



Old Dominion Aquatic Club
8-Under "Bobble-Head Pentathlon" Meet
October 25, 2008
SANCTION NO. VS-09-10



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-10
LOCATION:	Great Bridge Swim and Racquet Club, 1200 Back Road, Chesapeake VA
FACILITY:	6-Lane, 25-Meter pool, equipped with Swim-Quip non-turbulent land markers, automatic timing by Colorado Systems
MEET DIRECTOR:	Steve Bialorucki Phone: (757) 474-1015 Email: swimodac@msn.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers eight years old and younger.• All swimmers participating in this meet must be registered 24 hours prior to the start of the meet.• No on deck registration will be permitted.• Age on October 25, 2008 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">• The events are in a pentathlon format.• All events will be timed finals.• There will be an Ice Cream Sundae Party at the conclusion of the meet.
WARM-UP:	Warm-ups are at 1:00 pm Competition start: 2:15pm
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 15, 2008</p> <ul style="list-style-type: none">• 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.• 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 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.• Coaches Times (CT) or 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.• Email entries to: stevebialorucki@swimodac.com• Mail entries to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464 Phone: (757) 474-1015• 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:	Entry Fee: \$14.00 per child <ul style="list-style-type: none">• Checks should be made payable to: ODAC Meets• Payment must be received by October 20, 2008• If entry fees are not received appropriately entries will not be processed
AWARDS:	<ul style="list-style-type: none">• Individual events: Ribbons will be awarded for 1st to 6th place in each event and Bobble Head Trophies will be awarded for 1st to 8th in each age group in the overall final standings.• Awards will be given for each age group: 6 and under, 7 year olds and 8 year olds.
SEEDING:	<ul style="list-style-type: none">• All events will be pre-seeded.• 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 at least 24 hours prior to the start 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. • 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: Rex Lacy Email: rdlacy@cox.net Phone: (757) 482-4012</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 Rex Lacy, Not later than October 20, 2008.
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.
GENERAL:	<ul style="list-style-type: none"> • NO SMOKING on the pool deck or in the spectator gallery. • Each Team is encouraged to ensure the good conduct of swimmers in all areas of the building, including but not limited to locker rooms and hallways. • NO GLASS containers are permitted in or around the pool area.

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Saturday Afternoon – October 25, 2008

Event #	Event	Event #
1	6-under 25 Meter Freestyle	2
3	7 year old 25 Meter Freestyle	4
5	8 year old 25 Meter Freestyle	6
7	6-under 25 Meter Breaststroke	8
9	7 year old 25 Meter Breaststroke	10
11	8 year old 25 Meter Breaststroke	12
13	6-under 25 Meter Backstroke	14
15	7 year old 25 Meter Backstroke	16
17	8 year old 25 Meter Backstroke	18
19	6-under 25 Meter Butterfly	20
21	7 year old 25 Meter Butterfly	22
23	8 year old 25 Meter Butterfly	24
25	6-under 50 Meter Freestyle	26
27	7 year old 50 Meter Freestyle	28
29	8 year old 50 Meter Freestyle	30