



**AMENDED**  
**CGBD "FALL INVITATION"**  
**A/BB/B/C Meet**  
**November 14-16, 2008**  
**SANCTION NO. VS-09-19**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-19</b>						
<b>LOCATION:</b>	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573						
<b>FACILITY:</b>	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.						
<b>MEET DIRECTOR:</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Holly Crockett</td> <td style="width: 50%;">Steve Suttle</td> </tr> <tr> <td>Phone: (757) 345-1019</td> <td>Phone: (757) 591-0340</td> </tr> <tr> <td>Email: <a href="mailto:holly.r.crockett@smithbarney.com">holly.r.crockett@smithbarney.com</a></td> <td>Email: <a href="mailto:golfn61@aol.com">golfn61@aol.com</a></td> </tr> </table>	Holly Crockett	Steve Suttle	Phone: (757) 345-1019	Phone: (757) 591-0340	Email: <a href="mailto:holly.r.crockett@smithbarney.com">holly.r.crockett@smithbarney.com</a>	Email: <a href="mailto:golfn61@aol.com">golfn61@aol.com</a>
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming/VSI registered.</li> <li>• All swimmers participating in this meet must be registered with USA Swimming/Virginia Swimming by the first day of the meet.</li> <li>• No on deck registration will be permitted.</li> <li>• <b>8 &amp; Younger swimmers entering the 10 &amp; Younger 200y Freestyle and the 200y IM events must have at least a provable "B" time in the 10 &amp; Younger 100y Freestyle and 100y IM, respectively.</b></li> <li>• <b>11 &amp; Older swimmers entering the 400y IM event must have at least a provable "BB" time in the 200 IM or a "B" time in the 400 IM in their respective age group.</b></li> <li>• <b>11 &amp; Older swimmers entering the 1650y Free event must have at least a provable "BB" time in the 500 Free or a "B" time in the 1000 or 1650 Free in their respective age group.</b></li> <li>• 2009-2012 NAG times are in effect.</li> <li>• Age on November 14, 2008 will determine age for the entire meet.</li> </ul>						
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>						
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• Swimmers of all ages entered into distance events will swim Friday evening.</li> <li>• <b>9-10 Boys and all 11-12 year old swimmers will swim on Saturday and Sunday morning.</b></li> <li>• <b>All 8 &amp; younger swimmers and 9-10 Girls will swim on Saturday and Sunday mid-day.</b></li> <li>• All 13 &amp; older swimmers will swim Saturday and Sunday <b>afternoon</b></li> <li>• All events will be timed finals.</li> </ul>						
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>• <b>Friday night warm-ups are general from 4:00-4:45 pm; competition starts at 5:00 pm. There will be specific warm-ups the last 15 minutes of warm-ups (4:30-4:45 pm)</b></li> <li>• <b>Morning session warm-ups: 7:00 am; competition starts: 8:00 am. There will be two 25 minute warm-up sessions</b></li> <li>• <b>Mid-day session warm-ups: Not earlier than 11:00 am; competition starts: Not earlier than 11:50 am. There will be two 20 minute warm-up sessions.</b></li> <li>• <b>Afternoon session warm-ups: Not earlier than 2:40 pm; competition starts: Not earlier than 3:40 pm. There will be two 25 minute warm-up sessions.</b></li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than November 12, 2008, and will also be emailed to the contact person of the participating clubs.</li> <li>• If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.</li> </ul>						

<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, NOVEMBER 8, 2008</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in short course yard 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, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• Coaches Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a “B” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition</li> <li>• Swimmers may enter a maximum of 1 individual event on Friday and <b>3 individual events per day</b> on Saturday and Sunday.</li> <li>• Entries will be processed in the order received.</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:colleendb@cox.net">colleendb@cox.net</a></li> <li>• Mail entries to: Colleen Beatovich 223 Clayton Drive Yorktown, VA 23693</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: \$4.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: CGBD.</li> <li>• Payment must be received by November 12, 2008 for email entries. Payment must be included with all mailed entries.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> <li>○ 13 &amp; Older events will be given separate awards for 13-14 and 15 &amp; Older age groups</li> <li>○ <b>12 &amp; Younger events will be given separate awards for 11-12 and 10 &amp; Younger age groups</b></li> <li>○ 10 &amp; Younger events will be given separate awards for 9-10 and 8 &amp; Younger age groups</li> <li>○ 8 &amp; Younger events will be given separate awards for 6 &amp; Younger and 7-8.</li> </ul> </li> <li>• Heat winner ribbons will be awarded for all 10 &amp; Younger individual events.</li> <li>• Separate awards will be given for BB+ and B/C swimmers.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded, except the 500 Free, 400 IM, and 1650 Free, which will be deck seeded.</li> <li>• <b>The Events #1-2 (12&amp;Y 500 Free), #3-4 (11-14 400 IM), #5-6 (11-14 1650 Free), and #56-57 (13&amp;O 500 Free) will require a positive check-in to swim.</b></li> <li>• Positive check-in will close 20 minutes prior to the start of the session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Swimmers in all sessions should report directly to the blocks for their events.</li> <li>• Deck entries will be accepted in the order received 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</b></li> </ul>

