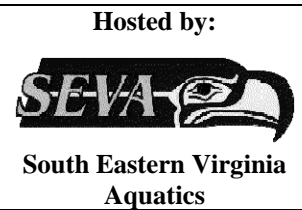




**SEVA SEAHAWKS**  
**13 & Older Quad Meet**  
**November 3-4, 2012**  
**SANCTION NO. VS-13-18**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-13-18</b></li><li>• USA Swimming, Inc, Virginia Swimming Inc., the Brittingham-Midtown Community Center, and South Eastern Virginia Aquatics 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>	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 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System.<ul style="list-style-type: none"><li>○ Configured for 8-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool into a bulkhead</li><li>○ 6 continuous warm-up / cool down lanes (4-6 feet in depth) in the none competition portion of the pool;</li></ul></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>	Dave Henderson Phone: (757) 897-6127 (cell) Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a>	Barry Ramsey Phone: (757) 850-3879 Email: <a href="mailto:rueetoo@cox.net">rueetoo@cox.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming athletes at least 13 years old from Coast Guard Blue Dolphins (CGBD), Old Dominion Aquatic Club (ODAC), South Eastern Virginia Aquatics (SEVA), and Tide Swim Team (TIDE) registered by the first day of the meet.</li><li>• No on deck USA Swimming athlete registration will be permitted.</li><li>• Age on November 3, 2012 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 events will be timed finals.</li><li>• The 1st heat will consist of two swimmers from each team. Lane 1 &amp; 5 (ODAC), Lane 2 &amp; 6 (TIDE), Lane 3 &amp; 7 (SEVA), Lane 4 &amp; 8 (CGBD).<ul style="list-style-type: none"><li>○ Teams may have the fastest two swimmers compete in the first heat or any swimmer of the coach's choice.</li><li>○ Coaches must let the meet director know which swimmers will be seeded in the first heat (fastest or other names) by Tuesday, October 30, 2012</li></ul></li><li>• All other swimmers will be seeded in heats by time fast to slow.</li></ul>	
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Saturday Morning Session: Warm-ups start at 7:30 am; Competition starts at 9:00 am.</li><li>• Saturday Evening Session: Warm-ups starts at 3:15 pm; Competition starts at 4:30 pm.</li><li>• Sunday Morning Session: Warm-ups starts at 7:30 am; Competition starts at 9:00 am.</li><li>• Sunday Distance Session: The competition pool will be open for 25 minutes following the conclusion of the AM session, with the distance session competition starting 5 minutes thereafter.</li><li>• <b>The warm-up/warm-down lanes will remain open at all times during the meet.</b></li><li>• <b>Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Wednesday, October 31, 2012</b></li><li>• <b>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>	<b>DEADLINE FOR RECEIPT OF ENTRIES IS MONDAY, OCTOBER 29 2012</b> <ul style="list-style-type: none"><li>• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li></ul>	

	<ul style="list-style-type: none"> <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, 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>Coach Times (CT) and "No Time" (NT) entries will be accepted for events 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><b>On Saturday, swimmers may enter no more than 3 individual events per session and no more than 5 individual events for the day. Swimmers may participate in up to 4 relays on Saturday. On Sunday, swimmers may enter up to 5 individual events.</b></li> <li>Relay teams must be designated A, B, C, etc. if a team enters more than one relay.</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> <li>Additional Entries may be allowed at the discretion of the Meet Director, 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><b>Individual Events: \$5.50</b>  <b>Relay Events: \$12.00</b>  <b>Swimmer Surcharge: \$2.50</b> (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</b>  929 Edgewater Drive  Newport News, Va. 23602  Phone: (757) 897-6127 (cell)</li> <li>Payment must be received by Wednesday, October 31, 2012 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: 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 receipt of your entries.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>No Individual Awards will be given.</li> <li>Scoring is as follows: <ul style="list-style-type: none"> <li>Individual - 9, 7, 6, 5, 4, 3, 2, 1</li> <li>Relays - 18, 14, 12, 10, 8, 6, 4, 2</li> <li>Swimmers/Relays in the first heat of each event are the only ones eligible to score points.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li><b>All events will be pre-seeded except event #33-34 (1000 Free)</b></li> <li>A positive check-in is required by 10:00 am on Sunday to swim event #33- 34 (1000 Free)</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>The 1000 Free (event #33-34) will be swum fastest to slowest, alternating Girls and Boys.</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 proficient in performing a racing start or must start each race from within the water.</li> </ul> </li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Team Areas:</b> The Gymnasium will not be used. Team seating will be on the pool deck. Swim bags will be allowed in the pool area. 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 that the City of Newport News prohibits coolers or chairs in the pool area.</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 chaperone them closely.</li> <li>• No glass, food, chewing gum.</li> <li>• No shaving anywhere in the venue.</li> </ul>
<b>DIRECTIONS:</b>	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.

**ORDER OF EVENTS  
SEVA 13 & Older Quad Meet**

**Saturday, November 3, 2012**

**Morning Session**

**Warm-up: 7:30 am; Start: 9:00 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	200 Medley Relay	2
3	50 Freestyle	4
5	200 Breaststroke	6
7	200 Backstroke	8
9	200 Butterfly	10
11	400 Freestyle Relay	12

**Sunday, November 4, 2012**

**Morning Session**

**Warm-up: 7:30 am; Start: 9:00 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
23	100 Butterfly	24
25	100 Backstroke	26
27	100 Breaststroke	28
29	100 Freestyle	30
31	400 Individual Medley	32

**Evening Session**

**Warm-up: 3:15 PM; Start: 4:30 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	200 Freestyle Relay	14
15	200 Freestyle	16
17	200 Individual Medley	18
19	400 Medley Relay	20
21	500 Freestyle	22

**Distance Session**

Approximate start 30 min after morning session

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	1000 Freestyle*	34

\*Positive Check-in required by 10:00 am