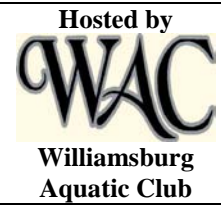




WAC JANUARY FLURRY
Southeast District A/BB/B/C Mini Meet
January 14-15, 2012
SANCTION NO. VS-12-44



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-44USA Swimming, Inc., Virginia Swimming, Inc., and the Fort Eustis Aquatic Center 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:	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, 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/downThe Meet Director reserves the right to use lane 9 or 10 for competition should it be needed 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 104.2.2C(4).	
MEET DIRECTOR:	Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662	Erin Roehrle Email: eroehrle@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 the Southeast District. Southeast District teams are: CGBD, OBX, ODAC, SEVA, TAC, TCAC, TIDE, VYAC, and WAC.Non-southeast District teams will be allowed as space allows. Please contact the meet director if you are interested in competing in this meet.No on-deck Virginia Swimming athlete registration will be permitted.Age on January 14, 2011 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 & under swimmers will swim in the morning session.All 11 & older swimmers will swim in 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 AMAfternoon sessions: Warm-ups not before 11:30 AM; competition starts not before 12:30 PMDistance 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 approximate start time for the distance sessions will be posted on the WAC team website, http://www.swimwac.com, no later than Wednesday January 11, 2012 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 swimwac.com website no later than Wednesday January 11, 2012 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,	

	January 11, 2012.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 4, 2012.</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 via email. • 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 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: Harold Baker, coachharold2@cox.net • 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.
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 • Mail payment to: Williamsburg Aquatic Club 3013 South Court Williamsburg, Va. 23185 • Payment must be received by Wednesday January 11, 2012 for all 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. ○ Heat winner ribbons will be awarded for all 10 & Under individual events. • Relay events: Ribbons will be awarded for first through eighth place.
SEEDING:	<ul style="list-style-type: none"> • All events, except # 55-56 (11&O 1650 Freestyle) and 107-108 (11&O 1000 Freestyle) will be pre-seeded. • Swimmers in all sessions should report directly to the blocks for their events. • Events # 55, 56, 107, & 108 will require a positive check-in to swim. • Positive check-in will close at the end of the warm-ups for the afternoon sessions. • 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 USA Swimming by the first day of the

	<p>meet may be fined \$100 per swimmer in each event so entered.</p> <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. All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> 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. 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. The Referees can bypass the overhead start procedure if the swimmers are not getting enough rest between swims. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u> 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 <ul style="list-style-type: none"> Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: John Warhol Email: john.warhol@gmail.com Phone: (757) 898-1555</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Team officials chair 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, by Sunday January 8, 2012. An officials meeting will occur 1 hour before the start of the morning (7:30 AM) & afternoon (11:30 AM sessions in the hospitality room.
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 swimvac.com no later than Wednesday January 11, 2012, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	Information pertaining to but not limited to: Hospitality, concessions, heat sheets, swim shop, etc.
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 Saturday and Sunday.

DIRECTIONS:	<ul style="list-style-type: none">• 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 1st Street (Tyler Road) part the circular intersection. The Aquatic Center is the building on the left. If the lot is full, additional parking is 100 yards ahead on Tyler road.• Please let your families know that in order to drive a car onto the base, you must have a Driver's License, the car's registration, and your insurance card.
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ORDER OF EVENTS WAC January Flurry

Saturday, January 14, 2012

Morning Session

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

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

Sunday, January 15, 2012

Morning Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	8 & Under 25 Back	58
59	9-10 50 Free	60
61	8 & Under 50 Free	62
63	9-10 100 IM	64
65	10 & Under 200 Free	66
67	8 & Under 25 Breast	68
69	9-10 50 Back	70
71	10 & Under 100 Fly	72
73	8 & Under 50 Fly	74
75	10 & Under 100 Breast	76
77	10 & Under 200 Free Relay	78
79	8 & Under 200 Free Relay	80

Afternoon Session

Warm-up: 11:30 PM; Start: 12:30 PM

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 200 Free	28
29	13 & Over 200 Free	30
31	11-12 100 Breast	32
33	13 & Over 100 Breast	34
35	11-12 50 Back	36
37	11 & Over 200 Back	38
39	11-12 100 Fly	40
41	13 & Over 100 Fly	42
43	11-12 50 Fly	44
45	11 & Over 400 IM	46
47	11-12 100 IM	48
49	11-12 50 Free	50
51	11-12 200 Medley Relay	52
53	13 & Over 200 Medley Relay	54

Afternoon Session

Warm-up: 11:30 PM; Start: 12:30 PM

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	11-12 100 Free	82
83	13 & Over 100 Free	84
85	11 & Over 200 Fly	86
87	11-12 500 Free	88
89	13 & Over 500 Free	90
91	11-12 200 IM	92
93	13 & Over 200 IM	94
95	11-12 100 Back	96
97	13 & Over 100 Back	98
99	11-12 50 Breast	100
101	11 & Over 200 Breast	102
103	11-12 200 Free Relay	104
105	13 & Over 200 Free Relay	106

Distance Session

(15 Minute Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	11 & over 1650 Free	56

Distance Session

(15 Minute Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
107	11 & over 1000 Free	108