	<p><b>day of the meet may be fined \$100 per swimmer in each event so entered.</b></p> <ul style="list-style-type: none"> <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 current USA Swimming Rules and Regulations will apply.</li> <li>The overhead start procedure will be used for the morning and afternoon sessions, and may be used for the mid-day 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: John Warhol</b>  <b>Email: <a href="mailto:jlmrwarhol@cox.net">jlmrwarhol@cox.net</a></b>  <b>Phone: (757) 254-6363</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 <b>John Warhol via email at <a href="mailto:jlmrwarhol@cox.net">jlmrwarhol@cox.net</a></b> no later than November 12, 2008.</li> <li>There will be an Officials' Meeting one (1) hour prior to each session in Room 102</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>VSI Safety and Warm-up procedures will be in effect.</li> <li>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.</li> <li>Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>The number of timers required per club and their lane assignments will be posted on the CGBD Web site no later than November 12, 2008 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>Swimmer / Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violate 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.</li> <li><b>Deck Access:</b> 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.</li> <li><b>Team Areas:</b> Team seating will be available in the pool and gym 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).</li> <li><b>Spectator Seating:</b> Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area.</li> <li><b>Team Banners:</b> Team Banners can not be hung from a water return pipe that runs over the team seating areas.</li> <li><b>Programs:</b> Meet Programs will be sold for \$5.00.</li> <li><b>Snack Bar:</b> CGBD will operate a Concessions Stand during the meet.</li> <li><b>Swim Supplies:</b> CGBD will operate a Swim Shop during the meet.</li> <li><b>First Aid:</b> A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms.</li> <li><b>Lost and Found:</b> Lost and Found will be located next to the Announcer's Table.</li> <li><b>Hospitality:</b> CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> <li>Each team is responsible for the conduct of their athletes. Parents are responsible for any</li> </ul>

	<p>siblings brought to the meet. Please chaperon them closely.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• No coolers in the pool area. They are allowed in the Gym.</li> <li>• No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym.</li> <li>• 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.).</li> <li>• No shaving anywhere in the venue.</li> <li>• No running or horseplay in the facility.</li> <li>• Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li> <li>• Clean up your area when you leave after each session. Trash cans and recycle bins are located throughout the facility. Lost and Found is located next to the Announcer.</li> <li>• Officials only inside the ropes.</li> <li>• Coaches, officials, and meet staff only in the Hospitality Room.</li> <li>• The Aquatic Center will close during electrical storms.</li> <li>• NO SMOKING in the Aquatic Center (pool area) or the rest of the building.</li> </ul>
<b>DIRECTIONS:</b>	<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>

**CGBD "FALL INVITATION"  
ORDER OF EVENTS**

<b>Friday, November 14, 2008</b> <b>Evening Session</b> <b>Warm-up: 4:00 pm; Start: 5:00 pm</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
<b>1</b>	<b>12&amp;Y 500 Freestyle</b>	<b>2</b>
3	11&O 400 Individual Medley	4
5	11&O 1650 Freestyle	6

