



**WAC POLAR BEAR PLUNGE
SE District BB/B/C Mini Meet
January 12-13, 2013
SANCTION NO. VS-13-47**



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-47 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. 						
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/down The Meet Director reserves the right to use lane 9 or 10 for competition should it be needed to keep the sessions under 4 hours. Swimmers may swim any event in which they have a BB, B, or C time. 8 year old and younger swimmers may swim in any 8&U event regardless of classification. Any 10&U event they must not be faster than a "BB" time. 2013-2016 NAG Time standards are in effect. 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:	<table border="0"> <tr> <td>Harold Baker</td> <td>Erin Roehrle</td> </tr> <tr> <td>Email: coachharold2@cox.net</td> <td>Email: eroehrle@cox.net</td> </tr> <tr> <td>Phone: (757) 229-8662</td> <td>Phone: (757) 220-9080</td> </tr> </table>	Harold Baker	Erin Roehrle	Email: coachharold2@cox.net	Email: eroehrle@cox.net	Phone: (757) 229-8662	Phone: (757) 220-9080
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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: Teams in the Southeast District are: CGBD,OBX, ODAC, SEVA, TAC, TCAC, TIDE, VYAC and WAC Other teams and unattached swimmers 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 12, 2013 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 swimmers 10 and younger and the 11-12 Boys will swim in the morning sessions. 11-12 Girls and all swimmers 13 years and older will swim in the afternoon sessions. 						
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:30 AM Afternoon Sessions: Warm-ups not earlier than 12:00 PM; competition starts not earlier than 1:00 PM Distance 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 9, 2013 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the 						

	<p>estimated times.</p> <ul style="list-style-type: none"> Lane assignment and warm-up times for individual clubs will be posted on the swimvac.com website no later than Wednesday January 9, 2013 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, JANUARY 5, 2013.</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 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: \$3.50 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 9, 2013 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. 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 the receipt of your entries.
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. 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 each day. 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

	<p>be re-scored and awarded.</p> <ul style="list-style-type: none"> • 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 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> • 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. • 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 chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Lee Holder, Phone 757-229-1121, Email: holderpl@cox.net no later than Sunday January 6, 2013. • An officials meeting will occur 1 hour before the start of competition in the hospitality room. The meeting will start at 7:30 AM
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 9, 2013, 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

	<p>competition.</p> <ul style="list-style-type: none"> • 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.

ORDER OF EVENTS WAC Polar Bear Plunge

Saturday, January 12, 2013

Morning Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & Under 25 Breast	2
3	9-10 50 Breast	4
-	11-12 100 Breast	5
6	8 & Under 100 Free	7
8	10 & Under 200 Free	9
-	11-12 200 Free	10
11	8 & Under 50 Fly	12
13	10 & Under 100 Fly	14
-	11-12 50 Fly	15
-	11-12 500 Free	16
17	10 & Under 200 IM	18
-	11-12 100 Back	19
20	8 & Under 25 Back	21
22	9-10 50 Back	23
-	11-12 200 Back	24
-	11-12 100 IM	25
26	8 & Under 50 Free	27
28	9-10 100 Free	29
-	11-12 200 Free Relay	30
31	8 & Under 100 Free Relay	32
33	9-10 200 Free Relay	34

Afternoon Session

Warm-up: 12:00 PM; Start: 1:00 PM

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	11-12 100 Breast	-
36	13 & Over 100 Breast	37
38	11-12 100 Free	-
39	13 & Over 200 Free	40
41	11-12 50 Fly	-
42	13 & Over 100 Fly	43
44	11 & Over 500 Free	45
46	11-12 100 Back	-
47	11 & Over 200 Back	48
49	11-12 100 IM	-
50	13 & Over 200 IM	51
52	11-12 200 Free Relay	-
53	13 & Over 200 Free Relay	54

Distance Session (15-minute break)

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

Sunday, January 13, 2013

Morning Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	8 & Under 25 Free	58
59	9-10 50 Free	60
-	11-12 50 Free	61
62	10 & Under 100 Back	63
-	11-12 50 Back	64
65	8 & Under 100 IM	66
67	9-10 100 IM	68
-	11-12 400 IM	69
70	8 & Under 50 Breast	71
-	11-12 200 Breast	72
-	11-12 50 Breast	73
74	8 & Under 25 Fly	75
76	9-10 50 Fly	77
-	11-12 100 Fly	78
-	11-12 200 Fly	79
80	8 & Under 50 Back	81
-	11-12 100 Free	82
83	10 & Under 500 Free	84
-	11-12 200 IM	85
86	10 & Under 100 Breast	87
88	8 & Under 100 Medley Relay	89
90	9-10 200 Medley Relay	91
	11-12 200 Medley Relay	92

Afternoon Session

Warm-up: 12:00 PM; Start: 1:00 PM

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
93	11-12 50 Back	-
94	13 & Over 100 Back	95
96	11-12 50 Breast	-
97	11 & Over 200 Breast	98
99	11-12 50 Free	-
100	13 & Over 50 Free	101
102	11 & Over 400 IM	103
104	11-12 100 Fly	-
105	11 & Over 200 Fly	106
107	11-12 100 Free	-
108	13 & Over 100 Free	109
110	11-12 200 IM	-
111	13 & Over 200 Medley Relay	112
113	11-12 200 Medley Relay	-

Distance Session (15-minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
113	11 & Over 1000 Free	114