



AMENDED (#2)
CGBD CHRISTMAS INVITATION
Area I B/C Meet
11-12 December 2004
SANCTION NO. VS-05-22



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-22
LOCATION:	Midtown Aquatics Center 570 McLawhorne Drive Newport News, VA 23601 (757) 591-4573
FACILITY:	8-lane, 50 meter indoor pool; configured for SC; 6 continuous warm-up / cool down lanes; overflow gutters; non-turbulent lane markers; Colorado Timing System.
MEET DIRECTOR:	Mike Melo Phone: 757-438-6118 Email: mikemelo@cox.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Area I. Teams in Area I are: CGBD, CYAT, NSD, OBX, ODAC, PRO, PYAC, SEVA, SSC, TAC, TCAC, TIDE, TPHN, & WAC.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 8 & Younger swimmers may participate regardless of classification.• Swimmers 9 & Older may compete in any event and relay strokes in which they have a "B" or "C" Time.• 2005-2008 NAG top 16 based times are in effect.• Age on December 11, 2004 will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">• All 10 & Younger swimmers will swim on Saturday and Sunday morning.• All 11 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.• Morning sessions: Warm-ups at 7:30 – 8:20 AM; competition starts at 8:30 AM.• Afternoon sessions: Warm-ups at 12:00 – 12:50 PM; competition starts at 1:00 PM.• Distance sessions: The pool will be opened for 15 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 CGBD website no later than December 8, 2004, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.• Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than December 8, 2004, 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.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, DECEMBER 1, 2004. <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 may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.• A Team Manager printout of entries must be included or the VSI Meet Entry Summary sheet (available through the VSI website, www.virginiawimming.org) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Non-conforming times will be converted to short course yards times prior to seeding.• Coaches Times (CT) and No Time (NT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition.

	<ul style="list-style-type: none"> • 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. • 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: colleendb@cox.net • Mail entries to: Colleen Beatovich 223 Clayton Drive Yorktown, VA 23693 • 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.
FEES:	<p>Individual events: \$3.15 Relay events: \$12.60 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: CGBD. • Payment must be received by December 8, 2004 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. • 13 & Older events will be given separate awards for 13-14 and 15 & Over age groups. • 11 & Older events will be given separate awards for 11-12, 13-14, and 15 & Older age groups. • 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. • Heat winner ribbons will be awarded for all 10 & Younger individual events. • Relay events: Ribbons will be awarded for first through 4th place.
SEEDING:	<ul style="list-style-type: none"> • All individual events, except 9/10 500 Freestyle (Events 23&24), 11/12 200 Freestyle (Events 49&50), 13&O 1000 Freestyle (Events 51&52), 9/10 200 Freestyle (Events 77&78), 13&O 200 Freestyle (Events 103&104), 11&O 500 Freestyle (Events 105&106), and all Relays will be pre-seeded. • 9/10 500 Freestyle (Events 23&24), 11/12 200 Freestyle (Events 49&50), 13&O 1000 Freestyle (Events 51&52), 9/10 200 Freestyle (Events 77&78), 13&O 200 Freestyle (Events 103&104), 11&O 500 Freestyle (Events 105&106) will be deck-seeded. • Positive check-in will close at 10:30 AM (Morning Sessions) and 3:00 PM (Afternoon Session). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • 8 & Younger swimmers in the morning sessions must report to the Clerk of Course from where they will be brought to the blocks. All other swimmers should report directly to the blocks for their events. • 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.
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 United States 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 2004 USA Swimming Rules and Regulations will apply. • 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. • In accordance with VSI Policy, only those coaches who display current, valid USA Swimming

	<p>credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.</p>
OFFICIALS:	<p>Meet Referee: Bob Hood Email: bobsand4@hotmail.com Phone (757) 872-7078</p> <ul style="list-style-type: none"> • Officials at all positions will be required 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 Francis Badavi, Email: f.f.badavi@larc.nasa.gov, Phone: (757) 864-1410, not later than December 7, 2004. • There will be an Officials' Meeting one (1) hour prior to each session in Room 104.
SAFETY:	<p>VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.</p>
TIMERS:	<p>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 CGBD no later than 8 December 2004, and will also be emailed to the contact person of each of the individual clubs.</p>
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violates Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. 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, plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats. • Team Areas: Team seating will be available in the pool area. 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 (or sandals). • Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. • Team Banners: Team Banners can be hung from a water return pipe that runs over the team seating areas. Please coordinate with Head Life Guard on duty. • Programs: Meet Programs will be sold for \$5.00. • Snack Bar: CGBD will operate a Concessions Stand during the meet. • Swim Supplies: CGBD will operate a Swim Shop during the meet. • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms. • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.
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. They 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.

