



WAC ODD AGE GROUP MEET
A/BB/B/C Meet
November 8-9, 2008
SANCTION NO. VS-09-15

Hosted by
WAC
Williamsburg
Aquatic Club

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-15
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090
FACILITY:	The pool is an 8 lane indoor 25 yd. Short Course facility with non-turbulent lane lines. Two additional lanes will be used for warm-up/warm-down during the meet. The automatic Daktronics timing system will be used.
MEET DIRECTORS:	Anne Anderson Email: flandos@cox.net Phone: (757) 220-8633 Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered Swimmers• Please note that this meet is limited to the first 500 Swimmers to enter.• All swimmers participating in this meet must be registered by the first day of the meet.• 2009-2012 NAG times are in effect.• Age on November 8, 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">• All 11 & younger swimmers will swim in the morning sessions on both Saturday and Sunday.• All 12 & over swimmers will swim in the afternoon sessions on both Saturday and Sunday.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:30 AM• Afternoon sessions: Warm-ups at 12:00 PM; competition starts at 1:00 PM• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter. Warm-up/Warm-down lanes will be available during the meet.• Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than Tuesday November 4th and will also be emailed to the contact person of the participating clubs.• 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 WEDNESDAY, October 29, 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Coaches Time (CT) and No Time (NT) entries will be accepted for events in 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.• Swimmers may enter a maximum of 4 individual events and 1 relay event per day.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. The relays are mixed. You must enter 2 boys and 2 girls in each relay. They can swim in any order that you wish.• Entries will be processed in the order received. This meet is limited to a total of 500 swimmers. An e-mail will be sent confirming receipt of the teams' entries.

	<ul style="list-style-type: none"> 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: coachharold2@cox.net Mail entries to: Williamsburg Aquatic Club 3013 South Court Williamsburg, VA 23185 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: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: Williamsburg Aquatic Club Payment must be received by November 5, 2008 for email entries. 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:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> 9 & Under individual events will be divided into 8-9 year old and 7 & under age groups 11 & under individual events will be divided into 10-11, 8-9, and 7 & under age groups 14 & over individual events will be divided into 14-15 and 16 & over age groups. 12 & over individual events will be divided into 12-13, 14-15, and 16 & over age groups. Relay events: Ribbons will be awarded for first through eighth place.
SEEDING:	<ul style="list-style-type: none"> All events, except the 1650 Freestyle will be pre-seeded. Swimmers should report directly to the blocks for their events. The following events will require a positive check-in and will be reseeded if heats can be eliminated. <ul style="list-style-type: none"> Positive check-in will close at the end of warm-ups for the 400 IM and the 500 Free. Positive check-in for the distance sessions (1650 Free) will close at 3:00 PM. Heats in the 1650 Free will be swum fastest to slowest, alternating girls then boys. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. 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 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 afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. 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: Jim Kincely Phone: (757) 253-0360 Email: jjk@knicelylaw.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 Cay Pittman, Phone: (757) 565-3599, Email: pittmanca@yahoo.com • An Officials meeting will be held 1 hour before the start of the morning and afternoon sessions. They will start at 7:30 AM & 12:00 PM each day.
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:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the WAC Website (www.swimwac.com) no later than Tuesday, November 4th and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Officials and coaches hospitality will be available • Meet programs will be sold
FACILITY RULES:	<p>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS:</p> <ul style="list-style-type: none"> • Picture identification will be required to gain access to the base. • Rules will be enforced by meet marshal, aquatic center staff and the Fort Eustis Fire Marshall. • 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/or in the meet program, will be disqualified from the meet and escorted from the facility. • The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • 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. • Balcony: Swimmers and their bags <u>will not be allowed</u> to stay in the area. Spectator seating is limited and swimmers must stay on the competition or adventure pool deck.
DIRECTIONS:	<p>From I-64 take Exit 250 (Fort Eustis Blvd) towards Fort Eustis. This will take you onto the base. Go 4 blocks past security and through the circular intersection. Turn right at first Street (Tyler Road) past the circular intersection. The Aquatic facility is the building on your left. If the Aquatic Center lot is full, there are plenty of parking 100 yards down Tyler Road.</p>

WAC ODD AGE GROUP MEET
ORDER OF EVENTS

SATURDAY, NOVEMBER 8, 2008

Morning Session			Afternoon Session		
Warm-up: 7:30 AM Start: 8:30 AM			Warm-up: 12:00 PM Start: 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & under 25 Back	2	31	12 & 13 100 Breast	32
3	10 & 11 50 Back	4	33	14 & O 100 Breast	34
5	9 & under 50 Back	6	35	12 & 13 200 Free	36
7	11 & under 200 Free	8	37	14 & O 200 Free	38
9	11 & under 200 Breast	10	39	12 year old 50 Fly	40
11	9 & under 100 IM	12	41	14 & O 100 Fly	42
13	10 & 11 100 IM	14	43	12 & 13 100 Fly	44
15	8 & under 25 Breast	16	45	14 & O 200 Back	46
17	10 & 11 50 Breast	18	47	12 & 13 200 Back	48
19	9 & under 50 Breast	20	49	14 & O 200 IM	50
21	11 & under 100 Fly	22	51	12 & 13 200 IM	52
23	11 & under 200 Back	24	53	12 year old 50 Back	54
25	10 & 11 100 Free	26			
27	9 & under 100 Free	28			
	<u>MIXED RELAYS - 2 & 2</u>				
29	10 & 11 200 Medley		55	<u>MIXED RELAYS - 2 & 2</u>	
30	9 & under 100 Medley		56	14 & O 200 Medley	
				12 & 13 200 Medley	
				<u>Distance Session</u>	
				(15 Minute Break)	
			57	12 & O 1650 Free	58

SUNDAY, NOVEMBER 9, 2008

Morning Session			Afternoon Session		
Warm-ups: 7:30 AM Start: 8:30 AM			Warm-ups: 12:00 PM Start: 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	8 & under 25 Free	60	83	12 & 13 100 Back	84
61	10 & 11 50 Free	62	85	14 & O 100 Back	86
63	9 & under 50 Free	64	87	12 & 13 200 Breast	88
65	11 & under 100 Breast	66	89	14 & O 200 Breast	90
67	11 & under 500 Free	68	91	12 & 13 50 Free	92
69	8 & under 25 Fly	70	93	14 & O 50 Free	94
71	10 & 11 50 Fly	72	95	12 & O 500 Free	96
73	9 & under 50 Fly	74	97	12 & 13 100 Free	98
75	11 & under 100 Back	76	99	14 & O 100 Free	100
77	11 & under 200 IM	78	101	12 & 13 200 Fly	102
79	11 & under 200 Fly	80	103	14 & O 200 Fly	104
	<u>MIXED RELAYS - 2 & 2</u>		105	12 year old 50 Breast	106
81	9 & under 100 Free		107	12 & O 400 IM	108
82	10 & 11 200 Free			<u>MIXED RELAYS - 2 & 2</u>	
			109	12 & 13 200 Free	
			110	14 & O 200 Free	