



SPEEDO EASTERN STATES SENIOR CIRCUIT
9th Annual Dale Babcock Memorial Meet
November 22-23, 2008
SANCTION NO. VS-09-21

Hosted By:
SEVA
Swim Team

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-21												
LOCATION:	Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, VA 23601, Phone: (757) 591-4573												
FACILITY:	8 lane, 50-meter indoor pool; configured for Short Course yards; 6 continuous warm-up/cool down lanes; overflow gutters; non-turbulent lane markers; Colorado Timing System. Additional lanes will be available during Saturday and Sunday morning warm-ups.												
MEET DIRECTOR:	Dave Henderson Phone: (757) 874-1522 (office) Cell: (757) 897-6127 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. Teams not in the circuit may request entry by contacting the meet director.The following are the circuit participating teams: <p style="text-align: center;">Virginia LSC</p><table><tr><td>Coast Guard Blue Dolphins (CGBD)</td><td>South Eastern Virginia Aquatics (SEVA)</td></tr><tr><td>Old Dominion Aquatics Club (ODAC)</td><td>Stafford Aquatics Team (STAT)</td></tr><tr><td>Outer Banks Swim Team (OBX)</td><td>Potomac Valley LCS</td></tr><tr><td>Poseidon Swimming (PSDN)</td><td>Arlington Aquatic Club (AAC)</td></tr><tr><td>Prince William Swim Club (PWSC)</td><td>Central Chesapeake Swimming (PEAK)</td></tr><tr><td>Sharks Swim Team (SHKS)</td><td></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 22, 2008 will determine age for the entire meet.	Coast Guard Blue Dolphins (CGBD)	South Eastern Virginia Aquatics (SEVA)	Old Dominion Aquatics Club (ODAC)	Stafford Aquatics Team (STAT)	Outer Banks Swim Team (OBX)	Potomac Valley LCS	Poseidon Swimming (PSDN)	Arlington Aquatic Club (AAC)	Prince William Swim Club (PWSC)	Central Chesapeake Swimming (PEAK)	Sharks Swim Team (SHKS)	
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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">All events will be Timed Finals												
WARM-UPS:	<ul style="list-style-type: none">Saturday AM Session: Warm-ups from 7:00 am to 8:20 am; Competition starts at 8:30 am.During the Saturday morning warm-up, the 60 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 3:00 pm to 4:20 pm; Competition starts at 4:30 pmDuring the Saturday evening warm-up, 60 minutes will be general warm-up. The last 20 minutes will be specific warm-ups.Sunday Distance Session: Warm-ups from 7:00 am to 7:40 am; Competition starts at 7:45 amSunday AM Session: Warm-ups from 10:15 am to 11:25 am; Competition starts at 11:30 am.During the Sunday AM session warm-up, the first 50 minutes will be general warm-up. The last 20 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 using a minimum of six (6) warm-up/warm-down lanes. At least 20 minutes of specific warm-up time will be available in the competition lanes.												
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, NOVEMBER 13, 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 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 VSI meet summary sheet												

	<p>(available at VSI website, www.virginiaswimming.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.</p> <ul style="list-style-type: none"> 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: \$5.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 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 14, 2007 for email entries (see entry section above for address). Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<p>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.</p>
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, 4:30 pm for Saturday 400 Medley Relay, 11:00 am for Sundays 200 Medley and 400 Free relays. Individual Events: 8:00 am for Saturdays 400 IM, 4:30 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) fastest heats of men, slow to fast; all remaining heats will be swum fast to slow alternating a women's heat then men's heat. 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.
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 the all sessions.

	<ul style="list-style-type: none"> 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 remain in the spectator area.
OFFICIALS:	<p>Meet Referees: Bill O'Donnell E-mail: odonnell088@msn.com Phone (757) 874-1459 (home)</p> <ul style="list-style-type: none"> 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: Susan Gorton, SEVA Officials Chairman at (757) 864-5059(w), (757) 595-0971(h) or at mpgorton@verizon.net. Thank you in advance for your help.
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.
TIMERS:	Virginia clubs will be assigned to provide timers. Volunteers from any team are welcome. Swimmers will need to supply their own timers for the 1000 Free on Sunday morning.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Meet programs will be sold for \$5.00 Snack Bar: There will be a snack bar open during the meet. Swim Shop: There will NOT be a swim shop operating during the meet. Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Breakfast and lunch on Saturday and Sunday along with a light dinner on Saturday will be served. Drinks and snack will be provided during the day. Team Banners: Please coordinate with Head Life Guard on duty. Swimmers Bags: Swimmers will not be allowed to bring their swim bags on to the pool deck. The gym will be available for swimmers to keep their bags. First Aid: A staffed First Aid Station is located at the end of the pool near the entrance to the locker rooms. Lost and Found: Lost and Found will be located next to the Announcer's Table.
FACILITY RULES:	<ul style="list-style-type: none"> PLEASE READ THOROUGHLY. RULES WILL BE ENFORCED BY THE MEET MARSHALLS AND AQUATIC CENTER STAFF. 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. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. The City of Newport News prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby areas. Permissible beverages, sports drinks and water, must be in closed plastic containers. No glass, food, chewing gum or open drinks are allowed in the pool area. 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 behind the ropes while moving to/from their seats. Team Areas: Team seating will be available in the pool 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) Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. Parking: Please note the traffic pattern that circles the building. Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door) No shaving anywhere in the venue.
DIRECTIONS:	From the north/south, follow I-64 to Exit 261-A. Take Hampton Roads Parkway west for approx. 2 ½ miles. Hampton Roads Parkway will become Harpersville Road. Turn left onto Jefferson Avenue and go approximately 1 mile to McLawhorne Drive. Turn right at the light. Pool is on the left.

ORDER OF EVENTS

Saturday, November 22, 2008

Saturday AM Session

Female	Event	Male
1	200 Free Relay	2
3	100 Breast	4
5	200 Free	6
7	100 Fly	8
9	400 IM	10
11	800 Free Relay	12

Saturday PM Session

Female	Event	Male
13	200 Fly	14
15	50 Free	16
17	200 Breast	18
19	100 Back	20
21	400 Medley Relay	22
23	500 Free	24

Sunday, November 23, 2008

**Sunday Distance
Session**

Female	Event	Male
25	1000 Free	26

Sunday AM Session

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