



**SEVA SEAHAWKS**  
**Virginia Statewide A/BB/B/C Meet**  
**October 10-12, 2008**  
**SANCTION NO. VS-09-03**

Hosted by:  
**SEVA**  
Swim Team

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-03</b>
<b>LOCATION:</b>	Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, Va. 23601 Phone: (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 DIRECTORS:</b>	Dave Henderson Phone: (757) 897-6127 (cell) Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a> Jodi Crook Phone: (757) 882-8764 (h) (757) 268-5463 (cell) Email: <a href="mailto:jcrook1@cox.net">jcrook1@cox.net</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in the Virginia LSC and invited out of LSC teams.</li><li>• All swimmers participating in this meet must be registered by the first day of the meet.</li><li>• No on deck registration will be permitted.</li><li>• Age on October 10, 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>• <b>Friday evening Session: 400 IM for 11 to 18 year olds, 500 Free for 9 to 18 year olds. Depending on the number of entries and the meet time line, the 500 Free may be swum two swimmers per lane.</b></li><li>• <b>On Saturday and Sunday: All 10 &amp; Younger swimmers and the 11-12 girls will compete in the AM session. The 11-12 Boys and ALL 13-18 year old swimmers will compete in the PM session.</b></li><li>• All events will be timed finals.</li><li>• Distance Sessions: Saturday Girls (1000 Free) and Sunday Boys (1000 Free) will start 10 minutes after the conclusion of the PM session. <b>Depending on the number of entries and the meet time line, the 1000 Free may be swum two swimmers per lane.</b></li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Friday Evening Session: Warm-ups are from 4:30 pm to 5:10 pm. Competition starts at 5:15 pm</li><li>• Morning (AM) Session: Warm-ups are 7:00 am to 7:50 am. Competition starts at 8:00 am.</li><li>• Afternoon (PM) Session: Warm-ups are 12:30 pm to 1:30 pm. Competition starts at 1:40 pm.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li><li>• <b>The competition pool will be open for the Distance session warm up for 5 minutes during the break following the PM session.</b></li><li>• <b>The warm-up/warm-down lanes will remain open at all times during the meet.</b></li><li>• <b>Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Tuesday, October 7, 2008</b></li><li>• <b>This information will also be available on the SEVA website, <a href="http://www.sevaswimming.com">www.sevaswimming.com</a>, by going to the "SEVA Sponsored Meet Information" section.</b></li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR RECEIPT OF ENTRIES IS THURSDAY, OCTOBER 2, 2008.</b> <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>• Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer, there</li></ul>

	<p>must be room in an existing heat. No new heats will be added.</p> <ul style="list-style-type: none"> <li>• Coaches Times (CT) and No Times (NT) will be accepted for events 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>• <b>Swimmers may enter two individual events on Friday evening and 4 individual events and 1 relay on Saturday and Sunday</b></li> <li>• Relay teams must be designated A, B, C, etc. if a team enters more than one relay.</li> <li>• <b>Entries will be processed in the order received. This meet is limited to a total of 550 swimmers. An e-mail will be sent confirming receipt of the teams' entries.</b></li> <li>• The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries.</li> <li>• <b>E-Mail Entries To: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a></b></li> <li>• <b>Mail Entries To: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Phone: (757) 874-1522 (office) (757) 897-6127 (cell) Fax (757) 877-7642</b></li> <li>• <b>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 receipt of your entries.</b></li> </ul>
<b>FEES:</b>	<p>Individual Events: \$4.00 Relay Events: \$12.00 Swimmer Surcharge: \$2.50 (entered in any capacity in the meet)</p> <ul style="list-style-type: none"> <li>• <b>Make Checks payable to: SEVA Inc.</b></li> <li>• Payment must be received by October 8, 2008 for email entries. Payment must be included with all mailed entries. An entry fee summary printout from Team Manager must accompany the entry fee payment.</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 (1<sup>st</sup>) through eighth (8<sup>th</sup>) place <ul style="list-style-type: none"> <li>○ 7 &amp; Younger events will be given separate awards for 7 year olds and 6 &amp; Younger swimmers.</li> <li>○ 8 &amp; Younger events will be given separate awards for 8 year olds and 7 &amp; Younger swimmers.</li> <li>○ 13 -18 events will be given separate awards for 13, 14 and 15-18 year old swimmers.</li> <li>○ 11-18 events will be given separate awards for 11, 12, 13, 14, and 15-18 year old swimmers.</li> <li>○ 12 &amp; Younger events will be given separate awards for 9 &amp; younger, 10, 11, and 12 year olds.</li> </ul> </li> <li>• Relay Events: Awards will be presented to first (1<sup>st</sup>) through fourth (4<sup>th</sup>) place for each event.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• <b>All events will be pre-seeded except for the 11-18 year old 400 IM &amp; 1000 Free, 9 – 18 year old 500 Free and all relays, which will be deck seeded.</b></li> <li>• A positive check-in is required to swim the 400 IM, 500 Free and 1000 Free.</li> <li>• 400 IM check-in must be done by 4:45 PM on Friday. 500 Free check-in must be done by 5:30 PM on Friday.</li> <li>• Girls 1000 Free check-in must be done by 3:00 pm on Saturday and the Boys 1000 Free check-in must be done by 3:00 pm on Sunday.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• All deck-seeded events will be run in event order, slowest to fastest. <b>Due to the number of entries and/or the meet time line, the 500 and 1000 Free may be swum two swimmers per lane.</b></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 day prior to the start of the meet may be fined \$100 per swimmer in each event so entered.</b></li> </ul>

