



WAC FALL CLASSIC
Southeast District BB/B/C Meet
November 6-7, 2010
SANCTION NO. VS-11-16



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-16
LOCATION:	Ft. 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:	Name: Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662 Erin Roehrlé Email: eroehrlé@cox.net Phone: (757) 220-9080
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes registered by the first day of the meet in Southeast District 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• Swimmers may compete in any event and relay strokes in which they have a “BB”, “B”, or “C” Time.• 2009-2012 NAG time standards are in effect• Age on November 6, 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 & younger swimmers will swim in the morning sessions.• All 13 & older swimmers will swim in the afternoon sessions. Distance Sessions will start after the conclusion of the afternoon session.• 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 (swimwac.com) no later than Wednesday, November 3, 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 Wednesday November.3, 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, November 3, 2010

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 27, 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 must 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 "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. • 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: 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 Meet Director 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: WAC. • Payment must be received by Wednesday November 3, 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 1 – 8th place. <ul style="list-style-type: none"> ○ 13 & over individual events will be given separate awards for 13-14 and 15 & over age groups. ○ 11 & over individual events will be given separate awards for 11-12, 13-14, and 15 & over age groups. ○ 10 & under individual events will be given separate awards for 8 & under and 9-10 age groups. • Relay events: Ribbons will be awarded for first through eighth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except the Events 23-24 (10&U 500 Free), 47-50 (13-14 and 15&O 400 IM), 87-88 (11-12 500 Free), 59-60 (11&O 1650 Free), 101-104 (13-14 and 15&O 500 Free), and 121-122 (11&O 1000 Free) and 400 IM will be pre-seeded. • All Swimmers should report directly to the blocks for their events. • The 500 Free (events 23, 24, 87, 88, 101-104), 1000 Free (events 121-122), and 1650 Free (events 59-60) and 400 IM (events 47-50) will require a positive check-in to swim. • Positive check-in will close at the end of warm-ups for sessions including the 500 Free and the 400 IM. The Positive check-in for the distance session will close at 3:00 pm 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

	<p>published as part of the official meet results.</p> <ul style="list-style-type: none"> • 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. • 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 October 31st. • An Officials Meeting will be held 1 hour before the start of the morning and the afternoon sessions. They will start at 7:30 am and at 12:30 pm. 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 the WAC website (swimwac.com) no later than Wednesday, November 3, 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:	<p>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS</p> <ul style="list-style-type: none"> • Picture identification is required to gain access to the base. • Rules will be enforced by Meet Marshalls, Aquatic Center Staff, and Ft. Eustis Fire Marshalls. • Each Club is responsible for the conduct of its parents and swimmers. Anyone who violates Aquatic Center rules will be disqualified from the Meet and removed 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 in the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Swimmers, coaches, officials and event staff only are allowed on the deck during the competition. • Balcony: Swimmers and their bags will not be allowed to stay in this area. Spectator seating in limited, so swimmers must stay on the competition pool deck and/or lobby.
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 1 st Street (Tyler Road) past the 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 Fall Classic

Saturday, November 6, 2010

Morning Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & 12 100 Free	2
3	10 & under 50 Breast	4
5	11 & 12 50 Breast	6
7	10 & under 100 Free	8
9	11 & 12 200 Free	10
11	10 & under 50 Fly	12
13	11 & 12 50 Fly	14
15	10 & under 200 IM	16
17	11 & 12 200 IM	18
19	10 & under 100 Back	20
21	11 & 12 100 Back	22
23	10 & under 500 Free	24
25	11 & 12 200 Fly	26
27	10 & under 200 Medley Relay	28
29	11 & 12 200 Medley Relay	30

Afternoon Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	13 & 14 200 Free	32
33	15 & over 200 Free	34
35	13 & 14 100 Breast	36
37	15 & over 100 Breast	38
39	13 & 14 200 Back	40
41	15 & over 200 back	42
43	13 & 14 100 Fly	44
45	15 & over 100 Fly	46
47	13 & 14 400 IM	48
49	15 & over 400 IM	50
51	13 & 14 50 Free	52
53	15 & over 50 Free	54
55	13 & 14 200 Medley Relay	56
57	15 & over 200 Medley Relay	58

Distance Session

(15 Minute Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	11 & over 1650 Free	60

Sunday, November 7, 2010

Morning Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	11 & 12 200 Back	62
63	10 & under 50 Free	64
65	11 & 12 50 Free	66
67	10 & under 100 IM	68
69	11 & 12 100 IM	70
71	10 & under 200 Free	72
73	11 & 12 200 Breast	74
75	10 & under 50 Back	76
77	11 & 12 50 Back	78
79	10 & under 100 Fly	80
81	11 & 12 100 Fly	82
83	10 & under 100 Breast	84
85	11 & 12 100 Breast	86
87	11 & 12 500 Free	88
89	10 & under 200 Free Relay	90
91	11 & 12 200 Free Relay	92

Afternoon Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
93	13 & 14 100 Free	94
95	15 & over 100 Free	96
97	13 & 14 200 Fly	98
99	15 & over 200 Fly	100
101	13 & 14 500 Free	102
103	15 & over 500 Free	104
105	13 & 14 200 IM	106
107	15 & over 200 IM	108
109	13 & 14 100 Back	110
111	15 & over 100 Back	112
113	13 & 14 200 Breast	114
115	15 & over 200 Breast	116
117	13 & 14 200 Free Relay	118
119	15 & over 200 Free Relay	120

Distance Session

(15 Minute Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
121	11 & over 1000 Free	122