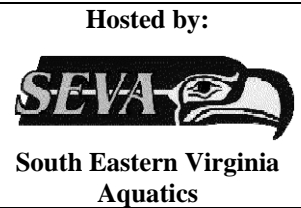




**SEVA SEAHAWKS**  
**Virginia Swimming Long Course**  
**Head Start Meet**  
**March 23-24, 2013**  
**SANCTION NO. VS-13-57**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-13-57</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc. and the Brittingham-Midtown Community 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>	Brittingham-Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, Va. 23601, Phone: (757) 591- 4573									
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>8-lane, 50 meter indoor pool 14 feet deep at the start end and 4 feet deep at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System.</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 DIRECTOR:</b>	<table border="0"> <tr> <td>Dave Henderson</td> <td>Barry Ramsey</td> <td>Lori Sprott</td> </tr> <tr> <td>Phone: (757) 897-6127 (cell)</td> <td>Email: <a href="mailto:ruefoo@cox.net">ruefoo@cox.net</a></td> <td>Email: <a href="mailto:loloandc_sprott@cox.net">loloandc_sprott@cox.net</a></td> </tr> <tr> <td>Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a></td> <td>Phone: (757) 850-3879</td> <td>Phone: (757) 880-6262</td> </tr> </table>	Dave Henderson	Barry Ramsey	Lori Sprott	Phone: (757) 897-6127 (cell)	Email: <a href="mailto:ruefoo@cox.net">ruefoo@cox.net</a>	Email: <a href="mailto:loloandc_sprott@cox.net">loloandc_sprott@cox.net</a>	Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a>	Phone: (757) 850-3879	Phone: (757) 880-6262
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Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a>	Phone: (757) 850-3879	Phone: (757) 880-6262								
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes registered before the first day of the meet and out of LSC teams receiving approval to enter.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Age on March 23, 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><b>Morning Sessions: All 10 &amp; Younger swimmers and the 11-12 girls</b> will compete in the <b>AM</b> session.</li> <li><b>Afternoon Session: The 11-12 Boys and ALL 13 &amp; Older old swimmers</b> will compete in the <b>PM</b> session.</li> <li><b>Saturday and Sunday Distance Sessions:</b> The pool will be open for 15 minutes of warm-ups immediately following the finish of the afternoon session with the competition starting five minutes thereafter.</li> <li>All events will be timed finals.</li> </ul>									
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>Morning (AM) Session: Warm-ups are 7:30 am. Competition starts at 8:40 am.</li> <li>Afternoon (PM) Session: Warm-ups are not before 12:30 pm. Competition starts not before 1:40 pm.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> <li><b>Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Wednesday, March 20, 2013. This information will also be available on the SEVA website, <a href="http://www.sevaswimming.com">www.sevaswimming.com</a></b></li> </ul>									
<b>ENTRIES:</b>	<p><b>DEADLINE FOR RECEIPT OF ENTRIES IS MONDAY, MARCH 18, 2013.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>Teams submit entries as an e-mail attachment.</li> <li>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.</li> <li>Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer after the meet has been seeded, there must be room in an existing heat. No new heats will be added.</li> <li>Coach's Times (CT) will be accepted for events in which a swimmer does not have a time of</li> </ul>									