	<ul style="list-style-type: none"> • 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. Trashcans are located throughout the facility. Lost and Found is located next to the Announcer. • 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:	<p>From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.</p>

SANCTION VS-05-22
CGBD "Christmas Classic"
11 December 2004
SATURDAY MORNING
WARM-UPS: 7:30 - 8:20 A.M.
MEET STARTS: 8:30 A.M.

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
1	9/10	100 Y INDIVIDUAL MEDLEY	2
3	8&Y	25 Y FREESTYLE	4
5	9/10	50 Y FREESTYLE	6
7	8&Y	50 Y BACKSTROKE	8
9	10&Y	100 Y BACKSTROKE	10
11	8&Y	25 Y BREASTSTROKE	12
13	9/10	50 Y BREASTSTROKE	14
15	8&Y	50 Y FLY	16
17	10&Y	100 Y FLY	18
19	8&Y	200 Y MEDLEY RELAY	20
21	9/10	200 Y FREESTYLE RELAY	22
		--- 10-Minute Break ---	
23	9/10	500 Y FREESTYLE	24

SATURDAY AFTERNOON
WARM-UPS: 12:00-12:50 P.M.
MEET STARTS: 1:00 P.M.

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
25	11/12	100 Y INDIVIDUAL MEDLEY	26
27	13&O	200 Y INDIVIDUAL MEDLEY	28
29	11/12	100 Y FREESTYLE	30
31	13&O	50 Y FREESTYLE	32
33	11/12	100 Y BACKSTROKE	34
35	11&O	200 Y BACKSTROKE	36
37	11/12	50 Y BREASTSTROKE	38
39	13&O	100 Y BREASTSTROKE	40
41	11/12	100 Y FLY	42
43	11&O	200 Y FLY	44
45	11/12	200 Y MEDLEY RELAY	46
47	13&O	200 Y FREESTYLE RELAY	48
		--- 10-Minute Break ---	
49	11/12	200 Y FREESTYLE	50
51	13&O	1000 Y FREESTYLE	52

SANCTION VS-05-22
CGBD "Christmas Classic"
12 December 2004
SUNDAY MORNING
WARM-UPS: 7:30 - 8:20 A.M.
MEET STARTS: 8:30 A.M.

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
53	8&Y	100 Y INDIVIDUAL MEDLEY	54
55	10&Y	200 Y INDIVIDUAL MEDLEY	56
57	8&Y	50 Y FREESYLE	58
59	10&Y	100 Y FREESTYLE	60
61	8&Y	25 Y BACKSTROKE	62
63	9/10	50 Y BACKSTROKE	64
65	8&Y	50 Y BREASTSTROKE	66
67	10&Y	100 Y BREASTSTROKE	68
69	8&Y	25 Y FLY	70
71	9/10	50 Y FLY	72
73	8&Y	200 Y FREESTYLE RELAY	74
75	9/10	200 Y MEDLEY RELAY	76
		--- 10-Minute Break ---	
77	10&Y	200 Y FREESTYLE	78

SUNDAY AFTERNOON
WARM-UPS: 12:00-12:50 P.M.
MEET STARTS: 1:00 P.M.

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
79	11/12	200 Y INDIVIDUAL MEDLEY	80
81	11&O	400 Y INDIVIDUAL MEDLEY	82
83	11/12	50 Y FREESTYLE	84
85	13&O	100 Y FREESTYLE	86
87	11/12	50 Y BACKSTROKE	88
89	13&O	100 Y BACKSTROKE	90
91	11/12	100 Y BREASTSTROKE	92
93	11&O	200 Y BREASTSTROKE	94
95	11/12	50 Y FLY	96
97	13&O	100 Y FLY	98
99	11/12	200 Y FREESTYLE RELAY	100
101	13&O	200 Y MEDLEY RELAY	102
		--- 10-Minute Break ---	
103	13&O	200 Y FREESTYLE	104
105	11&O	500 Y FREESTYLE	106