the start of the Morning and Afternoon Sessions each day.
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 swimvac.com no later than Wednesday November 30, 2010, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> Coaches and Officials hospitality will be available. Meet Programs will be sold.
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, AUTOMOBILE REGISTRATION, AND PROOF OF INSURANCE ARE REQUIRED TO ENTER FORT EUSTIS. Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that 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. The Adventure Pool side of the building WILL be available for seating on Friday, Saturday and Sunday.
DIRECTIONS:	From I-64 take exit 250(Ft. Eustis Blvd) towards Ft. Eustis. Go 4 blocks past security and through the circular intersection. Turn right at the first street (Tyler Road) past circular intersection. The Aquatic Center is the building on the left. If the parking lot is full, additional parking is 100 yards ahead on Tyler Road.

ORDER OF EVENTS
WAC Southeast District
12&Y B/C and 13&O BB/B/C Meet

Saturday, December 4, 2010

Morning Session

Warm-up: 7:30 AM; Start: 8:30 AM

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

Afternoon Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 100 Breaststroke	28
29	13 & Over 100 Breaststroke	30
31	11-12 200 Freestyle	32
33	13 & Over 200 Freestyle	34
35	11-12 50 Butterfly	36
37	13 & Over 100 Butterfly	38
39	11 & Over 500 Freestyle	40
41	11-12 100 Backstroke	42
43	11 & Over 200 Backstroke	44
45	11-12 100 Individual Medley	46
47	13 & Over 200 Individual Medley	48
49	11-12 200 Freestyle Relay	50
51	13 & Over 200 Freestyle Relay	52

Distance Session

(15 minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11 & Over 1650 Freestyle	54

Sunday, December 5, 2010

Morning Session

Warm-up: 7:30 AM; Start: 8:30 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	10 & Under 100 Backstroke	56
57	8 & Under 100 Individual Medley	58
59	9-10 100 Individual Medley	60
61	8 & Under 25 Freestyle	62
63	9-10 50 Freestyle	64
65	8 & Under 50 Breaststroke	66
67	10 & Under 100 Breaststroke	68
69	8 & Under 25 Butterfly	70
71	9-10 50 Butterfly	72
73	8 & Under 50 Backstroke	74
75	10 & Under 500 Freestyle	76
77	8 & Under 100 Medley Relay	78
79	9-10 200 Medley Relay	80

Afternoon Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	11-12 50 Backstroke	82
83	13 & Over 100 Backstroke	84
85	11-12 50 Breaststroke	86
87	11 & Over 200 Breaststroke	88
89	11-12 50 Freestyle	90
91	13 & Over 50 Freestyle	92
93	11 & older 400 Individual Medley	94
95	11-12 100 Butterfly	96
97	11 & Over 200 Butterfly	98
99	11-12 100 Freestyle	100
101	13 & Over 100 Freestyle	102
103	11-12 200 Individual Medley	104
105	13 & Over 200 Medley Relay	106
107	11-12 200 Medley Relay	108

Distance Session

(15 minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
109	11 & Over 1000 Freestyle	110