	<p>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"> <li>• "No Time" (NT) entries will not be accepted.</li> <li>• <b>Swimmers may enter up to four (4) individual events per day.</b></li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries.</li> <li>• <b>E-Mail Entries to:</b> <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a></li> </ul>
<b>FEES:</b>	<p>Individual Events: \$5.75 Swimmer Surcharge: \$2.50 (entered in any capacity in the meet)</p> <ul style="list-style-type: none"> <li>• <b>Make Checks payable to: SEVA Inc.</b></li> <li>• <b>Mail payment To: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Phone: (757) 897- 6127 (cell)</b></li> <li>• Payment must be received by Friday, March 22, 2013 for all entries. An entry fee summary printout from Team Manager must accompany the entry fee payment. 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 acceptance of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual Events: Ribbons will be awarded for first (1<sup>st</sup>) through eighth (8<sup>th</sup>) place <ul style="list-style-type: none"> <li>○ 10 &amp; Under events: <ul style="list-style-type: none"> <li>▪ 100 Free and all 50-meter events will be given separate awards for 10 year olds, 9 year olds, 8 year olds and 7 &amp; Under swimmers.</li> <li>▪ 100 Fly, 100 Back, 100 Breast, 200 Free and 200 IM will be given separate awards for 10 year olds, 9 year olds and 8 &amp; Under swimmers</li> </ul> </li> <li>○ 11-12 individual events will be given separate awards for 12 year olds and 11 year old swimmers</li> <li>○ 13 &amp; Over individual events will be given separate awards for 13, 14 and 15 &amp; Over swimmers</li> <li>○ 11 &amp; Older 400 Free and 800 Free will be given separate awards for 11-12 year olds, 13-14 year olds and 15 &amp; Older swimmers.</li> </ul> </li> <li>• Heat Winners: Blow Pops will be awarded to each heat winner. <b>Please do not eat Blow Pops in the pool area.</b></li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• <b>All events will be pre-seeded.</b></li> <li>• Swimmers should report directly to the blocks for their events.</li> <li>• Events # 35-36 (11&amp;O 800 Free) and 69-70 (11&amp;O 400 Free) will require a positive check-in to swim. The meet director reserves the right to reseed these events.</li> <li>• Positive check-in will close at the end of the afternoon session warm-up.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></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 day prior to the start 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</li> </ul> </li> </ul>

	<p>proficient in performing a racing start or must start each race from within the water.</p> <ul style="list-style-type: none"> <li>○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> <li>● The overhead start procedure will be used for all sessions.</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 <b><u>not permitted</u></b>.</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 cannot conduct themselves in any coaching capacity.</li> </ul> </li> <li>● No VSI non-athlete member in good standing may be barred from participating in the meet as an official at any level to which certified.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Freddie Persinger</b>  <b>Email: <a href="mailto:sevaofficials@gmail.com">sevaofficials@gmail.com</a></b>  <b>Phone: (757) 897-0787</b></p> <ul style="list-style-type: none"> <li>● Officials will be needed for all positions and all sessions for this meet.</li> <li>● Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook.</li> <li>● Team officials chair should submit the names and sessions availability of certified officials as well as the names session availability of trainees to Freddie Persinger (SEVA Officials Coordinator), Email: <a href="mailto:sevaofficials@gmail.com">sevaofficials@gmail.com</a>, Phone: (757) 897-0787 (cell), no later than Wednesday, March 20, 2013.</li> <li>● Officials will meet 1 hour before the start of each session. Saturday and Sunday at 7:40 am and 12:40 pm.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>● Swimmers are required to supply their own timer and lap counter for the 800 Free (Saturday) and their own timer for the 400 Free (Sunday)</li> <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 posted on the SEVA web site at <a href="http://www.sevaswimming.com">www.sevaswimming.com</a> no later than Wednesday, March 20 2013. This information will also be e-mailed to the contact person listed for each club.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>● <b>Meet Programs:</b> Meet programs will be sold for \$5.00</li> <li>● <b>Snack Bar:</b> SEVA will operate a snack bar during the meet.</li> <li>● <b>Swim Shop:</b> Swim &amp; Sports Stop will operate a swim shop during the meet for your apparel needs.</li> <li>● <b>Hospitality:</b> SEVA will provide a Hospitality Room for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day.</li> <li>● <b>First Aid:</b> A staffed First Aid Station is located at the end of the pool near the entrance to the locker rooms.</li> <li>● <b>Lost and Found:</b> Lost and Found will be located next to the announcer's table.</li> </ul>
<b>RESULTS:</b>	<ul style="list-style-type: none"> <li>● All results will be announced, and then posted on the wall in the hallway near the snack bar</li> <li>● In accordance with USA Swimming/Virginia Swimming Privacy Policy, Meet Manager backup/meet results files will no longer be posted to the Virginia Swimming website.</li> <li>● TM meet results file and MM meet backup file will be provided to each participating team and unattached swimmers(s) within 24 hours of the close of the meet.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>● <b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that violates Aquatic Center rules, posted at the pool, will be disqualified from the meet and escorted from the facility.</li> <li>● <b>Please note that the City of Newport News prohibits food of any kind in the pool area;</b></li> </ul>

