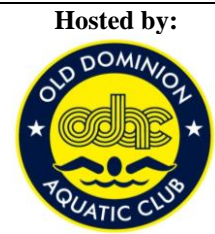




Old Dominion Aquatic Club
November Relay Jamboree and Sprint Pentathlon
September 26 – September 27, 2015
SANCTION NO. VS-16-01



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-16-01USA Swimming, Inc., Virginia Swimming, Inc., ODAC, and the Camp Arrowhead Aquatic facility 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:	Camp Arrowhead, 275 Kenyon Rd, Suffolk VA 23434
FACILITY:	<ul style="list-style-type: none">Eight (8) lane 25 yard indoor pool, 6feet in depth at the start end and 4 feet in depth at the turn end. All sessions will be run using an eight (8) lane course for competition. Facility uses a Colorado Timing System.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:	Steve Bialorucki Phone: (757) 471-1828 Email: stevebialorucki@swimodac.com
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes registered before the first day of the meet.No on-deck Virginia Swimming athlete registration will be permitted.Age on September 26, 2015 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 12 & Younger swimmers will swim on Saturday and Sunday morning.All 13 & Older swimmers will swim on Saturday and Sunday afternoon.All events will be timed finals.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.
WARM-UP:	<ul style="list-style-type: none">Morning sessions: Warm-ups at 8:00 AM; competition starts at 9:00 AM.Afternoon sessions: Warm-ups not before 1:00 PM; competition starts not before 2:00 PM.Lane assignment and warm-up times for individual clubs will be posted on the ODAC website no later than Wednesday, October 29, 2014, and will also be emailed to the contact person of the participating clubs.If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, SEPTEMBER 16, 2015.</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 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.All of the 25 events should be entered with 50 times for all 9 and over swimmers.

	<ul style="list-style-type: none"> • Coaches Times should be used for all relay entries • Swimmers may enter a maximum of 5 <i>events</i> a day and as many relays as they would like to participate in. • 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: stevebialorucki@swimodac.com • IMPORTANT: If entries are 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. • 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 Clerk-of-Course on the provided forms.
FEES:	<p>Individual Events:\$3.50 Relay events: \$9.00 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: ODAC • Mail entries to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464 (757) 474-1014 • Payment must be received by September 26, 2015 for all entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Awards will be given for first through eighth place. It is not a requirement to compete in all events for individual event awards. Pentathlon awards will be given first through 3rd in each age group. In order to qualify for a pentathlon award, a swimmer must complete all 10 events legally. • Relay events: Awards will be given for first through fourth place
SEEDING:	<ul style="list-style-type: none"> • All events will be preseeded.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from 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 before 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. • 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. • 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 not permitted. • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • In accordance with VSI Best Practices, swimmers should shower before entering the pool. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming

	<p>credentials will be permitted to act in a coaching capacity at this meet.</p> <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) 223-7804</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jeff Kauffman, Email: jeffreykauffman@msn.com or Phone: (757) 407-1301
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.

ORDER OF EVENTS

Saturday, September 26, 2015

Morning 10 & U and 11-12 Session Warm-up: 8:00 am; Start: 9:00 am			Afternoon Senior and 13-14 Session Warm-up: 1:00 pm; Start: 2:00 pm (time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 25 Free	2	41	13-14 25 Free	42
3	10&under 25 Free	4	43	Senior 25 Free	44
5	11-12 150 Fly Relay	6	45	13-14 300 Fly Relay	46
7	10&U 150 Fly Relay	8	47	Senior 300 Fly Relay	48
9	11-12 50 Breast	10	49	13-14 50 Breast	50
11	10&U 50 Breast	12	51	Senior 50 Breast	52
13	11-12 150 Back Relay	14	53	13-14 300 Back Relay	54
15	10&U 150 Back Relay	16	55	Senior 300 Back Relay	56
17	11-12 50 Fly	18	57	13-14 50 fly	58
19	10&U 50 fly	20	59	Senior 50 Fly	60
21	11-12 150 Free Relay	22	61	13-14 300 Free Relay	62
23	10&U Free Relay	24	63	Senior 300 Free Relay	64
25	11-12 25 Back	26	65	13-14 25 Back	66
27	10&U 25 Back	28	67	Senior 25 Back	68
29	11-12 200 Broken IM Relay	30	69	13-14 200 Broken IM Relay	70
31	10&U 200 Broken IM Relay	32	71	Senior 200 Broken IM Relay	72
33	11-12 100 Free	34	73	13-14 100 Free	74
35	10&U 100 Free	36	75	Senior 100 Free	76
37	11-12 450 Crescendo Relay	38	77	13-14 450 Crescendo Relay	78
39	10&U 450 Crescendo Relay	40	79	Senior 450 Crescendo Relay	80