	<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 all sessions.</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: Tommy Lovell</b>  <b>Email: <a href="mailto:ttmbm@msn.com">ttmbm@msn.com</a></b>  <b>Phone: (757) 595-9832 (home)</b>  <b>(757) 532-4378 (cell)</b></p> <ul style="list-style-type: none"> <li>We ask for your teams help in supplying officials for the meet.</li> <li>Anyone in the process of achieving certification through on-deck training is welcome.</li> <li>Contact: Susan Gorton, SEVA Officials Chairman at (757) 864-5059(w) (757) 595-0971(h) or <a href="mailto:mpgorton@verizon.net">mpgorton@verizon.net</a>. Thank you for your help in advance.</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 SEVA web site at <a href="http://www.sevaswimming.com">www.sevaswimming.com</a> no later than Tuesday, October 7, 2008. Please see the "SEVA Sponsored Meet Information" section of the web site.</li> <li>This information will also be e-mailed to the contact person listed for each club.</li> <li>All teams are responsible for providing timers for their swimmers competing in 1000 Free events.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>Meet Programs:</b> Meet programs will be sold for \$5.00</li> <li><b>Snack Bar:</b> SEVA will operate a snack bar during the meet.</li> <li><b>Swim Shop:</b> Swim &amp; Sports Stop will be operating a swim shop during the meet for your apparel needs.</li> <li><b>Hospitality:</b> SEVA will provide a Hospitality Room for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day.</li> <li><b>First Aid:</b> A staffed First Aid Station is located at the 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> </ul>
<b>RESULTS:</b>	<ul style="list-style-type: none"> <li>All results will be announced, and then posted on the wall in the hallway near the snack bar</li> <li>Meet results will be e-mailed to all participating teams within 24 hours of the conclusion of the meet.</li> <li>The results will be posted to the Virginia Swimming web site <a href="http://www.virginiaswimming.com">www.virginiaswimming.com</a> after the conclusion of the meet.</li> </ul>
<b>FACILITY RULES:</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 violates Aquatic Center rules, posted at the pool, will be disqualified from the meet and escorted from the facility.</li> <li><b>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 containers (e.g. sports and plastic bottles with screw-on caps).</b></li> <li><b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff are the only people permitted behind the blocks. Spectators are asked to remain behind the ropes setup on the sides of the pool. Please stay in the seating area as much as possible and not view the meet from the deck during warm-ups and the competition.</li> <li><b>Team Areas:</b> Team seating will be available in the gymnasium and limited space in the pool area. No swim bags will be allowed in the pool area. Swimmers should keep their bags in</li> </ul>

	<p>the gym. 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 (sandals/flip-flops)</p> <ul style="list-style-type: none"> <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. They are allowed in the gym.</li> <li>• <b>Parking:</b> Please note that there is a one-way traffic pattern that circles the building. Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> <li>• Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>• No glass, food, chewing gum.</li> <li>• No shaving anywhere in the venue.</li> </ul>
<b>DIRECTIONS:</b>	<p>From the North/South, follow I-64 to exit 261A. Take Hampton Roads Parkway west. Follow approximately 2 ½ miles (Hampton Roads Parkway will turn into Harpersville Road). Turn left onto Jefferson Avenue. Go Approximately 1 mile to McLawhorne Drive. Turn right at the light. The Newport News Midtown Community/Aquatic Center will be on your left.</p>

