



AMENDED

**Speedo Eastern States Senior Circuit Meet
5th Annual Dale Babcock Memorial Meet
November 20 – 21, 2004
SANCTION NO. VS-05-17**

Hosted By:

SEVA
Swim Team

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-17						
LOCATION:	Fort Eustis Aquatic Center Building 641 (corner of Washington Ave & Tyler Ave) Fort Eustis, VA 23604 (757) 878-1090/1091						
FACILITY:	Eleven (11) lane 25-yard indoor pool. All sessions will be run using an eight (8)-lane course for competition. Two lanes will be available for continuous warm-up/warm-down. Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines.						
MEET DIRECTOR:	Dave Henderson PO Box 2854 Newport News, VA 23609 Office: (757) 874-1522 E-mail: SEVAseahawks@aol.com						
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming registered swimmers of the Speedo Eastern States Senior Circuit. The following are the circuit participating teams: <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;">Virginia LSC</td> <td style="text-align: center;">Maryland LSC</td> <td style="text-align: center;">Potomac Valley LCS</td> </tr> <tr> <td style="vertical-align: top;"> Coast Guard Blue Dolphins (CGBD) Poseidon Swimming (PSDN) Prince William Swim Club (PWSC) QDD Swim Team (QDD) South Eastern Va. Aquatics (SEVA) Tide Swim Team (TIDE) </td> <td style="vertical-align: top;"> Columbia Aquatic Association(CAA) Manocacy Aquatic Club (MAC) </td> <td style="vertical-align: top; background-color: yellow;"> AquaHoya Swimming(HOYA) Arlington Aquatic Club(AAC) Occoquan Swimming (OCCS) Maryland Suburban Swim Club(MSSC) </td> </tr> </table> All swimmers participating in this meet must be registered prior to the first day of the meet. No on deck registration will be permitted. There are no qualifying times. All teams agree to enter swimmers who are training at a senior level and are preparing for successful qualification and/or participation at Sectionals, Junior Nationals or Nationals. Please see published circuit guidelines for more information. Age on November 20, 2004 will determine age for the entire meet. 	Virginia LSC	Maryland LSC	Potomac Valley LCS	Coast Guard Blue Dolphins (CGBD) Poseidon Swimming (PSDN) Prince William Swim Club (PWSC) QDD Swim Team (QDD) South Eastern Va. Aquatics (SEVA) Tide Swim Team (TIDE)	Columbia Aquatic Association(CAA) Manocacy Aquatic Club (MAC)	AquaHoya Swimming(HOYA) Arlington Aquatic Club(AAC) Occoquan Swimming (OCCS) Maryland Suburban Swim Club(MSSC)
Virginia LSC	Maryland LSC	Potomac Valley LCS					
Coast Guard Blue Dolphins (CGBD) Poseidon Swimming (PSDN) Prince William Swim Club (PWSC) QDD Swim Team (QDD) South Eastern Va. Aquatics (SEVA) Tide Swim Team (TIDE)	Columbia Aquatic Association(CAA) Manocacy Aquatic Club (MAC)	AquaHoya Swimming(HOYA) Arlington Aquatic Club(AAC) Occoquan Swimming (OCCS) Maryland Suburban Swim Club(MSSC)					
FORMAT:	<ul style="list-style-type: none"> All events will be Timed Finals Saturday AM Session: Warm-ups from 6:30 am to 8:20 am; Competition starts at 8:30 am. During the Saturday morning warm-up, the first hour and 40 minutes will be general warm-up. The last 20 minutes will be specific warm-up with lanes assigned for pace, sprint & general warm-up. Saturday PM Session: Warm-ups from 3:30 pm to 4:50 pm; Competition starts at 5:00 pm During the Saturday evening warm-up, 1 hour and 10 minutes will be general warm-up. The last 20 minutes will be specific warm-ups. Sunday Distance Session: Warm-ups from 6:15 am to 7:10 am; Competition starts at 7:15 am Sunday AM Session: Warm-ups from 9:45 am to 10:55 am; Competition starts at 11:00 am. During the Sunday AM session warm-up, the first 45 minutes will be general warm-up. The last 30 minutes will be specific warm-up with lanes available for pace and sprint. If the Sunday Distance Session runs late, the Sunday AM Session warm-ups will begin immediately after the morning session ends. Length of warm-up may be shortened. 						
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, NOVEMBER 11, 2004.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yard times. Please send entries by e-mail using a ZIP File from your teams HYTEK Team Manager Program. Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk. If entries are e-mailed, the following must be received by Friday, November 19th <ul style="list-style-type: none"> An entry fee summary print out from Team Manager A check payable to SEVA Inc. for the full amount of the entry fees due. Any team not 						

