



**Old Dominion Aquatic Club**  
**20<sup>th</sup> Annual Veteran's Day Invitational**  
**November 12-14, 2004**  
**SANCTION NO. VS-05-12**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-05-12</b>
<b>LOCATION:</b>	Old Dominion University Health and P.E. Pool The H&PE Building is at the corner of 48 <sup>th</sup> St. and Powhatan Ave. Norfolk, VA 23508
<b>FACILITY:</b>	The J.C. "Scrap" Chandler Natatorium is an 8-lane, 25-yard facility with non-turbulent lane markers and automatic timing. Directions to the pool and hotel information are included with the meet information.
<b>MEET DIRECTOR:</b>	Ellen Deppe 904 General Hill Dr Virginia Beach, VA 23454 Phone: (757)496-4032 Email: <a href="mailto:emdeppe@cox.net">emdeppe@cox.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers</li><li>• All swimmers participating in this meet must be registered by the first day of the meet.</li><li>• 2005-2008 NAG top 16 based times are in effect.</li><li>• 14 &amp; Younger swimmers who have at least one "A" time may enter the maximum number of events regardless of time.</li><li>• 13-14 Swimmers entering senior events in which a 13-14 event is offered must have the 15-16 "A" time for entry.</li><li>• 15 &amp; Older swimmers who have one "A" time in a session may enter an additional event in that session in which they have at least a 15-16 "BB" time.</li><li>• Age on November 12, 2004 will determine age for the entire meet.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All events will be timed finals</li><li>• Friday General Warm-ups: 4:30-5:30pm – All Swimmers</li><li>• Saturday &amp; Sunday Morning sessions: Warm-ups begin at 7:00am; competition starts at 8:45am.</li><li>• Saturday and Sunday Afternoon sessions: Warm-ups at 1:15pm; competition starts at 2:15pm.</li><li>• Saturday Evening session: Warm-ups at 5:30pm; competition starts at 6:30pm.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the ODAC website no later than Wednesday November 10, 2004, and will also be emailed to the contact person of the participating clubs.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY NOVEMBER 2, 2004.</b> <ul style="list-style-type: none"><li>• VSI registered teams will be given priority on acceptance of entries.</li><li>• 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.</li><li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>• Non-conforming times will be converted to short course yards times prior to seeding.</li><li>• All entry times must have been achieved in USA Swimming sanctioned or approved competition.</li><li>• Coaches Times (CT) will be accepted for 14 &amp; Younger 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.</li><li>• 13 &amp; Older Swimmers may enter a one event on Friday, four events on Saturday and three events on Sunday. 12 &amp; Younger swimmers may enter up to four individual events and one relay per day.</li></ul>

	<ul style="list-style-type: none"> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>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.</li> <li>Email entries to: <a href="mailto:stevebialorucki@swimodac.com">stevebialorucki@swimodac.com</a></li> <li>Mail entries to: Steve Bialorucki 5165 Stratford Chase Dr Virginia Beach, VA 23464 (757)474-1014</li> <li><b>IMPORTANT:</b> 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$2.00 Relay events: \$8.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: ODAC</li> <li>Payment must be received by November 10, 2004 for email entries. Payment must be included with all mailed entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through eighth place.</li> <li>13 &amp; Older events will be given separate awards for 13-14 and Senior age groups.</li> <li>Senior events in which no 13-14 event is offered will provide separate awards for 13-14 and Senior age groups</li> <li>Relay events: Ribbons will be awarded for first through fourth place</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events on Friday will be deck seeded with lane assignments posted around the pool.</li> <li>All events Saturday and Sunday will be pre-seeded except for the Senior 500 Free.</li> <li>All heats of the 13&amp;Older 500 Free and 1000 Free will be swum fastest to slowest alternating women, then men.</li> <li>The 500 Free, 400 IM and 1000 Free will require a positive check-in to swim.</li> <li>Positive check-in on Friday will close at 5:30 PM.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>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.</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 disqualified from 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 United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The 2004 USA Swimming Rules and Regulations will apply.</li> <li>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.</li> <li>In accordance with VSI Policy, only those coaches who display current, valid USA Swimming 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Janet Law</b> <b>Email: <a href="mailto:janetlaw56@cox.net">janetlaw56@cox.net</a> Phone: (757) 242-3243</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required for this meet.</li> <li>Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Janet Law.</li> </ul>

