



2009 CENTRAL DISTRICT CHAMPIONSHIP
February 20-22, 2009
SANCTION NO. VS-09-41

Hosted by:
NOVA
AQUATICS
of Virginia

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-41
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, (804) 754-3401
FACILITY:	<ul style="list-style-type: none">• 10-lane 25-yard pool with Kieffer Wave eater lanes, Daktronics Automatic Timing System.• 10 lanes will be used for competition with 2 warm-up/warm-down lanes available at all times in the adjacent pool located at the NOVA facility.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Name: Suzanne Martin Phone: (804) 364-0527 Email: sshmartin@comcast.net :
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered 14 year old and younger swimmers in the Central District. Teams in the Central District are: BAC, DC, NOVA, PSDN, RACE, SQST, VACS, and YGR• All swimmers participating in this meet must be registered by the first day of the meet. No on deck registration will be permitted.• The qualifying period for this meet is January 1, 2008 through February 19, 2009• 8 & Younger swimmers may participate regardless of classification in 8 & younger events.• 8 & Younger swimmers entered in 10 and younger events may not have a 10&U "BB" or faster time in the event entered.• 9-14 year old swimmers may compete in any event and relay strokes in which they have a "B" or "C" Time.• 10 and 12 year-old swimmers aging up from February 21 and February 26, 2009 with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none">○ 10 or 12 year old swimmers who do not qualify in their new age group at Region Championships may enter those event(s).○ 10 and 12 year old swimmers aging up between championships will be seeded correctly by time, however, will swim Exhibition only and will not be eligible to receive an award.• 2009-2012 NAG time standards are in effect.• Age on February 20, 2009 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">• Friday Evening Session all swimmers.• 10 & Younger swimmers will swim on Saturday and Sunday morning.• 11 & Older swimmers will swim on Saturday and Sunday afternoons.• All events will be timed finals
WARM-UP:	<ul style="list-style-type: none">• Friday distance session: General warm-up 4:00-5:30 pm. Competition begins at 5:45 pm.• Morning sessions: Warm-ups 7:00-8:30 am. Competition starts at 8:45am.• Afternoon sessions: Warm-ups 12:45-2:15 pm. Competition begins at 2:30 pm.• Sunday distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session with the 1650y freestyle competition starting five minutes thereafter.<ul style="list-style-type: none">○ The approximate start time for the distance sessions will be posted on the NOVA website

	<p>no later than Wednesday, February 18, 2009 and will also be e-mailed to the contact person of the participating clubs.</p> <ul style="list-style-type: none"> ○ The distance session will begin no earlier than these estimated times. ● Warm-up lane assignments and times for individual clubs will be posted on the NOVA website no later than Wednesday, February 18, 2009 and will also be e-mailed to the club contact person. ● If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 10, 2009</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 which is available at the VSI website www.virginiawimming.org. ● 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 summary sheet (available at VSI website, www.virginiawimming.org) 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. ● "No Time" (NT) entries will not be accepted. If a swimmer does not have a time of record the swimmer must be entered with a Coach's Time (CT). ● Coach's time may not exceed a "B" time. All entry times other than Coach's Times must have been achieved in USA Swimming sanctioned, approved, or observed competition. ● Swimmers may enter a maximum of <i>3 individual events per day</i> and <i>1 relay event per day</i>. ● 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 could require reseeding. ● Email entries to: Aykey1@aol.com ● Mail entries and payment to: Scott Campbell 12207 Gayton Road Richmond, VA 23238 ● 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. ● Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$4.00 Relay events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> ● Checks should be made payable to: NOVA OF VA AQUATICS. ● Payment must be received by Tuesday, February 17, 2009 for email entries. Payment must be included with all mailed entries. ● Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.
AWARDS:	<ul style="list-style-type: none"> ● Individual events will be awarded medals will be awarded for first through fifth place and ribbons will be awarded for sixth through tenth place. <ul style="list-style-type: none"> ○ 8 & Younger events will be given separate awards for 8 year olds and 7 & Younger age groups. ○ The 12 & Younger 500 freestyle will be given separate awards for 11-12 and 10 and Younger age groups.

	<ul style="list-style-type: none"> ○ 11-14 events will be given separate awards for 11-12, and 13-14 ○ Heat winner ribbons will be awarded for all individual events for 10 & Younger swimmers. ● Relay events will be awarded ribbons for first through fifth place.
SEEDING:	<ul style="list-style-type: none"> ● All events, except events 1, 2, 3, 4, 5, 6, 27, 28, 107, 108 will be pre-seeded.. ● All swimmers should report directly to the blocks for their events. ● Events 1, 2, 3, 4 (500 Free), 5, 6 (400 IM), 27, 28 (10 & Y 200 Free), 107, & 108 (1650 Free) will require a positive check-in to swim. ● Positive check-in will close 30 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Recorder's desk. ● SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. ● Events 107 and 108 will be swum slowest to fastest and alternate heats of girls and boys.
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 current USA Swimming Rules and Regulations will apply. ● The overhead start procedure will be used for 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: Tom Elliott Phone: (804) 360-5001 Email: telliott81949@gmail.com</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 Will Bassett at William.Bassett@hdrinc.com no later than Monday, February 16, 2009. ● General meeting for coaches and officials will be held in the hospitality room 45 minutes prior to the start of the meet.
SAFETY:	<ul style="list-style-type: none"> ● 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. ● Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet. ● There will be no diving into the pool (either main pool or warm-up/warm-down lanes). ● Warm-up sprint lanes are still authorized.
TIMERS:	<ul style="list-style-type: none"> ● Clubs are required to provide timers and counters for distance events. ● The head timer will assign specific lanes prior to each session, per session, must be submitted with entries.
GENERAL:	<ul style="list-style-type: none"> ● Heat sheets and t-shirts will be available for purchase ● Bleacher seating for 280 ● Hospitality room will be open to coaches and certified officials ● The Virginia Swim Shop will be open for swimming accessories and shopping. ● Please inform swimmers and parents that spectator deck space may be extremely tight. ● Any help in reducing the number of spectators and their carry in possessions would be greatly

	<p>appreciated</p> <ul style="list-style-type: none"> Swim bags should be placed under the seats <p>No glass containers, smoking or alcohol is permitted in the pool area</p>
FACILITY RULES:	<p>PLEASE DO NOT PARK AT THE APARTMENT BUILDING</p> <ul style="list-style-type: none"> The NOVA Aquatics Center has parking available. Additional parking is available in the lot next door, and in several lots one block east of the pool at the intersection of Gayton and Cambridge.
DIRECTIONS:	<ul style="list-style-type: none"> SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Rd. south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Rd. (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. NORTH – 95 South to 64 West to the Gaskins Road South exit. Then follow the directions above. WEST – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Rd. Take a left at that light. Follow Pump Rd. to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield to Gayton (2 lights); take a left on to Gayton. Pool is less than ½ mile on your left. SOUTHSIDE – Take Chippenham Parkway North which will turn into Parham Rd. Follow Parham to Quioccasin/Gayton Rd. (Regency Mall on left); take a left at that light. Proceed for 4-5 miles. The pool will be on your right.

Order of Events:

Friday, February 20, 2009

Warm-ups: 4:00 pm; Competition Starts at 5:45 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 500 freestyle	2
3	12 and younger 500 freestyle	4
5	13-14 400 IM	6

Saturday, February 21, 2009

Morning Session - Warm-ups: 7:00 am; Competition Starts at 8:45 am

Afternoon Session – Warm-ups: 12:45 pm; Competition Starts at 2:30 pm

Morning Session			Afternoon Session		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9 - 10 50 Freestyle	8	33	11 - 12 100 Freestyle	34
9	8 & Younger 25 Freestyle	10	35	13 - 14 100 Freestyle	36
11	9 - 10 100 Butterfly	12	37	11 - 12 50 Butterfly	38
13	8 & Younger 50 Butterfly	14	39	11 - 14 200 Butterfly	40
15	9 - 10 100 IM	16	41	11 - 12 200 IM	42
17	8 & Younger 100 IM	18	43	13 - 14 200 IM	44
19	9 - 10 50 Breaststroke	20	45	11 - 12 50 Breaststroke	46
21	8 & Younger 25 Breaststroke	22	47	11 - 14 200 Breaststroke	48
23	9 - 10 100 Backstroke	24	49	11 - 12 100 Backstroke	50
25	8 & Younger 50 Backstroke	26	51	13 - 14 100 Backstroke	52
27	10 & Younger 200 Freestyle	28	53	11 - 12 200 Free Relay	54
29	8 & Younger 100 Free Relay	30	55	13 - 14 200 Free Relay	56
31	9 - 10 200 Free Relay	32			

Sunday, February 22, 2009

Morning Session – Warm-ups: 7:00 am; Competition Starts at 8:45 am

Afternoon Session - Warm-ups: 12:45 pm; Competition Starts at 2:30 pm

Morning Session			Afternoon Session (not earlier than 2:30pm)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	9 - 10 100 Freestyle	58	81	11 - 12 200 Freestyle	82
59	8 & Younger 50 Freestyle	60	83	13 - 14 200 Freestyle	84
61	9 - 10 50 Butterfly	62	85	11 - 12 100 Butterfly	86
63	8 & Younger 25 Butterfly	64	87	13 - 14 100 Butterfly	88
65	9 - 10 200 IM	66	89	11 - 12 100 IM	90
67	8 & Younger 50 Breaststroke	68	91	13 - 14 100 Breaststroke	92
69	9 - 10 100 Breaststroke	70	93	11 - 12 100 Breaststroke	94
71	8 & Younger 25 Backstroke	72	95	11 - 14 200 Backstroke	96
73	9 - 10 50 Backstroke	74	97	11 - 12 50 Backstroke	98
75	8 & Younger 100 Freestyle	76	99	13 - 14 50 Freestyle	100
77	9 - 10 200 Medley Relay	78	101	11 - 12 50 Freestyle	102
79	8 & Younger 100 Med. Relay	80	103	13 - 14 200 Medley Relay	104
			105	11 - 12 200 Medley Relay	106
				20-Minute Break	
			107	13 - 14 1650 Freestyle	108