



**CGBD SUMMER MADNESS LC INVITATION**  
**June 25-27, 2010**  
**SANCTION NO. VS-10-70**

Hosted by:



Coast Guard Blue Dolphins

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-10-70</b>
<b>LOCATION:</b>	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 8-lane, 50 meter indoor pool 14 feet deep at the start end and 4 feet deep at the turn end; 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 DIRECTOR:</b>	Oscar Alvarez Email: <a href="mailto:f2zoo@cox.net">f2zoo@cox.net</a> Phone: (757) 639-8042
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming registered swimmers registered by the first day of the meet.</li> <li>• No on deck USA Swimming athlete registration will be permitted.</li> <li>• Swimmers with two "A" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the A session.</li> <li>• Swimmers not qualified for the A session can swim any event offered open session.</li> <li>• 2009-2012 NAG times are in effect. Senior swimmers (15&amp;O) will use "15-16" time standards</li> <li>• Age on June 25, 2010 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>• Friday and Saturday:             <ul style="list-style-type: none"> <li>○ Swimmers in the "A" session will swim a preliminary session in the morning session. The top 16 13-14 swimmers and the top 16 senior (15&amp;O) swimmers will swim the final session each day.</li> <li>○ Swimmers not eligible for the "A" Session can swim in timed final events in the open session.</li> </ul> </li> <li>• Sunday:             <ul style="list-style-type: none"> <li>○ All 13&amp;O swimmers will swim in the morning open session. All events are timed finals except for Event 53-54 (50 Free Shoot-out)                 <ul style="list-style-type: none"> <li>▪ The 50 Free Shoot-out will be a prelim/semi-final/final event</li> <li>▪ Semi-finals (top 16 13-14 and Top 16 senior) held following Events 57-28 (200 Breast)</li> <li>▪ Finals held following Events 59-60 (200 Back)</li> </ul> </li> <li>○ All 12&amp;Y swimmers will swim in the afternoon open session. All events are timed finals.</li> </ul> </li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning A sessions: Warm-ups at 7:00 am; competition starts at 8:15 am.</li> <li>• Afternoon open sessions:             <ul style="list-style-type: none"> <li>○ Friday: Warm-ups at 11:00 am; competition starts at 12:00 pm</li> <li>○ Saturday: Warm-ups at 11:30 am; competition starts at 12:30 pm</li> <li>○ Sunday: Warm-ups at 1:30 pm; competition starts at 2:30 pm.</li> </ul> </li> <li>• Open distance sessions:             <ul style="list-style-type: none"> <li>○ Friday: there will be a 10-minute warm-up prior to the beginning of the first heat. The warm-up will start no earlier than 3:20 pm and the open distance session will start no earlier than 3:45 pm</li> <li>○ Sunday:                 <ul style="list-style-type: none"> <li>▪ There will be a 10-minute warm-up prior to the beginning of the first heat. If there are more than four total heats (boys and girls) there will be an additional 10 minute warm-up period</li> </ul> </li> </ul> </li> </ul>

	<p>following the third heat overall (second heat of girls).</p> <ul style="list-style-type: none"> <li>▪ The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters.</li> </ul> <ul style="list-style-type: none"> <li>• Finals sessions (Friday &amp; Saturday): Warm-ups at 5:00 pm; competition starts at 6:00 pm.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the VSI website no later than Tuesday, June 22, 2010, and will also be emailed to the contact person of the participating clubs.</li> <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, JUNE 15, 2010</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in long course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries as an e-mail attachment.</li> <li>• 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.</li> <li>• No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record.</li> <li>• Swimmers may enter a maximum of <i>three (3) individual events</i> per day.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</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>• Email entries to: <a href="mailto:cgbdswimming@cox.net">cgbdswimming@cox.net</a></li> <li>• Mail entries to: Steve Hennessy 607 Lotz Drive Yorktown, VA 23692</li> <li>• <b>IMPORTANT:</b> If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is <b>NOT</b> required for delivery as this will delay the receipt of your entries.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$5.50 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>• <b>Checks should be made payable to: CGBD</b></li> <li>• Payment must be received by Tuesday, June 22, 2010 for email entries. Payment must be included with all mailed entries.</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 will be awarded medals for first through third place; ribbons fourth through eighth place. All events will be awarded separately as 13-14 and Senior</li> <li>• 50 Freestyle Shoot-out will be awarded medals for first through third place; ribbons fourth through eighth place. The event will be awarded separately as 13-14 and Senior</li> <li>• Open session individual events will be awarded medals for first through third place; ribbons fourth through eighth place for events in the open session <ul style="list-style-type: none"> <li>○ 12 &amp; Under events will be given awards separately for the 10&amp;U and 11-12 age groups</li> <li>○ 13 &amp; Over events will be given awards separately for the 13-14 and Senior age groups</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded with the exception of the following events that will require a positive check-in at the Clerk of Course: <ul style="list-style-type: none"> <li>○ 400 Freestyle and the 400 IM by 8:45 am for the morning session and 2:30 pm for the afternoon session the day the event is to be swum.</li> <li>○ 1500 freestyle by 9:30 am Sunday</li> </ul> </li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• 1500 Freestyle (Events 61-62) will be swum fastest to slowest, alternating girls then 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 marked as exhibition for 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 scratch procedures listed in <i>current USA Swimming Rules and Regulations</i>, Article 207.12.6, sections D and E will apply with the following modifications: <b>The scratch rule regarding finals will apply to both heat's, final and consolation</b></li> <li>• In accordance with VSI Policy, only those coaches who have 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: John Warhol</b>  <b>Email: <a href="mailto:cgbd.officials@gmail.com">cgbd.officials@gmail.com</a></b>  <b>Phone: (757) 254-6363</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet.</li> <li>• Team Officials' Chairperson should submit the names and session availability of certified officials, as well as the names and session availability of trainees to John Warhol, Meet Referee, no later than June 22, 2010.</li> <li>• There will be an officials pre-session briefing one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<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 Virginia Swimming website no later than June 22, 2010 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</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. <ul style="list-style-type: none"> <li>○ Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility.</li> <li>○ 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, plastic containers.</li> </ul> </li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats.</li> <li>• <b>Team Areas:</b> Team seating will be available in the pool and gym 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).</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.</li> <li>• <b>Team Banners:</b> Team Banners can not be hung from a water return pipe that runs over the team seating areas.</li> <li>• <b>Programs:</b> Meet Programs will be sold for \$10.00.</li> <li>• <b>Snack Bar:</b> CGBD will operate a Concessions Stand during the meet.</li> <li>• <b>Swim Supplies:</b> CGBD will operate a Swim Shop during the meet.</li> <li>• <b>First Aid:</b> A staffed First Aid Station is located at 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> <li>• <b>Hospitality:</b> CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.</li> </ul>