<b>SAFETY:</b>	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.						
<b>DIRECTIONS:</b>	<p style="text-align: center;"><b><u>Directions to Old Dominion University</u></b></p> <p>From I-64 East (coming from Richmond)  Take I-64 East through the Hampton Roads Bridge Tunnel and go approximately five more miles to the exit for I-564 toward Terminal Blvd.  As you exit, stay to the right to exit immediately onto Terminal Blvd. (There is only one way to go on Terminal Blvd) Once on Terminal Blvd, stay on it until you reach the Norfolk International Marine Terminals at the junction of Hampton Blvd. Take a left on Hampton Blvd. Go approximately two miles and turn right onto 49<sup>th</sup> Street to progress onto campus.</p> <p>From Chesapeake (coming from US 58 East)  Take US 58 East through Suffolk until it joins with I-64. Take I-64 to I-264 toward Norfolk Stay on I-264 until you go through the Downtown Tunnel. Once you go through the tunnel, you'll want to move to the left to exit, and take the Waterside Drive exit. Follow Waterside Drive for several blocks, which turns into Boush Street. At the intersection of Boush and Brambleton avenue, make a left turn onto Brambleton. Move into the right lane. You will see a sign that says "ODU." Merge with the traffic onto Hampton Boulevard approximately three miles. You will turn left on 49<sup>th</sup> Street to progress onto the campus.</p> <p>To the H&amp;P.E. Pool  After turning onto 49<sup>th</sup> street, continue for almost one mile to the only stop sign and take a left onto Powhatan Ave. The H&amp;P.E. Building is actually at the corner of 48<sup>th</sup> street and Powhatan Ave., but 48<sup>th</sup> street is a one way street that goes back out toward Hampton Blvd. You can turn onto 48<sup>th</sup> street to park in the lot there, or park in the lots on Powhatan or 49<sup>th</sup> street. In any case, you want to enter the building from the sidewalk at 48<sup>th</sup> street to get to the pool.</p>						
<b>HOTELS:</b>	<p><b>HOTEL INFORMATION</b></p> <p>ODAC has not made any arrangements with any of the following hotels as far as discounts or blocks of rooms. All of these hotels are within 10-minutes of the ODU Campus.</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p><i>Comfort Inn – Norfolk Naval Base</i>  8051 Hampton Blvd.  Norfolk, VA 23505-1001  (757)451-0000</p> </td> <td style="vertical-align: top; width: 50%;"> <p><i>Norfolk Waterside Marriott</i>  235 East Main St.  Norfolk, VA 23510  (757)627-4200</p> </td> </tr> <tr> <td style="vertical-align: top;"> <p><b>Econo Lodge – Ocean View Beach (NAS)</b>  9601 4<sup>th</sup> View St.  Norfolk, VA 23503-1401  (757)480-9611</p> </td> <td style="vertical-align: top;"> <p><i>Omni Waterside Hotel at Norfolk</i>  777 Waterside Dr.  Norfolk, VA 23510-2101  (757)622-6664</p> </td> </tr> <tr> <td style="vertical-align: top;"> <p><i>Hampton Inn – Norfolk Naval Base</i>  8501 Hampton Blvd.  Norfolk, VA 23505-1009  (757)489-1000</p> </td> <td></td> </tr> </table>	<p><i>Comfort Inn – Norfolk Naval Base</i>  8051 Hampton Blvd.  Norfolk, VA 23505-1001  (757)451-0000</p>	<p><i>Norfolk Waterside Marriott</i>  235 East Main St.  Norfolk, VA 23510  (757)627-4200</p>	<p><b>Econo Lodge – Ocean View Beach (NAS)</b>  9601 4<sup>th</sup> View St.  Norfolk, VA 23503-1401  (757)480-9611</p>	<p><i>Omni Waterside Hotel at Norfolk</i>  777 Waterside Dr.  Norfolk, VA 23510-2101  (757)622-6664</p>	<p><i>Hampton Inn – Norfolk Naval Base</i>  8501 Hampton Blvd.  Norfolk, VA 23505-1009  (757)489-1000</p>	
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<b><u>Friday Evening Session</u></b>		<b><u>Sunday Morning Session</u></b>			
Women		Men	Women	Men	
1	11 – 12 500 Free	2	55	Senior 200 I.M.	56
3	13 & older 400 I.M.	4	57	13-14 100 Free	58
	<b>10-Minute Break</b>		59	Senior 100 Free	60
5	13 & older 1000 Free	6	61	13-14 100 Breast	62
			63	Senior 100 Breast	64
			65	Senior 200 Back	66

<b><u>Saturday Morning Session</u></b>		<b><u>Sunday Afternoon Session</u></b>			
7	Senior 200 Fly	8			
9	13-14 100 Back	10	67	10& younger 200 Medley Relay	68
11	Senior 100 Back	12	69	11-12 200 Medley Relay	70
13	Senior 200 Free	14	71	10 & younger 100 I.M.	72
15	Senior 200 Breast	16	73	11-12 100 I.M.	74

<b><u>Saturday Afternoon Session I</u></b>					
17	10 & younger 100 Fly	18	75	10 & younger 50 Fly	76
19	11-12 100 Fly	20	77	11-12 50 Fly	78
21	10 & younger 50 Free	22	79	10 & younger 200 Free	80
23	11-12 50 Free	24	81	11-12 200 Free	82
25	10 & younger 100 Back	26	83	10 & younger 50 Back	84
27	11-12 100 Back	28	85	11-12 50 Back	86
29	10 & younger 50 Breast	30	87	10 & younger 100 Breast	88
31	11-12 50 Breast	32	89	11-12 100 Breast	90
33	10 & younger 200 I.M.	34			
35	11-12 200 I.M.	36			
37	10 & younger 100 Free	38			
39	11-12 100 Free	40			
41	10 & younger 200 Free Relay	42			
43	11-12 200 Free Relay	44			

**Friday Evening Warm-ups – 4:30pm**

**Friday Evening Start – 6:00pm**

**Morning Session Warm-ups – 7:00am**

**Morning Session Start – 8:45am**

**Afternoon Session Warm-ups – 1:15pm**

**Afternoon Session Start – 2:15pm**

**Saturday Evening Session Warm-ups – 5:30pm**

**Saturday Evening Session Start – 6:30pm**

13&older swimmers may swim one (1) event on Friday, four (4) events on Saturday and three (3) events on Sunday  
12& younger may swim four (4) individual events each day plus one (1) relay event per day.

<b><u>Saturday Afternoon Session II</u></b>			
45	13-14 50 Free	46	
47	Senior 50 Free	48	
49	13-14 100 Fly	50	
51	Senior 100 Fly	52	
53	Senior 500 Free	54	