



**SOUTHEAST DISTRICT CHAMPIONSHIP**  
February 20- 22, 2009  
**SANCTION NO. VS-09-40**

Hosted by:  
**SEVA**  
Swim Team

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-09-40</b>
<b>LOCATION:</b>	Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, Va. 23601 Phone: (757) 591- 4573
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>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.</li><li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTORS:</b>	Dave Henderson Office Phone: (757) 874-1522 Email: <a href="mailto:SEVASeahawks@aol.com">SEVASeahawks@aol.com</a> Jodi Crook Phone: (757) 882-8764 (h) or (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 Southeast District. Teams in Southeast District are: CGBD, OBX, ODAC, SEVA, SSC, TAC, TCAC, TIDE, US, VYAC, &amp; WAC.</li><li>All swimmers participating in this meet must be registered by the first day of the meet. No on deck registration will be permitted.</li><li>The qualifying period for this meet is January 1, 2008 through February 19, 2009</li><li><b>8 &amp; Younger swimmers may participate regardless of classification in 8 &amp; younger events.</b></li><li><b>8 &amp; Younger swimmers entered in 10 and younger events may not have a 10&amp;U "BB" or faster time in the event entered.</b></li><li><b>9-14 year old swimmers may compete in any event and relay strokes in which they have a "B" or "C" Time.</b></li><li>10 and 12 year-old swimmers aging up from February 21 to 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"><li>10 or 12 year old swimmers who do not qualify in their new age group at Region Championships may enter those event(s).</li><li>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.</li></ul></li><li>2009-2012 NAG time standards are in effect.</li><li>Age on February 20, 2009 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 of the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>Distance events for all age groups Friday evening</li><li>All 10 &amp; Younger swimmers will swim on Saturday and Sunday morning.</li><li>All 11 to 14 year old swimmers will swim on Saturday and Sunday afternoon.</li><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday distance session: Warm-ups at 4:30 pm; competition starts at 5:30 pm.</li><li>Morning sessions: Warm-ups at 7:30 am; competition starts at 8:40 am.</li><li>Afternoon sessions: Warm-ups at 12:30 pm; competition starts at 1:40 pm.</li><li>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 1650 freestyle competition starting 5 minutes thereafter.<ul style="list-style-type: none"><li>The approximate start time for the distance session will be e-mailed to the contact person of all participating teams no later than Wednesday, February 18, 2009</li><li>The distance sessions will start no earlier than the estimated times.</li></ul></li><li>Lane assignment and warm-up times for individual clubs will be e-mailed to the contact person of</li></ul>

	<p>all participating teams no later than Tuesday, February 17, 2009.</p> <ul style="list-style-type: none"> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 10, 2009.</b></p> <ul style="list-style-type: none"> <li>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 <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>.</li> <li>Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li> <li>A <b>Team Manager</b> printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>) 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><b>"No Time" (NT) entries will not be accepted.</b> If a swimmer does not have a time of record the swimmer must be entered with a CT.</li> <li>Coach's times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Swimmers may enter a maximum of <i>3 individual events</i> and <i>1 relay event</i> per day.</li> <li>Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</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><b>Email 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) 897-6127 (cell)</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 the receipt of your entries.</b></li> <li>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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$4.75 Relay events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> 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"> <li><b>Checks should be made payable to: SEVA Inc.</b></li> <li><b>Payment must be received by Tuesday, February 17, 2009 for e-mail entries. Payment must be included with all mailed entries.</b></li> <li>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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events will be awarded medals for first through fourth place and ribbons will be awarded for fifth through eighth place. <ul style="list-style-type: none"> <li>8 &amp; Younger events will be given separate awards for 8 year olds and 7 &amp; Younger age groups.</li> <li>11 to 14 year old events will be given separate awards for 11-12 and 13-14 age groups.</li> <li>The 12 &amp; Younger 500 freestyle will be given separate awards for 11-12 and 10 and Younger age groups.</li> <li>Heat winner ribbons will be awarded for all individual events for 10 &amp; Younger swimmers.</li> </ul> </li> <li>Relay events will be awarded ribbons for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded, except events 1, 2, 3, 4 (500 Free) 5, 6 (400 IM) 107, 108 (1650 Free) and all relays.</li> </ul>

	<ul style="list-style-type: none"> <li>Swimmers in all sessions should report directly to the blocks for their events.</li> <li>Events 1, 2, 3, 4 (500 Free), 5, 6 (400 IM), 107, 108 (1650 Free) will require a positive check-in to swim.</li> <li>Positive check-in will close at 5:00 pm on Friday (500 Free, 400 IM), and 1:30 pm on Sunday (1650 Free).</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>Events 107 and 108 (1650 Free) will be swum fastest to slowest and alternating heats of girls and boys.</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 day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <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 afternoon sessions, and may be used for the morning 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: Bill O'Donnell</b>  <b>Email: <a href="mailto:odonnell088@msn.com">odonnell088@msn.com</a></b>  <b>Phone: (757) 874-1459 (home)</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 to <b>Susan Gorton (SEVA Officials Coordinator – <a href="mailto:mpgorton@verizon.net">mpgorton@verizon.net</a> (757) 864-5059 (w) (757) 595-0971 (h))</b> no later than Wednesday, February 11, 2009 Thank you for your help.</li> <li>Officials meetings will be held 1 hour before the start of each session. Friday evening at 4:30 PM, Saturday and Sunday at 7:40 AM and 12:40 PM.</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><b>Swimmers are required to supply their own timers for the 500 Free (Friday) 400 IM (Friday), 1650 Free (Sunday).</b></li> <li><b>On Saturday and Sunday, clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</b></li> <li>The number of timers required per club and their lane assignments will be posted on the SEVA website, <a href="http://www.sevaswimming.com">www.sevaswimming.com</a> no later than Tuesday, February 17, 2009. This same information will be e-mailed to the contact person for all participating teams by the same date. The assignments will be posted throughout the venue.</li> <li>It is the responsibility of the Club/Club Timer Coordinator to ensure that timers from their club are present when required and that replacements are arranged ahead of time.</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 on Friday, Saturday and Sunday.</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. Dinner on Friday, breakfast and lunch on Saturday and Sunday, and refreshments during each session, will be</li> </ul>

	<p>served.</p> <ul style="list-style-type: none"> <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 at the announcer's table on the pool deck and at the entrance to the gym.</li> </ul>
<p><b>FACILITY RULES:</b></p>	<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 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)</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. 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>
<p><b>DIRECTIONS:</b></p>	<p>From the north/south, follow I-64 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, February 20, 2009

Warm-ups: 4:30 pm; Competition Starts at 5:30 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: 7:30 am; Competition Starts at 8:40 am

Afternoon Session – Warm-ups: 12:30 pm; Competition Starts at 1:40 pm

<u>Morning Session</u>			<u>Afternoon Session</u>		
<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: 7:30 am; Competition Starts at 8:40 am

Afternoon Session - Warm-ups: 12:30 pm; Competition Starts at 1:40 pm

<u>Morning Session</u>			<u>Afternoon Session (not earlier than 2:30pm)</u>		
<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
				<b>20-Minute Break</b>	
			107	13 - 14 1650 Freestyle	108