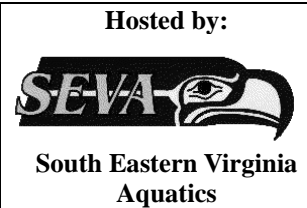




**SEVA SEAHAWKS**  
**Virginia Statewide A/BB/B/C Meet**  
**October 12-13, 2013**  
**SANCTION NO. VS-14-04**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-14-04</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>	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>	<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>Phone: (757) 849-3639</td> <td>Phone: (757) 880-6262</td> </tr> <tr> <td>Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a></td> <td>Email: <a href="mailto:rue00@cox.net">rue00@cox.net</a></td> <td>Email: <a href="mailto:loloandc_sprott@cox.net">loloandc_sprott@cox.net</a></td> </tr> </table>	Dave Henderson	Barry Ramsey	Lori Sprott	Phone: (757) 897-6127 (cell)	Phone: (757) 849-3639	Phone: (757) 880-6262	Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a>	Email: <a href="mailto:rue00@cox.net">rue00@cox.net</a>	Email: <a href="mailto:loloandc_sprott@cox.net">loloandc_sprott@cox.net</a>
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes registered prior to the first day of the meet. Teams from outside the LSC that are interested in attending, please contact the meet director.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Age on October 12, 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>ALL 10 year old &amp; younger swimmers and 11 - 12 girl swimmers will compete in the morning session on Saturday and Sunday.</b></li> <li><b>11-12 swimmers will be included in the 1000 Freestyle distance session on Sunday.</b></li> <li><b>The 11 – 12 Boys and ALL 13 to 18 year old swimmers will compete in the afternoon session on Saturday and Sunday.</b></li> <li>All events will be timed finals.</li> <li>Distance Sessions: Saturday (500 Freestyle) and Sunday (1000 Free) will start 15 minutes after the conclusion of the afternoon session.</li> </ul>									
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>Morning Session: Warm-ups start at 7:15 am; Competition starts at 8:25 am.</li> <li>Afternoon Session: Warm-ups start no earlier than 12:00 pm; Competition starts no earlier than 1:10 pm.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> <li><b>Distance Session: The competition pool will be open for 10 minutes following the conclusion of the afternoon session, with the distance session competition starting 5 minutes thereafter.</b></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 9, 2013</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>On home page, scroll down to “Team Updates” in lower left.</b>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR RECEIPT OF ENTRIES IS THURSDAY, OCTOBER 3, 2013.</b></p> <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> <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>Swimmers may enter 4 individual events and 1 relay on each day.</b></li> <li>• Relay teams must be designated A, B, C, etc. if a team enters more than one relay.</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: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a></b></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.</li> </ul>
<b>FEES:</b>	<p>Individual Events:       \$5.00  Relay Events:             \$12.00  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 Wednesday, October 9, 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> </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 50-yard individual events will be given separate awards for 8 &amp; Under and 9 year old and 10 year old swimmers.</li> <li>○ 10 &amp; Under 100, 200 yard &amp; 500 Free individual events will be given separate awards for 9 &amp; Under and 10 year old swimmers.</li> <li>○ 12 &amp; Under individual events will be given separate awards for 9 &amp; Under, 10 year old, 11 year old, and 12 year old swimmers.</li> <li>○ The 11-12 year old events will be given separate awards for 11 year old &amp; 12 year old swimmers.</li> <li>○ 13 -18 events will be given separate awards for 13 year old &amp; 14 year old swimmers and 15-18 age group..</li> <li>○ The 11 &amp; Older 1000 Free will be given awards for the 11-12, 13-14, &amp; 15 &amp; Older age groups.</li> </ul> </li> <li>• Relay Events: Awards will be presented to first (1<sup>st</sup>) through fourth (4<sup>th</sup>) place for each event.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• <b>All events will be pre-seeded except for Event 23 – 24 (10 &amp; Under 500 Free), Event 45-46 (11 &amp; Older 500 Free), Event 90-91 (11 &amp; Older 1000 Free) which will be deck seeded.</b></li> <li>• A positive check-in is required to swim events 23-24 (10 &amp; Under 500 Free) events 45-46 (11-18 500 Free) and events 90-91 (11-18 1000 Free)</li> <li>• 10 &amp; Under 500 Free check-in by 9:00 am on Saturday</li> <li>• 11 &amp; Older 500 Free check-in will be by 2:00 pm on Saturday</li> <li>• 11 &amp; Older 1000 Free positive check will be by 2:00 pm on Sunday</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• The 1000 Free (events 90-91) 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 prior to the first day of the meet may be fined \$100 per swimmer in each event so entered.</b> <ul style="list-style-type: none"> <li>• <b>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.</b></li> </ul> </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. The overhead start procedure will be used for all sessions</li> </ul> </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 with valid USA Swimming credentials but 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: Freddie Persinger</b>  <b>Email: <a href="mailto:freddy4x2@gmail.com">freddy4x2@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>• Anyone in the process of achieving certification through on-deck training is welcome.</li> <li>• Contact: Ellen Bollinger-Tinneney, SEVA Officials Chairman at (757) 374-3795 (c) or <a href="mailto:ellen.bollinger@chkd.org">ellen.bollinger@chkd.org</a>. Thank you for your help in advance.</li> <li>• Officials meetings will take place before each session. The meeting will start at one hour before the session starts.</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 may need 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, October 9, 2013. On home page, scroll down to "Team Updates" in lower left.</li> <li>• This information will also be e-mailed to the contact person listed for each club.</li> <li>• All teams are responsible for providing timers for their swimmers competing in 1000 Free events.</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 be operating a swim shop during the meet for your apparel needs.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Hospitality:</b> SEVA will provide a Hospitality Room for coaches and officials. Breakfast and lunch will be served on Saturday and Sunday. 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>• Meet results will be e-mailed to all participating teams within 24 hours of the conclusion of the meet</li> <li>• The results will be posted to the Virginia Swimming web site <a href="http://www.virginiaswimming.com">www.virginiaswimming.com</a> after the conclusion 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 who 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; permissible beverages inside the pool area are limited to those in closed containers (e.g. sports and plastic bottles with screw-on caps and cups with lids).</b></li> <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 should 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 that 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 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

**Saturday, October 12, 2013**

**Morning Session**

**Warm-up: 7:15 am; Start: 8:25 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Freestyle	-
2	10 & Under 50 Freestyle	3
4	11-12 200 Butterfly	-
5	10 & Under 100 Butterfly	6
7	11-12 100 Individual Medley	-
8	10 & Under 100 Individual Medley	9
10	11-12 50 Breaststroke	-
11	10 & Under 50 Breaststroke	12
13	11-12 100 Backstroke	-
14	10 & Under 100 Backstroke	15
16	11-12 200 Breaststroke	-
17	10 & Under 200 Freestyle	18
19	11-12 50 Butterfly	-
20	10 & Under 200 Freestyle Relay	21
22	11-12 200 Freestyle Relay	-
23	10 & Under 500 Free	24

**Afternoon Session**

**Warm-up: not before 12:00 pm;**

**Start: not before 1:10 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 100 Freestyle	25
26	13 & Older 100 Freestyle	27
-	11-12 200 Butterfly	28
29	13 & Older 200 Butterfly	30
-	11-12 100 Individual Medley	31
32	13 & Older 200 Individual Medley	33
-	11-12 50 Breaststroke	34
35	13 & Older 200 Breaststroke	36
-	11-12 200 Breaststroke	37
-	11-12 50 Butterfly	38
39	13 & Older 100 Backstroke	40
-	11-12 100 Backstroke	41
42	13 & Older 200 Freestyle Relay	43
-	11-12 200 Freestyle Relay	44

**Distance Session**

(15 minute Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	11 & Older 500 Freestyle	46

**Sunday, October 13, 2013**

**Morning Session**

**Warm-up: 7:15 am; Start: 8:25 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	11-12 200 Freestyle	-
48	10 & Under 100 Freestyle	49
50	11-12 100 Butterfly	-
51	10 & Under 50 Butterfly	52
53	11-12 200 Individual Medley	-
54	10 & Under 200 Individual Medley	55
56	11-12 50 Backstroke	-
57	10 & Under 100 Breaststroke	58
59	11-12 100 Breaststroke	-
60	10 & Under 50 Backstroke	61
62	11-12 200 Backstroke	-
63	11-12 50 Freestyle	-
64	10 & Under 200 Medley Relay	65
66	11-12 200 Medley Relay	-
67	11-12 400 Individual Medley	-

**Afternoon Session**

**Warm-up: not before 12:00 pm;**

**Start: not before 1:10 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Freestyle	68
69	13 & Older 200 Freestyle	70
-	11-12 100 Butterfly	71
72	13 & Older 100 Butterfly	73
-	11-12 100 Breaststroke	74
75	13 & Older 100 Breaststroke	76
-	11-12 50 Backstroke	77
78	13 & Older 200 Backstroke	79
-	11-12 200 Backstroke	80
-	11-12 50 Freestyle	81
82	13 & Older 50 Freestyle	83
84	11 & Older 400 Individual Medley	85
-	11-12 200 Individual Medley	86
87	13 & Older 200 Medley Relay	88
-	11-12 200 Medley Relay	89

**Distance Session**

(15 minute Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
90	11 & Older 1000 Freestyle	91