	<p><b>permissible beverages inside the pool area are limited to those in closed containers (e.g. sports and plastic bottles with screw-on caps.</b></p> <ul style="list-style-type: none"> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff are the only people permitted behind the blocks. Spectators are asked to remain behind the ropes setup on the sides of the pool. Please stay in the seating area as much as possible and not view the meet from the deck during warm-ups and the competition.</li> <li>• <b>Team Areas:</b> Team seating will be available in the gymnasium and limited space in the pool area. No swim bags will be allowed in the pool area. Swimmers must keep their bags in the gym. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (sandals/flip-flops)</li> <li>• <b>Spectator Seating:</b> Bleacher seating will be available for spectators. Please note the City of Newport News prohibits coolers or chairs in the pool area. They are allowed in the gym.</li> <li>• <b>Parking:</b> Please note that there is a one-way traffic pattern that circles the building. Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> <li>• Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>• No glass, food, chewing gum.</li> <li>• No shaving anywhere in the venue.</li> </ul>
<b>DIRECTIONS:</b>	<p>From the North/South, follow I-64 to exit 261A. Take Hampton Roads Parkway west. Follow approximately 2 ½ miles (Hampton Roads Parkway will turn into Harpersville Road). Turn left onto Jefferson Avenue. Go Approximately 1 mile to McLawhorne Drive. Turn right at the light. The Newport News Midtown Community/Aquatic Center will be on your left.</p>

**SEVA SEAHAWKS  
Long Course Head Start Meet**

**ORDER OF EVENTS**

**Saturday, March 23, 2013**

**Morning Session:**

**All 10 & Younger & 11 – 12 Girls**

**Warm-up: 7:30 am; Start: 8:40 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Freestyle	-
2	10 & Younger 100 Freestyle	3
4	11-12 200 Breaststroke	-
5	10 & Younger 200 IM	6
7	11-12 200 IM	-
8	10 & Younger 100 Breaststroke	9
10	11-12 100 Breaststroke	-
11	11-12 200 Butterfly	-
12	10 & Younger 50 Backstroke	13
14	11-12 50 Backstroke	-
15	10 & Younger 50 Butterfly	16
17	11-12 50 Butterfly	-

**Afternoon Session:**

**11 – 12 Boys & All 13 – 18 year olds**

**Warm-up: 12:30 Noon; Start: 1:40 pm**

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 100 Freestyle	18
19	13 & Older 100 Freestyle	20
-	11-12 50 Butterfly	21
22	13 & Older 100 Butterfly	23
-	11-12 200 Breaststroke	24
25	13 & Older 200 Breaststroke	26
-	11-12 100 Backstroke	27
28	13 & Older 100 Backstroke	29
-	11-12 50 Breaststroke	30
-	11-12 200 Butterfly	31
32	13 & Older 200 IM	33
-	11-12 200 IM	34

**Distance Session**

(20 minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	11 & Older 800 Freestyle	36

**Sunday, March 24, 2013**

**Morning Session:**

**All 10 & Younger & 11 – 12 Girls**

**Warm-up: 7:30 am; Start: 8:40 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	11-12 200 Freestyle	-
38	10 & Younger 200 Freestyle	39
40	11-12 100 Butterfly	-
41	10 & Younger 100 Butterfly	42
43	11-12 200 Backstroke	-
44	10 & Younger 100 Backstroke	45
46	11-12 100 Backstroke	-
47	10 & Younger 50 Breaststroke	48
49	11-12 50 Breaststroke	-
50	10 & Younger 50 Freestyle	51
52	11-12 50 Freestyle	-

**Afternoon Session:**

**11 – 12 Boys & All 13 – 18 year olds**

**Warm-up: 12:30 Noon; Start: 1:40 pm**

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Freestyle	53
54	13 & Older 200 Freestyle	55
-	11-12 100 Butterfly	56
57	13 & Older 200 Butterfly	58
-	11-12 100 Breaststroke	59
60	13 & Older 100 Breaststroke	61
-	11-12 200 Backstroke	62
63	13 & Older 200 Backstroke	64
-	11-12 50 Backstroke	65
66	13 & Older 50 Freestyle	67
-	11-12 50 Freestyle	68

**Middle Distance Session**

(20 minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	11 & Older 400 Freestyle	70