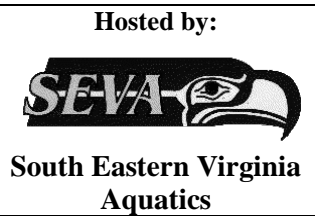




**SEVA SEAHAWKS**  
**Virginia Statewide Long Course**  
**Head Start Meet**  
**March 27-28, 2010**  
**SANCTION NO. VS-10-62**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-10-62</b>						
<b>LOCATION:</b>	Midtown Aquatic 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 DIRECTORS:</b>	<table border="0"> <tr> <td>Dave Henderson</td> <td>Barry &amp; Elaine Ramsey</td> </tr> <tr> <td>Phone: (757) 897-6127 (cell)</td> <td>Email: <a href="mailto:Ruetoo@cox.net">Ruetoo@cox.net</a></td> </tr> <tr> <td>Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a></td> <td></td> </tr> </table>	Dave Henderson	Barry & Elaine Ramsey	Phone: (757) 897-6127 (cell)	Email: <a href="mailto:Ruetoo@cox.net">Ruetoo@cox.net</a>	Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a>	
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Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a>							
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes registered by the first day of the meet and out of LSC teams receiving approval to enter.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Age on March 27, 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><b>Morning Sessions: All 10 &amp; Younger swimmers and the 11-12 girls</b> will compete in the <b>AM</b> session.</li> <li><b>Afternoon Session: The 11-12 Boys and ALL 13 &amp; Older old swimmers</b> will compete in the <b>PM</b> session.</li> <li><b>Depending on the number of entries, the host club reserves the right to change the meet format to one session per day. Teams would be notified on Wednesday, March 24, 2010</b></li> <li>All events will be timed finals.</li> </ul>						
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>Morning (AM) Session: Warm-ups are 8:00 am to 9:00 am. Competition starts at 9:10 am.</li> <li>Afternoon (PM) Session: Warm-ups are 12:30 pm to 1:30 pm. Competition starts at 1:40 pm.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> <li><b>Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Wednesday, March 24, 2010</b></li> <li><b>This information will also be available on the SEVA website, <a href="http://www.sevaswimming.com">www.sevaswimming.com</a>, by going to the "Meet - SEVA Hosted" section.</b></li> </ul>						
<b>ENTRIES:</b>	<p><b>DEADLINE FOR RECEIPT OF ENTRIES IS TUESDAY, MARCH 23, 2010.</b></p> <ul style="list-style-type: none"> <li>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.</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, 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>Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer after the meet has been seeded, there must be room in an existing heat. No new heats will be added.</li> <li>Coach's Times (CT) 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.</li> <li>"No Time" (NT) entries will not be accepted.</li> </ul>						

	<ul style="list-style-type: none"> <li>• <b>Swimmers may enter up to four (4) individual events per day.</b></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 event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries.</li> <li>• <b>E-Mail 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 receipt of your entries.</b></li> </ul>
<b>FEES:</b>	<p>Individual Events: \$5.00 Swimmer Surcharge: \$2.50 (entered in any capacity in the meet)</p> <ul style="list-style-type: none"> <li>• <b>Make Checks payable to: SEVA Inc.</b></li> <li>• Payment must be received by Friday, March 26, 2010 for email entries. Payment must be included with all mailed entries. An entry fee summary printout from Team Manager must accompany the entry fee payment.</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: Ribbons will be awarded for first (1<sup>st</sup>) through eighth (8<sup>th</sup>) place <ul style="list-style-type: none"> <li>○ 10 &amp; Younger events will be given separate awards for 10 year olds, 9 year olds, 8 year olds and 7 &amp; Younger swimmers.</li> <li>○ 11-12 individual events will be given separate awards for 12 year olds and 11 year old swimmers</li> <li>○ 13 &amp; Older individual events will be given separate awards for 13, 14 and 15 &amp; Older swimmers</li> </ul> </li> <li>• