



**12 & YOUNGER VIRGINIA CHRISTMAS
CHAMPIONSHIP**
December 13 – 15, 2019
SANCTION NO. VS-20-55

Hosted by:



South Eastern Virginia
Aquatics

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-55. USA Swimming, Inc., Virginia swimming, Inc., SEVA Inc. and the Collegiate School 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:	<ul style="list-style-type: none"> Collegiate School Aquatic Center (CSAC), 5050 Ridgedale Parkway, Richmond, VA. 23234 			
FACILITY:	<ul style="list-style-type: none"> CSAC provides 2 indoor pools and supporting amenities including hospitality, a swim shop, a class room and wireless internet. The 50-meter competition pool with bulkhead offers two 25-yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9-feet wide swum wall to bulkhead. There is an indoor 6-lane 25 yard pool for continuous warm-up & cool-down during the preliminary and timed finals session. Omega starting blocks, CTS6 with automatic and semi-automatic timing and back-up Dolphin wireless stopwatches. Spectator seating for 700+. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4) The copy of such certification is on file with USA Swimming. 			
MEET DIRECTORS:	<table border="0"> <tr> <td>Dave Henderson Phone:(757) 897-6127 (cell) Email: sevaseahawks@aol.com</td> <td>Mark Mayo Phone: (757) 329-0885 mlopmayo@gmail.com</td> <td>Michael Stupar Phone: (757) 449-5155 Email: mstupar65pod@gmail.com</td> </tr> </table>	Dave Henderson Phone:(757) 897-6127 (cell) Email: sevaseahawks@aol.com	Mark Mayo Phone: (757) 329-0885 mlopmayo@gmail.com	Michael Stupar Phone: (757) 449-5155 Email: mstupar65pod@gmail.com
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes eight (8) to twelve (12) years olds registered before the first day of the meet. Nine (9) to twelve (12) years old can be of any speed (A/BB/B/C). 8 year old swimmers must have at least a “BB” time in each event entered. Teams from outside the LSC may attend by requesting an invitation from the Meet Director. Any team(s) not accepted into the meet, due to reaching the entry limit listed below (see entries section), will be notified within 24 hours of the entry deadline. No on deck Virginia Swimming athlete registration will be permitted. 2017-2020 NAG time standards are in effect. Age on December 13, 2019 will determine age for the entire meet. 			
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome 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"> Friday: Timed Finals Saturday & Sunday: 11-12 Preliminary Session in the morning followed by an 8 to 10 Year Old Preliminary Session. A Finals Session will be in the afternoon/evening. Fridays Time Finals session and Saturday and Sunday Preliminary Sessions will be run in 2 courses (Girls & Boys). Saturday and Sunday Finals sessions will be run in one course. All individual events on Saturday and Sunday will have Prelims and Finals. All Relays are TIMED FINAL. ALL heats of the 400 Free Relay and 400 Medley Relay will be swum at the end of the Prelim session. All heats of the 200 Free Relay and 200 Medley Relay will be swum at the beginning of the Finals session. 			

	<ul style="list-style-type: none"> • Finals on Saturday and Sunday are swum as single age groups (9 year olds, 10 year olds, 11 year olds and twelve (12) year olds). Qualifying for finals would be the following: The top 16 ten (10) year olds and 12 years olds and the top eight (8) 9 year olds and eleven (11) year olds. • 8 & younger swimmers will compete in the prelims only and will automatically be scratched from finals.
WARM-UPS:	<ul style="list-style-type: none"> • Friday Time Finals, Saturday and Sunday preliminaries: Both courses in the competition pool and instruction pool will be used. The instruction pool can be used for warm-up/warm-down during the session note above. • Finals on Saturday and Sunday: Both courses in the competition pool will be used. The instruction pool will NOT be used for the session warm-ups or warm-up/warm-down during the session. The course in the competition pool not being used for finals can be used for warm-up/warm-down. • Friday: Warm-ups begin at 4:00 pm. The meet will start at 5:00 pm. • Saturday and Sunday: <ul style="list-style-type: none"> ○ 11-12 Year Old Preliminary Session: Warm-ups begin at 7:00 am. The meet will start at 8:00 am. ○ 10 & Younger Preliminary Session: Warm-ups will not start before 10:30 am. The meet will not start before 11:30 am. • Finals: <ul style="list-style-type: none"> ○ Saturday & Sunday <ul style="list-style-type: none"> ▪ 4:30 pm to 5:20 pm: A 25-minute warm-up will be held for 11 -12 year olds followed by a 20 minute warm-up for 9 – 10 year olds. ▪ Competition does not start before 5:35 pm. • Team warm-up information will be e-mailed out to all teams and available on the SEVA web site at www.sevaswimming.com on Monday, December 9, 2019
ENTRIES:	<p>DEADLINE FOR RECEIPT OF ENTRIES IS THURSDAY, DECEMBER 3, 2019.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software. • Teams submit entries via e-mail. • 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. • Coaches Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmers does not have a time of record. CT times must be slower than an “A” time. All entry times, other than CT times, must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Entries will be processed in the order received and <u>accepted to the greatest extent possible without exceeding a 4 hour session time on Friday and a 2 ½ hour/preliminary session time line on Saturday and Sunday.</u> • Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer, there must be room in an existing heat. No new heats will be added. • Swimmers may enter 2 individual events on Friday and 3 individual events and 2 relays each day on Saturday and Sunday. • Teams may enter a maximum of three (3) relay teams per event. Relay teams must be designated A, B, C, if a team enters more than one relay. • E-Mail Entries To: SEVAseahawks@aol.com
FEES:	<p>Individual Events: \$8.75 Relay Events: \$16.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Make Checks payable to: SEVA Swim Team • Mail payment to: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Cell (757) 897-6127

	<ul style="list-style-type: none"> • Payment must be received by Wednesday, December 11, 2019 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 receipt of your entries.
AWARDS:	<ul style="list-style-type: none"> • Individual Events: Ribbons will be awarded for first (1st) through eight (8th) place. • Relay Events: Awards will be presented to first (1st) through third (3rd) place for each event. • Team High Point Trophies will be awarded to the top six teams scoring teams. • Individual High Point Awards will be presented to the top three scoring individuals, girls and boys, in each single age group 9 thru 12 years old. • Scoring: Individual Events: 9,7,6,5,4,3,2,1 Relay Events: 18,14,12,10,8,6,4,2
SEEDING:	<ul style="list-style-type: none"> • All events, except the 500 Free are pre-seeded. Swimmers should report directly to the blocks for their events. • Events 37 & 38 (12 & Under 500 Free) will require a positive check-in to swim. • This event will be swum slow to fast. The Meet Director and Meet Referee reserve the right to move heats of the 500 Free to a different course after check-in, seeding and a review of the time line. The number of heats may be limited to make sure the four hour session rule is followed. • Positive check-in for the 500 Free will close at 5:00 pm on Friday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as: <ul style="list-style-type: none"> ▪ Entries using fraudulent or non-verifiable times. ▪ Athlete competed in the incorrect age group. ▪ Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be re-scored and re-awarded.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply including the Minor Athlete Abuse Protection Policy, will govern this meet. • All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.12.6 section D and E only will be in effect for events on Saturday and Sunday excluding the relays. • 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>. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rocker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designed for changing is PROHIBITED. • In accordance with VSI Best Policies, swimming should shower before entering the pool. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a

	<p>licensed healthcare provider.</p> <ul style="list-style-type: none"> 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. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Ken Romney E-mail: cletus.i.romney.civ@mail.mil Phone: (757) 329-9258</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for officials will be offered during Timed Finals and Preliminary Sessions ONLY and will be in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. Certified Officials – please contact Ken Romney (SEVA Officials Coordinator), cletus.i.romney.civ@mail.mil or (757) 329-9258 (c) no later than Wednesday, December 11, 2019. Thank you for your help in advance. Officials' briefings will be held in the hospitality room one hour prior to the start of each session. Officials' attire for Saturday and Sunday Finals Session will be Red or Green Polo Shirts with Blue Pants or skirt.
SAFETY:	VSI Safety and Warm-up procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Teams entered in the meet may be asked to provide timers for assigned lanes. The number of timers per club and their lane assignments will be posted on the SEVA web site at www.sevaswimming.com no later than Monday, December 9, 2019. Please see the "Latest News" section of the home page for this information. Swimmers competing in the 500 Free on Friday evening are responsible for providing their own timers and counters. This information will also be e-mailed to the contact person listed for each club.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Meet programs will FREE. <ul style="list-style-type: none"> Will be available FREE on Meet Mobile PDF files will be posted to the "Latest News" section of the SEVA web site home page. If anyone does not have access to either of the above areas, please see a Meet Director in the meet administrative area on the pool deck for a hard copy. Snack Bar: The CSAC facility and SEVA will operate a snack bar during the meet. Apparel Vendor: Swim Meet apparel will be sold during the meet in the concession area. Swim Shop: A swim shop will be open during the meet. Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Dinner on Friday, and breakfast, lunch and dinner on Saturday and Sunday will be served. Drinks and snacks will be provided during all sessions.
RESULTS:	<ul style="list-style-type: none"> All results will be announced and posted in the concession area. The results will be posted on the Virginia Swimming web site www.virginiaswimming.org after the conclusion of the meet.
FACILITY RULES:	<ul style="list-style-type: none"> No glass containers of any kind are permitted in the Facility. Lawn/Deck Chairs are not permitted in the grandstand. No spectators/parents will be allowed on the deck unless working the meet. No Smoking is allowed anywhere on the Aquatic Center campus. Doors are not to be propped open and the front door is the only entry/exit door from the facility.
DIRECTIONS:	For Directions using the following link on the Virginia Swimming web site: http://virginiaswimming.org/Meets/Meet%20Directions/CSAC.htm

ORDER OF EVENTS
Friday December 13, 2019 – Timed Finals
Warm-ups: Start at 4:00 pm; Meet Starts: 5:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 – 12 Year Old 400 IM	2
3	10 & Under 200 Free	4
5	11 - 12 200 Back	6
7	11 - 12 200 Fly	8
9	11 - 12 200 Breast	10
11	9 - 12 Year Old 500 Free	12

ORDER OF EVENTS
Saturday, December 14, 2019
11-12 Preliminaries

Warm-ups: 7:00 am; Meet Starts: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	11 – 12 200 IM	20
23	11 – 12 50 Free	24
27	11 - 12 100 Back	28
31	11 - 12 50 Breast	32
35	11 – 12 100 Fly	36
39	11 – 12 400 Free Relay	40

10 & Younger Preliminaries

Warm-ups: No Before 10:30 am; Meet Starts: Not Before 11:30 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	10 & Under 200 IM	18
21	10 & Under 50 Free	22
25	10 & Under 100 Back	26
29	10 & Under 50 Breast	30
33	10 & Under 100 Fly	34
37	10 & Under 400 Free Relay	38

Saturday Night Finals (Course 1 Only)

Warm-ups: 4:30 pm; Meet Starts: 5:35 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	10 & Under 200 Free Relay	14
15	11 – 12 200 Free Relay	16
17	9 year old 200 IM	18
17	10 year old 200 IM	18
19	11 year old 200 IM	20
19	12 year old 200 IM	20
21	9 year old 50 Free	22
21	10 year old 50 Free	22
23	11 year old 50 Free	24
23	12 year old 50 Free	24
25	9 year old 100 Back	26
25	10 year old 100 Back	26
27	11 year old 100 Back	28
27	12 year old 100 Back	28
29	9 year old 50 Breast	30
29	10 year old 50 Breast	30
31	11 year old 50 Breast	32
31	12 year old 50 Breast	32
33	9 year old 100 Fly	34
33	10 year old 100 Fly	34
35	11 year old 100 Fly	36
35	12 year old 100 Fly	36

The order of the finals session will be the top heat of 9 year old girls, “B” then “A” Final of the 10 year old girls, top heat of 9 year old boys, “B” then “A” Final of the 10 year old boys, top heat of 11 year old girls, “B” than “A” Final of 12 year old girls, top heat of 11 year old boys, and “B” then “A” Final of 12 year old boys of each individual event.

ORDER OF EVENTS
Sunday, December 15, 2019

11-12 Preliminaries

Warm-up: 7:00 am; Meet Starts: 8:00 am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
45	11 – 12 100 IM	46
49	11 - 12 200 Free	50
53	11 – 12 50 Back	54
57	11 - 12 100 Breast	58
61	11 – 12 50 Fly	62
65	11 - 12 100 Free	66
69	11 - 12 400 Medley Relay	70

10 & Younger Preliminaries

Warm-up: 8:00 am; Start: 9:00 am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
47	10 & Under 100 IM	48
51	10 & Under 100 Free	52
55	10 & Under 50 Back	56
59	10 & Under 100 Breast	60
63	10 & Under 50 Fly	64
67	10 & Under 400 Medley Relay	68

Sunday Night Finals (Course 1 Only)

Warm-up: not before 4:30 pm; Start: not before 5:40 pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
41	11-12 200 Medley Relay	42
43	10 & Under 200 Medley Relay	45
45	11 year old 100 IM	46
45	12 year old 100 IM	46
47	9 year old 100 IM	48
47	10 year old 100 IM	48
49	11 year old 200 Free	50
49	12 year old 200 Free	50
51	9 year old 100 Free	52
51	10 year old 100 Free	52
53	11 year old 50 Back	54
53	12 year old 50 Back	54
55	9 year old 50 Back	56
55	10 year old 50 Back	56
57	11 year old 100 Breast	58
57	12 year old 100 Breast	58
59	9 year old 100 Breast	60
59	10 year old 100 Breast	60
61	11 year old 50 Fly	62
61	12 year old 50 Fly	62
63	9 year old 50 Fly	64
63	10 year old 50 Fly	64
65	11 year old 100 Free	66
65	12 year old 100 Free	66

The order of the finals session will be the top heat of top heat of 11 year old girls, “B” then “A” Final of 12 year old girls, top heat of 11 year old boys, “B” then “A” Final of 12 year old boys, top heat of 9 year old girls, “B” than “A Final of 10 year old girls, top heat of 9 year old boys, “B” then “A” Final of 10 year old boys of each event.