# ORDER OF EVENTS

Friday, October 10, 2008  
 11 - 18 Year Old 400 IM, 9 - 18 Year Old 500 Free  
 Warm-up: 4:30 PM, Start: 5:15 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 - 18 Year Old 400 IM	2
3	9 - 18 Year Old 500 Free	4

## Saturday, October 11, 2008

Morning Session: All 10 & Younger & 11 - 12 Girls  
 Warm-up: 7:00 am; Start: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	11-12 100 Freestyle	-
6	9-10 50 Freestyle	7
8	8 Year Old 25 Freestyle	9
10	7 & Younger 25 Freestyle	11
12	11-12 50 Butterfly	-
13	11-12 200 Butterfly	-
14	9-10 100 Butterfly	15
16	8 & Younger 50 Butterfly	17
18	11-12 100 IM	-
19	9-10 100 IM	20
21	8 & Younger 100 IM	22
23	11-12 50 Breaststroke	-
24	11-12 200 Breaststroke	-
25	9-10 50 Breaststroke	26
27	8 & Younger 25 Breaststroke	28
29	11-12 100 Backstroke	-
30	9-10 100 Backstroke	31
32	8 & Younger 50 Backstroke	33
34	10 & Younger 200 Freestyle	35
36	11-12 200 Free Relay	-
37	10 & Younger 200 Free Relay	38
39	8 & Younger 200 Free Relay	40

## Sunday, October 12, 2008

Morning Session: All 10 & Younger & 11 - 12 Girls  
 Warm-up: 7:00 am; Start: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
60	11-12 200 Freestyle	-
61	9-10 100 Freestyle	62
63	8 & Younger 50 Freestyle	64
65	11-12 100 Butterfly	-
66	9-10 50 Butterfly	67
68	8 & Younger 25 Butterfly	69
70	11-12 200 IM	-
71	9-10 200 IM	72
73	8 & Younger 50 Breaststroke	74
75	9-10 100 Breaststroke	76
77	11-12 100 Breaststroke	-
78	8 Year Old 25 Backstroke	79
80	7 & Younger 25 Backstroke	81
82	9-10 50 Backstroke	83
84	11-12 50 Backstroke	-
85	11-12 200 Backstroke	-
86	8 & Younger 100 Freestyle	87
88	11-12 50 Freestyle	-
89	8 & Younger 200 Medley Relay	90
91	10&U 200 Medley Relay	92
93	11-12 200 Medley Relay	-

## Saturday, October 11, 2008

Afternoon Session: 11- 12 Boys & all 13 - 18 year olds  
 Warm-up: 12:30 PM; Start: 1:40 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 100 Freestyle	41
42	13-18 100 Freestyle	43
-	11-12 50 Butterfly	44
45	13-18/11-12 (Boys) 200 Butterfly	46
-	11-12 200 IM	47
48	13-18 200 IM	49
-	11-12 50 Breaststroke	50
51	13-18/11-12 (Boys) 200 Breaststroke	52
-	11-12 100 Backstroke	53
54	13-18 100 Backstroke	55
-	11-12 200 Free Relay	56
57	13-18 200 Free Relay	58

### Distance Session

59	11-18 Girls 1000 Free	
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## Sunday, October 12, 2008

Afternoon Session: 11 - 12 Boys & All 13 - 18 year olds  
 Warm-up: 12:30 PM; Start: 1:40 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Freestyle	94
95	13-18 200 Freestyle	96
-	11-12 100 Butterfly	97
98	13-18 100 Butterfly	99
-	11-12 100 IM	100
101	13-18 100 Breaststroke	102
-	11-12 100 Breaststroke	103
104	13-18/11-12 (Boys) 200 Backstroke	105
-	11-12 50 Backstroke	106
107	13-18 50 Freestyle	108
-	11-12 50 Freestyle	109
110	13-18 200 Medley Relay	111
-	11-12 200 Medley Relay	112

### Distance Session

-	11-18 Boys 1000 Free	113
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