SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: **VS-12-13**
	• USA Swimming, Inc., Virginia Swimming, Inc., and the Old Dominion University JC "Scrap" Chandler Natatorium shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Old Dominion University JC "Scrap" Chandler Natatorium located in the Health & Physical Education Building at the corner of 48th Street and Powhatan Avenue, Norfolk, VA 23508
FACILITY:	• Eight (8) lane 25 yard indoor pool, 15 feet in depth at the start end and 4 feet in depth at the turn end. All sessions will be run using an eight (8) lane course for competition. Facility uses a Colorado Timing System.
	• The competition course has not been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2C(4).
MEET DIRECTOR:	Steve Bialorucki Phone: (757) 471-1828 Email: stevebialorucki@swimodac.com
ELIGIBILITY:	• Open to all Virginia Swimming athletes registered by the first day of the meet in Southeastern District. The Teams in the District are: CGBD, OBX, ODAC, SCSC, SEVA, TAC, TCAC, TIDE, VYAC, and WAC.
	• All swimmers may compete in any event and relay strokes in which they have a "BB", "B" or "C" Time.
	• No on-deck Virginia Swimming athlete registration will be permitted.
	• 2009-2012 NAG time standards are in effect.
	• Age on October 22, 2011 will determine age for the entire meet.
DISABILITY SWIMMERS:	• 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:	• All 12 & Younger swimmers will swim on Saturday and Sunday morning.
	• All 13 & Older swimmers will swim on Saturday and Sunday afternoon.
	• All events will be timed finals.
WARM-UP:	• Morning sessions: Warm-ups at 8:00 AM; competition starts at 9:00 AM.
	• Afternoon sessions: Warm-ups not before 1:00 PM; competition starts not before 2:00 PM.
	• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter. 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 ODAC website no later than Thursday, October 22, 2011, 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 will be notified not later than Wednesday, October 19, 2011
ENTRIES:	**DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 12, 2011.**
	• 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 via e-mail.

	- 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. - All entry times must have been achieved in USA Swimming sanctioned, approved, and observed competition. - Coach Times (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, which actions may require reseeding. - Email entries to: stevebialorucki@swimodac.com - 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:	Individual events: $3.00
	Relay events: $12.00
	Swimmer surcharge: $2.50 per person (entered in the meet in any capacity) - Checks should be made payable to: ODAC - Mail entries to: Steve Bialorucki
	              5165 Stratford Chase Drive
	              Virginia Beach, VA 23464
	              (757) 474-1014 - Payment must be received by October 23, 2011 for all entries. - Failure to pay entry fees by this deadline could result in teams being barred from the meet.

AWARDS:	- Individual events: Ribbons will be awarded for first through eighth place. 13 & Over events will be given separate awards for 13-14 and Senior age groups. 12 & Under events will be given separate awards for 11-12 and 10 & Under age groups. - Relay events: Ribbons will be awarded for first through fourth place
SEEDING:	- All **individual** events, except event #29-30 (12&U 500 Free), 31-32 (13&O 400 IM), 55-56 (13&O1000 Free), and 109-110 (13&O 500 Free) will be **pre-seeded**. - Event #29-30 (12&U 500 Free), 31-32 (13&O 400 IM), 55-56 (13&O1000 Free), and 109-110 (13&O 500 Free) require a positive check-in to swim. **Positive check-in** will close at **10:00 AM** (Morning Sessions) and **2:30 PM** (Afternoon Session). **SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.** - The 1000 Free (events 55 and 56) will be swum fastest to slowest and alternating heats of girls and boys.
PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times: **Swimmer shall be disqualified from 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 USA 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:	• The current USA Swimming Rules and Regulations will apply.
	• All swimmers participating in the meet must be dive certified.
	   o Swimmers 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.
	   o Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.
	• The overhead start procedure will be used for the afternoon sessions, and may be used for the morning 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
	   o Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director
	   o Coaches with expired or non-current credentials will be required to leave the deck area.

