



SOUTHEAST DISTRICT CHAMPIONSHIP
February 15-17, 2013
SANCTION NO. VS-13-52



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-52. 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. 									
LOCATION:	Brittingham-Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA. 23601, Phone: (757) 591-4573									
FACILITY:	<ul style="list-style-type: none"> 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"> Configured for 8-lane 25 yard for the competition portion of the pool with the depth being 14 feet at the start end and the 6 feet at the turn end swimming into a bulkhead] 6 continuous warm-up / cool down lanes (4-6 feet in depth) in the none competition portion of the pool 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>Dave Henderson</td> <td>Elaine & Barry Ramsey</td> <td>Lori Sprott</td> </tr> <tr> <td>Email: sevaseahawks@aol.com</td> <td>Email: ruetoo@cox.net</td> <td>Email: loloandc.sprott@cox.net</td> </tr> <tr> <td>Phone: (757) 897-6127</td> <td>Phone: (757) 850-3879</td> <td>Phone: (757) 880-6262</td> </tr> </table>	Dave Henderson	Elaine & Barry Ramsey	Lori Sprott	Email: sevaseahawks@aol.com	Email: ruetoo@cox.net	Email: loloandc.sprott@cox.net	Phone: (757) 897-6127	Phone: (757) 850-3879	Phone: (757) 880-6262
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes 12 years old and younger before 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. No on deck Virginia Swimming athlete registration will be permitted The qualifying period for this meet is January 1, 2012 through February 14, 2013 8 & Younger swimmers may participate regardless of classification in 8 & under events only. 8 & Younger swimmers entered in 10 and under events may not have an VSI SC Age Group Championship qualifying time in those events. Swimmers 9 to 12 years of age may compete in any individual event and relay leg in which they do not have a VSI SC Age Group Championship qualifying time. 10 and 12 year-old swimmers aging up from February 15 to March 7, 2013 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> 10 or 12 year old swimmers who do not qualify in an event in their new age group at Age Group Championships may enter the event in this meet. 10 and 12 year old swimmers aging up between championships will be seeded correctly by time; however, will swim Exhibition only and will not be eligible to receive an award. Age on February 15, 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 events will be timed finals. Distance events for all age groups Friday evening 10 and younger swimmers will compete in the morning session on Saturday and Sunday. 11-12 year old swimmers will compete in the afternoon session on Saturday and Sunday. All 25 yard events will start from the bulkhead end of the pool. 									
WARM-UP:	<ul style="list-style-type: none"> Friday distance session: General warm-up starts at 4:30 pm; competition starts at 5:30 pm Morning sessions: Warm-ups start at 7:30 am; competition starts at 8:40 am Afternoon sessions: Warm-ups start not before 12:00 pm; competition starts not before 1:10 pm 									

	<ul style="list-style-type: none"> If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, FEBRUARY 7, 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 which is available at the VSI website www.virginiaswimming.org. Teams submit entries via e-mail. A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) 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. “No Time” (NT) entries will be accepted. Coach Times will not be allowed. Swimmers may enter a maximum of 9 <i>individual events</i> for the meet, no more than 5 individual events and 1 relay per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AC Championship” times for the corresponding relay. See the “slower than” relay times chart on page 4. Entries will be processed in the order received. 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 could require reseeding. Email entries to: sevaseahawks@aol.com Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$5.50 Relay Events: \$13.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> Checks should be made payable to: SEVA Inc. Mail payments to: Dave Henderson 929 Edgewater Drive Newport News, VA 23602 Phone: (757) 897-6127 (Cell) Payment must be received by Tuesday, February 12, 2013 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. 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 will be awarded medals and scored for first through eighth place on the “BB” and up side of the meet based on ENTRY times. Individual events will be awarded medals and scored first through eighth place on the “B” and below side of the meet based on ENTRY times. Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place. Team Awards will be given. Teams receive a plaque for first through sixth place. Scoring will be as follows: <ul style="list-style-type: none"> Individual: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2 All events will be scored to 8 places. Only the top two relays entries per team may score.
SEEDING:	<ul style="list-style-type: none"> All events, except the 10 & under 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded. 8 & Under swimmers entered in 25 yard events must report to the Clerk of Course. They will be escorted to the blocks from that point by staff.

	<ul style="list-style-type: none"> • Swimmers in 50-yard, 100-yard, 200-yard, 400/500-yard events will report directly to the blocks. • Positive check-in for the 10 & Under 500 Free, 11-12 500 Free and 11-12 400 IM will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Administrative table. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<ul style="list-style-type: none"> • Penalties for entries using fraudulent and/or non-verifiable entry times: <ul style="list-style-type: none"> ○ Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded. ○ 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. • A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.
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 afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. • 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 who have valid USA Swimming credentials but who 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 Referees: Freddie Persinger Email: sevaofficials@gmail.com Phone: (757) 897-0787 (cell)</p> <p>Dan Demers Email: ddemers3@cox.net Phone: (757) 434-3342</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 in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Freddie Persinger (SEVA Officials Chair), Email: sevaofficials@gmail.com, (757) 897-0787 (cell), no later than Tuesday, February 12, 2013. • Officials will meet Friday evening at 4:30 pm, Saturday and Sunday at 7:40 am and 12:10 pm. • If needed, a general meeting for coaches and key officials will be held prior to the start of the Saturday morning session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Swimmers supply their own timers and lap counters for the 500 Freestyle. Swimmers supply their own timers for the 400 IM. • 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 SEVA web site, www.sevaswimming.com no later than Tuesday, February 12, 2013, and will also be emailed to the contact person of each of the individual clubs. • These assignments will also be posted throughout the venue.

