



**MARDI GRAS  
Peninsula 8&Y Circuit Meet  
January 19, 2013  
SANCTION NO. VS-13-43**

Hosted by:



Coast Guard Blue Dolphins

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-13-43</b></li> <li>USA 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.</li> </ul>						
<b>LOCATION:</b>	Fort Eustis Aquatic Center, Building 641 (corner of Washington Ave & Tyler Ave), Fort Eustis, VA 23604, Phone: (757) 878-1090 or 878-1091						
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Eleven lane 25 yard indoor pool and Kiefer Wave Eater racing lane lines</li> <li>The meet will be run using a four lane course for competition. Meet director reserves the right to use a 6 lane course should the level participation necessitate such actions.</li> <li>Manual timing, 3 watches per lane and Infinity starting system will be used.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)</li> </ul>						
<b>MEET DIRECTORS:</b>	<table border="0"> <tr> <td>Kevin Hennessy</td> <td>Austin Fiehler</td> </tr> <tr> <td>Email: <a href="mailto:kevinatcgbd@cox.net">kevinatcgbd@cox.net</a></td> <td>Email: <a href="mailto:fiehlera@yahoo.com">fiehlera@yahoo.com</a></td> </tr> <tr> <td>Phone: (757) 846-4761</td> <td>Phone: (757) 903-6055</td> </tr> </table>	Kevin Hennessy	Austin Fiehler	Email: <a href="mailto:kevinatcgbd@cox.net">kevinatcgbd@cox.net</a>	Email: <a href="mailto:fiehlera@yahoo.com">fiehlera@yahoo.com</a>	Phone: (757) 846-4761	Phone: (757) 903-6055
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Phone: (757) 846-4761	Phone: (757) 903-6055						
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes eight years old and younger from CGBD, SEVA, and WAC registered by the first day of the meet. Other teams are welcome. Please contact the meet director if your team would like to attend.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Age on January 19, 2013 will determine age for the entire meet.</li> </ul>						
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>						
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All swimmers will swim in one session</li> <li>All events will be timed finals.</li> </ul>						
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Warm-ups at 11:30 am; competition starts at 12:00 pm.</li> <li>Lane assignments for individual clubs will be posted on the CGBD website no later than Thursday, January 17, 2013 and will also be emailed to the contact person of the participating clubs.</li> </ul>						
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JANUARY 15, 2013</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in Short Course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>Teams submit entries via e-mail.</li> <li>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.</li> <li>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.</li> <li>Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per day.</li> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible</li> </ul>						

	<p>without exceeding the 4-hour/session timeline limit.</p> <ul style="list-style-type: none"> <li>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.</li> <li>Email entries to: <a href="mailto:cgbdtypeadmin@cox.net">cgbdtypeadmin@cox.net</a></li> <li>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</li> </ul>
<b>FEES:</b>	<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"> <li>Checks should be made payable to: CGBD</li> <li>Mail payment to: CGBD Swimming 607 Lotz Drive Yorktown, VA 23692</li> <li>Payment must be received by Saturday, January 19, 2013 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li><b>IMPORTANT:</b> If payment is 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events will be awarded for first through sixth place</li> <li>Heat winner awards will be awarded to each heat winner.</li> <li>Relay events will be awarded for first through third place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded</li> <li>Swimmers in the afternoon sessions should report directly to the blocks for their events</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li><b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li><b>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.</b></li> <li><b>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.</b></li> <li>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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply.</li> <li>All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> <li>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.</li> <li>Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> </ul> </li> <li>The overhead start procedure will be used at the discretion of the Referee.</li> <li>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>.</li> <li>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.</li> <li>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"> <li>Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>

<b>OFFICIALS:</b>	<p><b>Meet Referee: Jerry Kegelman</b>  <b>Email: <a href="mailto:jerry.kegelman@nasa.gov">jerry.kegelman@nasa.gov</a></b>  <b>Phone: (757) 268-5603</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to <b>Jeff Jones via email at <a href="mailto:cqbd.officials@gmail.com">cqbd.officials@gmail.com</a></b> no later than Wednesday, January 16, 2013</li> <li>• There will be an Officials' Meeting one hour prior to the start of the meet in the classroom.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be emailed to the contact person of each of the individual clubs no later than Thursday, January 19, 2012.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Concessions will be run by the Aquatic Center. Hospitality will have water for coaches and officials.</li> <li>• Heat sheets will be for sale for \$1.00.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• <b>PLEASE READ THOROUGHLY. RULES WILL BE ENFORCED BY MEET MARSHALL, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL.</b></li> <li>• <b>FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE AND AUTOMOBILE REGISTRATION ARE REQUIRED TO ENTER FORT EUSTIS.</b></li> <li>• <b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and in the meet program, will be disqualified from the meet and escorted from the facility.</li> <li>• <b>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.</b></li> <li>• <b>Deck Access:</b> 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.</li> <li>• <b>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.</b></li> <li>• <b>The Adventure Pool side of the building WILL NOT be available for seating.</b></li> </ul>

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**January 19, 2013**

**ORDER OF EVENTS**

<b>Warm-up: 11:30 am; Start: 12:00 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	100 Medley Relay <b>4-minute break</b>	2
3	50 Freestyle <b>4-minute break</b>	4
5	25 Backstroke <b>4-minute break</b>	6
7	25 Breaststroke <b>4-minute break</b>	8
9	25 Freestyle <b>4-minute break</b>	10
11	25 Butterfly <b>4-minute break</b>	12
13	50 Backstroke <b>4-minute break</b>	14
15	100 Individual Medley <b>4-minute break</b>	16
17	100 Freestyle Relay	18