OFFICIALS:	**Meet Referee: Kim Schlimgen**
	      Email: kys1964@yahoo.com
	      Phone: (757)430-4068
	• Officials will be needed for all positions and all sessions 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 Janet Law, Email: janetlaw01@cox.net or Phone: (757) 482-5146

SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
DIRECTIONS:	• **From Southside:** Take 264 to Norfolk and exist Waterside Drive. Waterside drive becomes Boush Street and you will make a left onto Brambleton Avenue. Follow Brambleton Avenue you see signs for Hampton Boulevard/ODU. Bear right onto Hampton Boulevard. Follow Hampton Boulevard to 43rd Street (approximately 3 miles) and make a right follow down 48th Street facility is on your right. • **From Peninsula:** I-64 E until you reach exit 276, VA-406/NAVAL Base/Terminal Boulevard. Once on the exit ramp, stay right as it splits. Once on I-564, stay right again, following the first exit for Terminal Boulevard. Continue straight through two traffic lights, and at the third light, turn left onto Hampton Boulevard. Follow Hampton Boulevard. to 48th Street and make a right. Follow to 1520 West 48th Street.
HOTELS:	ODAC has not made any arrangements with any of the following hotels as far as discounts or blocks of rooms. All of these hotels are within 10-minutes of the ODU Campus. • ***Comfort Inn – Norfolk Naval Base*** 8051 Hampton Blvd. Norfolk, VA 23505-1001 (757) 451-0000 • **Econo Lodge – Ocean View Beach (NAS)** 9601 4th View St. Norfolk, VA 23503-1401 (757) 480-9611 • ***Hampton Inn – Norfolk Naval Base*** 8501 Hampton Blvd. Norfolk, VA 23505-1009 (757) 489-1000 • ***Norfolk Waterside Marriott*** 235 East Main St. Norfolk, VA 23510 (757) 627-4200 • ***Omni Waterside Hotel at Norfolk*** 777 Waterside Dr. Norfolk, VA 23510-2101 (757) 622-6664

ORDER OF EVENTS
Saturday, October 22, 2011

Morning Session
Warm-up: 8:00 am; Start: 9:00 am

Girls	Events	Boys
1	11-12 100 Breast	2
3	10&U 100 Breast	4
5	11-12 50 Fly	6
7	10&U 50 Fly	8
9	11-12 200 Back	10
11	10&U 100 IM	12
13	11-12 100 IM	14
15	10&U 200 Free	16
17	11-12 200 Free	18
19	10&U 50 Back	20
21	11-12 50 Back	22
23	11-12 200 Fly	24
25	10&U 200 Free Relay	26
27	11-12 200 Free Relay	28

Distance Session
(15 minute break)

Girls	Events	Boys
29	12&U 500 Free	30

Afternoon Session
Warm-up: 1:00 pm; Start: 2:00 pm
(Times are approximate)

Girls	Events	Boys
31	13&O 400 IM	32
33	13-14 100 Breast	34
35	15&O 100 Breast	36
37	13-14 200 Free	38
39	15&O 200 Free	40
41	13-14 100 Fly	42
43	15&O 100 Fly	44
45	13-14 200 IM	46
47	15&O 200 IM	48
49	13-14 200 Back	50
51	15&O 200 Back	52
53	13&O 200 Free Relay	54

Distance Session
(15 minute break)

Girls	Events	Boys
55	13&O 1000 Free	56

Sunday, October 23, 2011

Morning Session
Warm-up: 8:00 am; Start: 9:00 am

Girls	Events	Boys
57	11-12 100 Back	58
59	10&U 100 Back	60
61	11-12 50 Breast	62
63	10&U 50 Breast	64
65	11-12 100 Free	66
67	10&U 100 Free	68
69	11-12 200 IM	70
71	10&U 200 IM	72
73	11-12 100 Fly	74
75	10&U 100 Fly	76
77	11-12 50 Free	78
79	10&U 50 Free	80
81	11-12 200 Breast	82
83	10&U 200 Medley Relay	84
85	11-12 200 Medley Relay	86

Afternoon Session
Warm-up: 1:00 pm; Start: 2:00 pm
(Times are approximate)

Girls	Events	Boys
87	13-14 200 Fly	88
89	15&O 200 Fly	90
91	13-14 50 Free	92
93	15&O 50 Free	94
95	13-14 200 Breast	96
97	15&O 200 Breast	98
99	13-14 100 Back	100
101	15&O 100 Back	102
103	13-14 100 Free	104
105	15&O 100 Free	106
107	13&O 200 Medley Relay	108

Distance Session
(15 minute break)

Girls	Events	Boys
109	13&O 500 Free	110