



OBX JANUARY CHALLENGE
A/BB/B/C Meet
January 23-24, 2010
SANCTION NO. VS-10-34



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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-34 |
| LOCATION: | Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090 |
| FACILITY: | <ul style="list-style-type: none">Eleven (11) lane 25 yard indoor pool, 7-9 feet in depth. All sessions will be run using an eight lane course for competition with two additional lanes for continuous warm-up/warm-down.The meet director reserves the right to use 9 or 10 lanes for competition should if necessary.Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). |
| MEET DIRECTOR: | Name: Debbie Gibbs Email: dbegibbs@embarqmail.com Phone: 252-202-5992 (cell) |
| ELIGIBILITY: | <ul style="list-style-type: none">Open to all USA Swimming athletes registered by the first day of the meet.No on deck USA Swimming athlete registration will be permitted.Age on January 23, 2010 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 12 & younger swimmers will swim in the morning.All 13 & older swimmers will swim in the afternoon.All events will be timed finals. |
| WARM-UPS: | <ul style="list-style-type: none">Morning sessions: Warm-ups at 7:00 am; competition starts at 8:00 am.Afternoon sessions: Warm-ups at 12:30 pm; competition starts at 1:30 pm.Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions. 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 OBX website (www.swimobx.com), no later than January 20, 2010 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, JANUARY 13, 2010.</p> <ul style="list-style-type: none">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.Teams submit entries as an e-mail attachmentA Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.Coach's 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.Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4 hour/session timeline limit. |

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| | <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 and to combine events in which there are insufficient entries. Email entries to: dbegibbs@embarqmail.com Mail entries to: Debbie Gibbs 130 Fort Hugar Way Manteo, NC 27954 Phone: (252) 473-3156 or (252) 202-5992 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: \$4.00 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: OBX Swim Club. Payment must be received by January 20, 2010 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"> 13 & Older individual events will be given separate awards for 13-14 and 15 & Older age groups. 12 & Younger events will be given separate awards for 11-12, 9-10 and 8 & Younger age groups. Heat winner tattoos will be awarded for all individual events. Relay events: Ribbons will be awarded for first through fourth place. |
| SEEDING: | <ul style="list-style-type: none"> All events except events #31-32 (12&Y 400 IM), 45-46 (13&O 400 IM), 75-76 (12&Y 500 Free), and 89-90 (13&O 500 Free) and will be pre-seeded. Swimmers should report directly to the blocks for their events. Events #31-32, 45-46, 75-76, & 89-90 will require a positive check-in to swim. Positive check-in will close at the end of warm-ups SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. |
| PENALTIES: | <p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be marked as exhibition for 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 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. |
| OFFICIALS: | <p>Meet Referee: Bob Hood Email: bob.hood@us.army.mil Phone: (757)-878-5777</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 Bob Hood. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of swimmers they have |

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| | <p>entered in each session.</p> <ul style="list-style-type: none"> The number of timers required per club and their lane assignments will be posted on the www.swimobx.com no later than January 20, 2010, and will also be emailed to the contact person of each of the individual clubs. |
| GENERAL: | <ul style="list-style-type: none"> Meet Programs: Meet programs will be on sale for \$7.00 Snack Bar: The Aquatic Center will operate a snack bar during the meet Hospitality: OBX will provide a Hospitality Room for coaches and officials. Lost and Found: Lost & Found will be located next to the door leaving the competition pool. |
| 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. You may also need Automobile Registration as well as proof of insurance to gain access to the base. Please allow plenty of time for base access due to security considerations. 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 are. 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. The Adventure Pool side of the building WILL NOT be available for seating during the meet. Absolutely no parking on grass, at the MP station , or on the side by the trees in the Aquatic Center Parking Lot. Parents are responsible for any siblings brought to the meet. Please chaperone them closely. No shaving anywhere in the venue. |
| 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> |

OBX Swim Club A/BB/B/C Meet

Saturday, January 23, 2010
12 & Younger Morning Session
Warm-up: 7:00 am: Start: 8:00 am

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|------------------------------|-------------|
| 1 | 11-12 100 Freestyle | 2 |
| 3 | 10 & Younger 50 Freestyle | 4 |
| 5 | 11-12 200 Butterfly | 6 |
| 7 | 10 & Younger 100 Butterfly | 8 |
| 9 | 11-12 100 Ind. Medley | 10 |
| 11 | 10 & Younger 100 Ind. Medley | 12 |
| 13 | 11-12 50 Breaststroke | 14 |
| 15 | 10 & Younger 50 Breaststroke | 16 |
| 17 | 11-12 100 Backstroke | 18 |
| 19 | 10 & Younger 100 Backstroke | 20 |
| 21 | 11-12 200 Breaststroke | 22 |
| 23 | 10 & Younger 200 Freestyle | 24 |
| 25 | 11- 12 50 Butterfly | 26 |
| 27 | 10 & Younger 200 Free Relay | 28 |
| 29 | 11-12 200 Free Relay | 30 |

Distance Session
(10 minute break)

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|------------------------------|-------------|
| 31 | 12 & Younger 400 Ind. Medley | 32 |

13 & Over Afternoon Session
Warm-up: 7:00 am: Start: 8:00 am

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|----------------------------|-------------|
| 33 | 13 & Over 100 Freestyle | 34 |
| 35 | 13 & Over 200 Butterfly | 36 |
| 37 | 13 & Over 200 Ind. Medley | 38 |
| 39 | 13 & Over 200 Breaststroke | 40 |
| 41 | 13 & Over 100 Backstroke | 42 |
| 43 | 13 & Over 200 Free Relay | 44 |

Distance Session
(10 minute break)

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|---------------------------|-------------|
| 45 | 13 & Over 400 Ind. Medley | 46 |

Sunday, January 24, 2010
12 & Younger Morning Session
Warm-up: 7:00 am: Start: 8:00 pm

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|-------------------------------|-------------|
| 47 | 11-12 200 Freestyle | 48 |
| 49 | 10 & Younger 100 Freestyle | 50 |
| 51 | 11-12 100 Butterfly | 52 |
| 53 | 10 & Younger 50 Butterfly | 54 |
| 55 | 11-12 200 Ind. Medley | 56 |
| 57 | 10 & Younger 200 Ind. Medley | 58 |
| 59 | 11-12 50 yd Backstroke | 60 |
| 61 | 10 & Younger 100 Breaststroke | 62 |
| 63 | 11-12 100 Breaststroke | 64 |
| 65 | 10 & Younger 50 Backstroke | 66 |
| 67 | 11-12 200 Backstroke | 68 |
| 69 | 11-12 50 Freestyle | 70 |
| 71 | 10 & Younger 200 Med. Relay | 72 |
| 73 | 11-12 200 Med. Relay | 74 |

Distance Session
(10 minute break)

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|-----------------------|-------------|
| 75 | 12 & Younger 500 Free | 76 |

13 & Over Afternoon Session
Warm-up: 12:30 pm: Start: 1:30 pm

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|----------------------------|-------------|
| 77 | 13 & Over 200 Freestyle | 78 |
| 79 | 13 & Over 100 Butterfly | 80 |
| 81 | 13 & Over 100 Breaststroke | 82 |
| 83 | 13 & Over 200 Backstroke | 84 |
| 85 | 13 & Over 50 Freestyle | 86 |
| 87 | 13 & Over 200 Med. Relay | 88 |

Distance Session
(10 minute break)

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|-------------------------|-------------|
| 89 | 13 & Over 500 Freestyle | 90 |