



OLD DOMINION AQUATIC CLUB
Southeast District Age Group (14&Y) Meet
February 5-7, 2010
SANCTION NO. VS-10-44

Hosted by:



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-44
LOCATION:	Old Dominion University JC "Scrap" Chandler Natatorium located in the Health & Physical Education Building at the corner of 48 th Street and Powhatan Avenue, Norfolk, VA 23508
FACILITY:	<ul style="list-style-type: none">• Eight (8) lane 25 yard indoor pool, 15 feet in depth at the start end and 4 feet in depth at the turn end. All sessions will be run using an eight (8) lane course for competition. Facility uses a Colorado Timing System.• 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:	Stefanie Dunham Email: sdunham62@cox.net Phone: (757) 490-0049
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes in the Southeast District registered by the first day of the meet. Teams in the Southeast District are: CGBD, OBX, ODAC, PRO, SEVA, SSC, TAC, TCAC, TIDE, US, VYAC, and WAC.• No on deck Virginia Swimming athlete registration will be permitted.• Age on February 5, 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">• The 500 Free and the 400 IM will be swum on Friday night.• All 9-10 and 13 & 14 swimmers will swim on Saturday and Sunday mornings.• All 11 & 12 swimmers will swim on Saturday and Sunday afternoons.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Friday evening session: Warm ups at 5:00 pm; competition starts at 6:00 pm.• Morning sessions:<ul style="list-style-type: none">○ Saturday: Warm-ups at 8:00 am to 8:50 am; competition starts at 9:00 am○ Sunday: Warm-ups at 7:00 am to 7:50 am; competition starts at 8:00 am.• Afternoon session: Warm-ups at 1:00 pm; competition starts at 2:00 pm on Saturday and Sunday• Lane assignment and warm-up times for individual clubs will be emailed no later than February 3, 2010 and will also be emailed to the contact person of the participating clubs.• If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JANUARY 26, 2010</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 submit entries as an e-mail attachment.• A 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.

	<ul style="list-style-type: none"> Swimmers may enter a maximum of 4 <i>individual events</i> and 1 <i>relay event</i> 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.. 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: swimodac@msn.com Mail entries to: Steve Bialorucki 5165 Stratford Chase Dr Virginia Beach, VA 23464 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. 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
FEES:	<p>Individual events: \$3.00 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: Old Dominion Aquatic Club. Payment must be received by February 5, 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. Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded, except the 500 Free and the 400 IM, which will be deck seeded. Swimmers in all sessions should report directly to the blocks for their events. The 500 Free and 400 IM will require a positive check-in to swim. Positive check-in will close 30 minutes prior to the start of the session. 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: Tom Colasurdo Email: misterconductor@verizon.net Phone: (757) 567-4176 (cell)</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 Jeanine Bain, Email: westbain@cox.net, Phone: (757) 548-3578

SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
FACILITY RULES:	<ul style="list-style-type: none"> • 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. • 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. • The Pool Decks have been recently resurfaced and the Aquatic Center prohibits any street shoes on the deck. • SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA IS FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK. • Parking will be available on the Old Dominion University Campus in designated areas. Further details will be sent to team contact prior to the meet • Swimmer bags and equipment is only allowed on the deck and not permitted to be left in the athletic locker-rooms.
DIRECTIONS:	<p><u>Directions to Old Dominion University</u></p> <ul style="list-style-type: none"> • From I-64 East (coming from Richmond) <ul style="list-style-type: none"> ○ Take I-64 East through the Hampton Roads Bridge Tunnel and go approximately five more miles to the exit for I-564 toward Terminal Blvd. ○ As you exit, stay to the right to exit immediately onto Terminal Blvd. (There is only one way to go on Terminal Blvd) Once on Terminal Blvd, stay on it until you reach the Norfolk International Marine Terminals at the junction of Hampton Blvd. ○ Take a left on Hampton Blvd. Go approximately two miles and turn right onto 49th Street to progress onto campus. • From Chesapeake (coming from US 58 East) <ul style="list-style-type: none"> ○ Take US 58 East through Suffolk until it joins with I-64. Take I-64 to I-264 toward Norfolk Stay on I-264 until you go through the Downtown Tunnel. ○ Once you go through the tunnel, you'll want to move to the left to exit, and take the Waterside Drive exit. Follow Waterside Drive for several blocks, which turns into Boush Street. ○ At the intersection of Boush and Brambleton avenue, make a left turn onto Brambleton. Move into the right lane. ○ You will see a sign that says "ODU." Merge with the traffic onto Hampton Boulevard approximately three miles. You will turn left on 49th Street to progress onto the campus. • To the H&P.E. Pool <ul style="list-style-type: none"> ○ After turning onto 49th street, continue for almost one mile to the only stop sign and take a left onto Powhatan Ave. ○ The H&P.E. Building is actually at the corner of 48th street and Powhatan Ave., but 48th street is a one way street that goes back out toward Hampton Blvd. ○ You can turn onto 48th street to park in the lot there, or park in the lots on Powhatan or 49th street. In any case, you want to enter the building from the sidewalk at 48th street to get to the pool.

**ORDER OF EVENTS
SE District Age Group (14&Y) Meet**

Friday, February 5, 2010

Evening Session		
Warm-up: 5:00 pm; Start: 6:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 500 Free	2
3	9 -12 500 Free	4
5	11-14 400 IM	6

Saturday, February 6, 2010

Morning Session			Afternoon Session		
Warm-up: 8:00 am; Start: 9:00 am			Warm-up: 1:00 pm ; Start: 2:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	13-14 200 Free	8	31	11-12 200 Free	32
9	9-10 100 IM	10	33	11-12 100 IM	34
11	13-14 100 Fly	12	35	11-12 50 Free	36
13	9-10 50 Fly	14	37	11-12 50 Breast	38
15	13-14 200 Breast	16	39	11-12 200 Breast	40
17	9-10 100 Breast	18	41	11-12 100 Fly	42
19	13-14 50 Free	20	43	11-12 100 Back	44
21	9-10 100 Free	22	45	11-12 200 Free Relay	46
23	13-14 200 Back	24			
25	9-10 100 Back	26			
27	13-14 200 Free Relay	28			
29	9-10 200 Free Relay	30			

Sunday, January 13, 2008

Morning Session			Afternoon Session		
Warm-up: 7:00 am; Start: 8:00 am			Warm-up: 12:00 noon; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	9-10 200 Free	48	73	11-12 200 IM	74
49	13-14 200 IM	50	75	11-12 100 Free	76
51	9-10 50 Breast	52	77	11-12 50 Fly	78
53	13-14 100 Free	54	79	11-12 200 Fly	80
55	9-10 100 Fly	56	81	11-12 50 Back	82
57	13-14 200 Fly	58	83	11-12 200 Back	84
59	9-10 50 Free	60	85	11-12 100 Breast	86
61	13-14 100 Back	62	87	11-12 200 Medley Relay	88
63	9-10 50 Back	64			
65	13-14 100 Breast	66			
67	9-10 200 IM	68			
69	13-14 200 Medley Relay	70			
71	9-10 200 Medley Relay	72			