<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> <li>• Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>• No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable.</li> <li>• No coolers in the pool area. They are allowed in the Gym.</li> <li>• No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym.</li> <li>• Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.).</li> <li>• No shaving anywhere in the venue.</li> <li>• No running or horseplay in the facility.</li> <li>• Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li> <li>• Clean up your area when you leave after each session. Trashcans are located throughout the facility. Lost and Found is located next to the Announcer.</li> <li>• Officials only inside the ropes.</li> <li>• Coaches, officials, and meet staff only in the Hospitality Room.</li> <li>• The Aquatic Center will close during electrical storms.</li> <li>• NO SMOKING in the Aquatic Center (pool area) or the rest of the building.</li> </ul>
<b>DIRECTIONS:</b>	<p>From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.</p>

## CGBD SUMMER MADNESS LC INVITATION Order of Events

### Friday A Session (Prelims) Warm-up: 7:00 am; Start 8:15 am

G	Events	B
1	100 Freestyle 10-minute Break	2
3	200 Individual Medley 10-minute Break	4
5	100 Butterfly 10-minute Break	6
7	400 Freestyle	8

### Saturday A Session (Prelims) Warm-up: 7:00 am; Start 8:15 am

G	Events	B
27	200 Freestyle 10-minute Break	28
29	100 Backstroke 10-minute Break	30
31	100 Breaststroke 10-minute Break	32
33	400 Individual Medley	34

### Sunday 13&O Open Session (Timed Finals except 50 Free) Warm-up: 7:00 am; Start 8:15 am

G	Events	B
53	50 Freestyle Shoot-out	54
55	200 Butterfly	56
57	200 Breaststroke	58
53	50 Freestyle (Semifinals)	54
59	200 Backstroke	60
53	50 Freestyle (Finals)	54

### Friday Open Session (Timed Finals)

Warm-up: 11:00 am; Start: 12:00 pm

G	Events	B
9	12 & U 50 Backstroke	10
11	13 & O 100 Freestyle	12
13	12 & U 50 Breaststroke	14
15	13 & O 200 Ind. Med.	16
17	12 & U 200 Ind. Med.	18
19	13 & O 100 Butterfly	20
21	12 & U 100 Butterfly	22

### Saturday Open Session (Timed Finals)

Warm-up: 11:30 am; Start: 12:45 pm

G	Events	B
35	12 & U 50 Butterfly	36
37	13 & O 200 Freestyle	38
39	12 & U 100 Freestyle	40
41	13 & O 100 Backstroke	42
43	12 & U 100 Backstroke	44
45	13 & O 100 Breaststroke	46
47	12 & U 100 Breaststroke	48
49	13 & O 400 Ind. Medley	50
51	12 & U 50 Freestyle	52

### Sunday Open Distance Session Warm-up: 10 min

G	Events	B
61	1500 Freestyle	62

### Sunday 12&U Open Session (Timed Finals)

Warm-up: 1:30 pm; Start: 2:30 pm

G	Events	B
63	200 Freestyle	64
65	200 Butterfly	66
67	200 Breaststroke	68
69	200 Backstroke	70
71	400 Individual Medley	72

### Friday Open Distance Session Warm-up: 10 min

G	Events	B
23	13 & O 400 Freestyle	24
25	12 & U 400 Freestyle	26

### Friday A Session (Finals) Warm-up: 5:00 pm; Start: 6:00 pm

G	Events	B
1A	13-14 100 Freestyle	2A
1B	Senior 100 Freestyle	2B
3A	13-14 200 Ind. Med.	4A
3B	Senior 200 Ind. Med.	4B
5A	13-14 100 Butterfly	6A
5B	Senior 100 Butterfly	6B
7A	13-14 400 Freestyle	8A
7B	Senior 400 Freestyle	8B

### Saturday A Session (Finals) Warm-up: 5:00 pm; Start: 6:00 pm

G	Events	B
27A	13-14 200 Freestyle	28A
27B	Senior 200 Freestyle	28B
29A	13-14 100 Backstroke	30A
29B	Senior 100 Backstroke	30B
31A	13-14 100 Breaststroke	32A
31B	Senior 100 Breaststroke	32B
33A	13-14 400 Ind. Medley	34A
33B	Senior 400 Ind. Medley	34B