**Saturday, November 15, 2008**

<b>Morning Session</b> <b>Warm-up: 7:00 am; Start: 8:00 am</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
<b>7</b>	11-12 200 Freestyle	<b>8</b>
-	9-10 100 Individual Medley	<b>9</b>
<b>10</b>	11-12 100 Individual Medley	<b>11</b>
-	9-10 50 Freestyle	<b>12</b>
<b>13</b>	11-12 50 Backstroke	<b>14</b>
<b>15</b>	11-12 200 Backstroke	<b>16</b>
-	9-10 100 Backstroke	<b>17</b>
<b>18</b>	11-12 100 Breaststroke	<b>19</b>
-	9-10 50 Breaststroke	<b>20</b>
<b>21</b>	11-12 50 Butterfly	<b>22</b>
<b>23</b>	11-12 200 Butterfly	<b>24</b>
-	9-10 100 Butterfly	<b>25</b>
<b>26</b>	11-12 50 Freestyle	<b>27</b>
<b>Mid-day Session</b> <b>Warm-up: 11:00 am; Start: 11:50 am</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
<b>28</b>	8&Y 100 Individual Medley	<b>29</b>
<b>30</b>	<b>9-10 100 Individual Medley</b>	-
<b>31</b>	8&Y 25 Freestyle	<b>32</b>
<b>33</b>	<b>9-10 50 Freestyle</b>	-
<b>34</b>	8&Y 50 Backstroke	<b>35</b>
<b>36</b>	<b>9-10 100 Backstroke</b>	-
<b>37</b>	8&Y 100 Backstroke	<b>38</b>
<b>39</b>	<b>9-10 50 Breaststroke</b>	-
<b>40</b>	8&Y 25 Breaststroke	<b>41</b>
<b>42</b>	<b>9-10 100 Butterfly</b>	-
<b>43</b>	8&Y 50 Butterfly	<b>44</b>
<b>Afternoon Session</b> <b>Warm-up: 2:40 pm; Start: 3:40 pm</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
<b>45</b>	13&O 200 Freestyle	<b>46</b>
<b>47</b>	13&O 100 Butterfly	<b>48</b>
<b>49</b>	13&O 100 Breaststroke	<b>50</b>
<b>51</b>	13&O 200 Backstroke	<b>52</b>
<b>53</b>	13&O 50 Freestyle	<b>54</b>
<b>55</b>	13&O 500 Freestyle	<b>56</b>

**Sunday, November 16, 2008**

<b>Morning Session</b> <b>Warm-up: 7:00 am; Start: 8:00 am</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
-	10&Y 200 Individual Medley	<b>57</b>
<b>58</b>	11-12 200 Individual Medley	<b>59</b>
-	10&Y 200 Freestyle	<b>60</b>
<b>61</b>	11-12 100 Freestyle	<b>62</b>
-	9-10 100 Freestyle	<b>63</b>
<b>64</b>	11-12 100 Backstroke	<b>65</b>
-	9-10 50 Backstroke	<b>66</b>
<b>67</b>	11-12 50 Breaststroke	<b>68</b>
<b>69</b>	11-12 200 Breaststroke	<b>70</b>
-	9-10 100 Breaststroke	<b>71</b>
<b>72</b>	11-12 100 Butterfly	<b>73</b>
-	9-10 50 Butterfly	<b>74</b>
<b>Mid-day Session</b> <b>Warm-up: 11:00 am; Start: 11:50 am</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
<b>75</b>	8&Y 50 Freestyle	<b>76</b>
<b>77</b>	<b>10&amp;Y 200 Individual Medley</b>	-
<b>78</b>	8&Y 100 Freestyle	<b>79</b>
<b>80</b>	<b>10&amp;Y 200 Freestyle</b>	-
<b>81</b>	8&Y 25 Butterfly	<b>82</b>
<b>83</b>	<b>9-10 100 Freestyle</b>	-
<b>84</b>	8&Y 100 Butterfly	<b>85</b>
<b>86</b>	<b>9-10 50 Backstroke</b>	-
<b>87</b>	8&Y 50 Breaststroke	<b>88</b>
<b>89</b>	<b>9-10 100 Breaststroke</b>	-
<b>90</b>	8&Y 100 Breaststroke	<b>91</b>
<b>92</b>	<b>9-10 50 Butterfly</b>	-
<b>93</b>	8&Y 25 Backstroke	<b>94</b>
<b>Afternoon Session</b> <b>Warm-up: 2:40 pm; Start: 3:40 pm</b>		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
<b>95</b>	13&O 100 Freestyle	<b>96</b>
<b>97</b>	13&O 200 Butterfly	<b>98</b>
<b>99</b>	13&O 200 Individual Medley	<b>100</b>
<b>101</b>	13&O 200 Breaststroke	<b>102</b>
<b>103</b>	13&O 100 Backstroke	<b>104</b>