Sunday, September 27, 2015

Morning 10 & U and 11-12 Session Warm-up: 8:00 am; Start: 9:00 am			Afternoon Senior and 13-14 Session Warm-up: 1:00 pm; Start: 2:00 pm (time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	11-12 25 Breast	82	115	13-14 25 Breast	116
83	10&U 25 Breast	84	117	Senior 25 Breast	118
85	11-12 300 IM Relay	86	119	13-14 300 IM Relay	120
87	10&U 300 IM Relay	88	121	Senior 300 IM Relay	122
89	11-12 50 Free	90	123	13-14 50 Free	124
91	10&U 50 Free	92	125	Senior 50 Free	126
93	11-12 200 Mixed Relay		127	13-14 200 Mixed Relay	
94	10&U 200 Mixed Relay		128	Senior 200 Mixed Relay	
95	11-12 25 Fly	96	129	13-14 25 Fly	130
97	10&U 25 Fly	98	131	Senior 25 Fly	132
99	11-12 150 Breast Relay	100	133	13-14 300 Breast Relay	134
101	10&U 150 Breast Relay	102	135	Senior 300 Breast Relay	136
103	11-12 50 Back	104	137	13-14 50 Back	138
105	10&U 50 Back	106	139	Senior 50 Back	140
107	11-12 1000 Distance Relay	108	141	13-14 1000 Distance Relay	142
109	10&U 1000 Distance Relay	110	143	Senior Distance Relay	144
111	11-12 100 IM	112	145	13-14 100 IM	146
113	10&U 100 IM	114	147	Senior 100 IM	148

Explanation of Events:

10-under and 11-12

150 Freestyle Relay	(3 swimmers/ each doing a 50 free)
300 IM Relay	(3 swimmers / each doing a 100 IM)
150 Butterfly Relay	(3 swimmers / each doing a 50 fly)
150 Backstroke Relay	(3 swimmers / each doing a 50 back)
150 Breaststroke Relay	(3 swimmers / each doing a 50 breast)
450 Crescendo Relay	(5 swimmers / 50-100-150-100-50)
200 Mixed Medley Relay	(2 girls – 2 boys / choice of order)
1000 Distance Relay	(4 swimmers / each doing a 250 free)
200 Broken IM Relay	(4 swimmers / each doing a 50)
	1 st swimmer = 25 fly – 25 back
	2 nd swimmer = 25 breast – 25 free

3rd swimmer = 25 fly – 25 back
4th swimmer = 25 breast – 25 free

13-14 and 15-older

300 Freestyle Relay	(3 swimmers / each doing a 100 free)
300 IM Relay	(3 swimmers / each doing a 100 IM)
300 Butterfly Relay	(3 swimmers / each doing a 100 fly)
300 Backstroke Relay	(3 swimmers / each doing a 100 back)
300 Breaststroke Relay	(3 swimmers / each doing a 100 breast)
450 Crescendo Relay	(5 swimmers / 50-100-150-100-50)
200 Mixed Medley Relay	(2 girls – 2 boys / choice of order)
1000 Distance Relay	(4 swimmers / each doing a 250 free)
200 Broken IM Relay	(4 swimmers / each doing a 50)
	1 st swimmer = 25 fly – 25 back
	2 nd swimmer = 25 breast – 25 free
	3 rd swimmer = 25 fly – 25 back
	4 th swimmer = 25 breast – 25 f

10-under and 11-12

25 Butterfly
25 Backstroke
25 Breaststroke
25 Freestyle
50 Butterfly
50 Backstroke
50 Breaststroke
50 Freestyle
100 IM
100 Freestyle

Swimmers compete in all 10 events

All 10 times are added together

In order to qualify for a pentathlon award, a swimmer must compete in all 10 events legally.

13-14 and 15-older

25 Butterfly
25 Backstroke
25 Breaststroke

25 Freestyle
50 Butterfly
50 Backstroke
50 Breaststroke
50 Freestyle
100 IM
100 Freestyle

Swimmers compete in all 10 events

All 10 times are added together

In order to qualify for a pentathlon award, a swimmer must compete in all 10 events legally.