GENERAL:	<ul style="list-style-type: none"> • Meet Programs: Heat Sheets will be sold for \$5.00 • Hospitality: SEVA will provide a Hospitality Room for USA-S officials and coaches. Dinner on Friday, breakfast and lunch on Saturday and Sunday, and refreshments during each session, will be served. • Swim Shop: Swim & Sports Stop will be operating a swim shop on Saturday and Sunday during the meet for your apparel needs. • Snack Bar: SEVA will operate a concession to purchase food and drinks on Friday, Saturday and Sunday. • First Aid: a staffed First Aid Station is located at the end of the pool near the entrance to the locker rooms • Lost and Found: will be located at the announcer's table and the lifeguard room on the pool deck and at the entrance to the gym for items left in that area.
FACILITY RULES:	<ul style="list-style-type: none"> • Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). • Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. • No coolers in the pool area. They are allowed in the Gym. • No spectator chairs in the pool area. Adequate seating is available and deck space is limited. Chairs are allowed in the Gym. • Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.). • No shaving anywhere in the venue. • No running or horseplay in the facility. • Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. • Clean up your area when you leave after each session. Trash cans and recycle bins are located throughout the facility. • Officials only inside the ropes. • Coaches, officials, and meet staff only in the Hospitality Room. • The Aquatic Center will close during electrical storms. • NO SMOKING in the Aquatic Center (pool area) or the rest of the building.
DIRECTIONS:	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 Brittingham-Midtown Community/Aquatic Center will be on your left.
HOTELS:	A large number of hotels are available within 10 minutes of the venue. Contact the Meet Director for more information.

RELAY "SLOWER THAN TIMES" CHART

Age Group	Gender	Free		Medley
8&U	Girls Boys	No Standard No Standard		No Standard No Standard
9-10	Girls Boys	2:05.16 2:02.36		2:25.06 2:23.06
11-12	Girls Boys	1:51.56 (200) 4:02.36 (400) 1:51.56 (200) 4:00.36 (400)		2:07.56 2:08.46

**Southeast District Championships
ORDER OF EVENTS**

Friday, February 15, 2013

Evening Session		
Warm-up: 4:30 pm; Start: 5:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200 Free Relay	2
3	10 & Under 200 Individual Medley	4
5	11-12 400 Individual Medley	6
7	10 & Under 500 Freestyle	8
9	11-12 500 Freestyle	10

Saturday, February 16, 2013

Morning Session		
Warm-up: 7:30 am; Start: 8:40 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
11	9-10 50 Freestyle	12
13	8 & Under 25 Freestyle	14
15	10 & Under 100 Butterfly	16
17	8 & Under 50 Butterfly	18
19	9-10 100 Individual Medley	20
21	8 & Under 100 Individual Medley	22
23	9-10 50 Breaststroke	24
25	8 & Under 25 Breaststroke	26
27	10 & Under Backstroke	28
29	8 & Under 50 Backstroke	30
31	10 & Under 200 Freestyle	32
33	8 & Under 100 Freestyle Relay	34
35	10 & Under 200 Freestyle Relay	36

Afternoon Session		
Warm-up: 12:00 pm; Start: 1:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	11-12 100 Freestyle	38
39	11-12 50 Butterfly	40
41	11-12 200 Breaststroke	42
43	11-12 200 Individual Medley	44
45	11-12 50 Breaststroke	46
47	11-12 200 Butterfly	48
49	11-12 10 Backstroke	50
51	11-12 400 Free Relay	52

Sunday, February 17, 2013

Morning Session		
Warm-up: 7:30 am; Start: 8:40 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	8 & Under 100 Freestyle	54
55	9-10 100 Freestyle	56
57	8 & Under 50 Freestyle	58
59	9-10 50 Butterfly	60
61	8 & Under 25 Butterfly	62
63	10 & Under 100 Breaststroke	64
65	8 & Under 50 Breaststroke	66
67	9-10 50 Backstroke	68
69	8 & Under 25 Backstroke	70
71	10 & Under 200 Medley Relay	72
73	8 & Under 100 Medley Relay	74

Afternoon Session		
Warm-up: 12:00 pm; Start: 1:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
75	11-12 200 Freestyle	76
77	11-12 100 Butterfly	78
79	11-12 50 Backstroke	80
81	11-12 100 Breaststroke	82
83	11-12 200 Backstroke	84
85	11-12 100 Individual Medley	86
87	11-12 50 Freestyle	88
89	11-12 200 Medley Relay	90