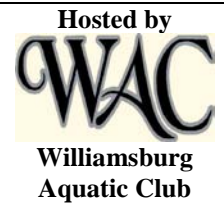




WAC Head Start Meet
Southeast District A/BB/B/C Mini Meet
September 24-25, 2011
SANCTION NO. VS-12-03



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-03USA Swimming, Inc., Virginia Swimming, Inc., and 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 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 104.2.2C(4).
MEET DIRECTOR:	Name: Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662
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, QSTS, PSDN, and VACS. Teams in Southeast District are: CGBD, GBHH, OBX, ODAC, SCSC, SEVA, TAC, TCAC, TIDE, VYAC, and WACNo on deck Virginia Swimming athlete registration will be permitted.Age on September 24, 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 sessions.All 11 & over swimmers will swim in the afternoon sessions.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 12:00 PM; competition starts not before 1:00 PMLane assignment and warm-up times for individual clubs will be posted on the WAC website (http://www.swimwac.com) no later than Wednesday September 21, 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 would be notified not later than Wednesday September 21, 2011
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, SEPTEMBER 14, 2011 <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 e-mailA 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

	<p>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.</p> <ul style="list-style-type: none"> • 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. • The Mixed relays will consist of 2 Male & 2 Female Swimmers. • 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, Email: 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 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 • Mail payments to: Harold Baker 3013 South Court Williamsburg, VA 23185 • Payment must be received by Wednesday September 21, 2011 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. ○ 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 events will be pre-seeded. • All Swimmers should report directly to the blocks for their 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 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. • 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 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 <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: Tommy Lovell Email: scoutmastertommy@gmail.com Phone: (757) 532-4378</p> <ul style="list-style-type: none"> • 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 Glenn Watkins, Phone: (757) 871-1892, Email: wacofficials@hotmail.com • An Officials Meeting will be held one hour before the start of the morning and the afternoon sessions each day.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<p>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</p> <p>The number of timers required per club and their lane assignments will be posted on the WAC website (http://www.swimwac.com) no later than Wednesday September 21, 2011, and will also be emailed to the contact person of each of the individual clubs.</p>
GENERAL:	<ul style="list-style-type: none"> • Coaches & Officials Hospitality will be provided. • 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 the security gate and pass through the circular intersection. Turn right at the first 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.

**WAC Head Start Meet
ORDER OF EVENTS**

Saturday September 24th

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 Free	4
5	8 & Under 100 IM	6
7	9-10 100 IM	8
9	8 & Under 50 Back	10
11	9-10 50 Back	12
13	8 & Under 25 Fly	14
15	9-10 50 Fly	16
17	8 & Under 50 Breast	18
19	9-10 100 Breast	20
21	8&U Mixed 100 Free Relay	
22	9-10 Mixed 200 Free Relay	

Afternoon Session Warm-up: 12:00 PM; Start: 1:00 PM (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
23	11-12 50 Free	24
25	13 & Over 50 Free	26
27	11-12 50 Back	28
29	13 & Over 200 Back	30
31	11-12 100 Fly	32
33	13 & Over 100 Fly	34
35	11-12 100 Breast	36
37	13 & Over 200 Breast	38
39	11-12 200 IM	40
41	13 & Over 200 IM	42
43	11-12 Mixed 200 Free Relay	
44	13&O Mixed 200 Free Relay	

Sunday September 25th

Morning Session Warm-up: 7:30 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	8 & Under 25 Back	46
47	9-10 100 Back	48
49	8 & Under 50 Free	50
51	9-10 100 Free	52
53	8 & Under 25 Breast	54
55	9-10 50 Breast	56
57	8 & Under 50 Fly	58
59	9-10 100 Fly	60
61	10 & Under 200 IM	62
63	8&U Mixed 100 Medley Relay	
64	9-10 Mixed 200 Medley Relay	

Afternoon Session Warm-up: 12:00 PM; Start: 1:00 PM (Times are not earlier than)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	11-12 100 Back	66
67	13 & Over 100 Back	68
69	11-12 50 Fly	70
71	13 & Over 200 Fly	72
73	11-12 50 Breast	74
75	13 & Over 100 Breast	76
77	11-12 100 Free	78
79	13 & Over 100 Free	80
81	11-12 100 IM	82
83	13 & Over 200 Free	84
85	11-12 Mixed 200 Medley Relay	
86	13&O Mixed 200 Medley Relay	