	<p>sending the entry fee summary and payment by the date listed above, may not be allowed to compete.</p> <ul style="list-style-type: none"> • If entries are mailed, the following must be included <ul style="list-style-type: none"> ○ A 3.5" computer disk with a Team Manager file containing your teams entries ○ A print out of what is on the disk ○ An entry fee summary printout from Team Manager ○ A check payable to SEVA Inc. for the full amount of the entry fees due. • All entry times must have been achieved in USA Swimming sanctioned or approved competition. • Swimmers may enter (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1000 Free plus 3 events on Sunday. Swimmers may participate in 2 relays per session. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • 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: SEVAseahawks@aol.com • Mail entries to: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Business (757) 874-1522 Fax (757) 877-7642 • 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: \$4.50 Relay events: \$10.00 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: SEVA Inc. • Payment must be received by November 19, 2004. (See entry section above)
AWARDS:	<ul style="list-style-type: none"> • None given at this meet. Swimmers will receive a circuit participation award from Speedo. Thank you to our Senior Circuit sponsor. Please support Speedo with your business whenever possible.
SEEDING:	<ul style="list-style-type: none"> • All events at the distance of 200 and below will be pre-seeded. All relays, 400IM, 500 Free and 1000 Free will be deck seeded and requires a positive check-in. • Positive Check-In deadlines are as follows: <ul style="list-style-type: none"> ○ Relay Events: 8:00 am for Saturday 200 and 800 Free relays, 4:45 pm for Saturday 400 Medley Relay, 10:45 am for Sundays 200 Medley and 400 Free relays. ○ Individual Events: 8:00 am for Saturdays 400 IM, 5:00 pm for Saturdays 500 Free, 6:00 pm on Saturday for Sundays 1000 Free • SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE EVENT. • The 500 Free (events 23 & 24) will be swum the following way: The six (6) fastest heats of women, slow to fast; the six (6) fast heats of men, slow to fast; all remaining heats will be swum fast to slow alternating a women than men. • The 1000 Free (events 25 & 26) will be swum slowest to fastest, alternating heats of women and men. Women and men may swim together. Seeded heat sheets will be published on Saturday evening. <p>The meet director reserves the right to use nine (9) or ten (10) lanes for competition during any session or individual event.</p>
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.

	<ul style="list-style-type: none"> 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 all sessions. 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.
OFFICIALS:	<p>Meet Referee: Michael Downs, E-mail: mhd@cox.net, Phone: (757) 874-8911.</p> <p>We ask for your teams help in supplying officials for the meet. Anyone in the process of achieving certification through on-deck training is welcome. Contact: John Presgraves, SEVA Officials Chairman at (757) 599-4760 or at sevaofficials@cox.net. Thank you in advance for your help.</p>
SAFETY:	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.
TIMERS:	Virginia clubs will be assigned to provide timers. Volunteers from any team are welcome.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Meet programs will be sold for \$5.00 Snack Bar: The Aquatic Center will operate a snack bar during the meet. Vending machines are available if the Aquatic Center snack bar is closed. Swim Shop: Swim & Sports Stop will be operating a swim shop during the meet for your apparel needs. Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Breakfast and lunch will be served. Drinks and snack will be provided during the day.
FACILITY RULES:	<ul style="list-style-type: none"> PLEASE READ THOUGHLY. RULES WILL BE ENFORCE BY MEET MARSHALL, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHAL. 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 in the meet program, will be disqualified from the meet and escorted from the facility. The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. Spectators must remain in the balcony seating area or in the lobby. PARENTS AND FAMILIES WILL NOT BE ALLOWED ON THE ADVENTURE POOL DECK. Swimmers can use the Adventure Pool Deck only to gain access to the locker rooms.
DIRECTIONS:	From the north/south, take Fort Eustis Blvd. from I-64 exit 250A, Route 17, Jefferson Avenue, Warwick Blvd. After passing through main gate, the road becomes Washington Blvd. In ½ mile you will come to a traffic circle. Go straight through it, DO NOT BEAR OFF. The first right will be Tyler Avenue. The Aquatic Center is on the left corner. Additional parking is available 50 yards past the entrance to the Center on both the right and left sides of Tyler Avenue.
HOTELS:	Comfort Inn – Newport News (Patrick Henry Mall) Special Swim Meet Rates Contact: Shannon (Group Sales) 12330 Jefferson Avenue Newport News, Va. 23604 (757) 249 - 0200

ORDER OF EVENTS

Saturday, November 20, 2004

Saturday AM Session

Saturday PM Session

Female	Event	Male	Female	Event	Male
1	200 Free Relay	2	13	200 Fly	14
3	100 Breast	4	15	50 Free	16
5	200 Free	6	17	200 Breast	18
7	100 Fly	8	19	100 Back	20
9	400 IM	10	21	400 Medley Relay	22
11	800 Free Relay	12	23	500 Free	24

Sunday, November 21, 2004

**Sunday Distance
Session**

Sunday AM Session

Female	Event	Male	Female	Event	Male
25	1000 Free	26	27	200 Medley Relay	28
			29	200 Back	30
			31	100 Free	32
			33	200 IM	34
			35	400 Free Relay	36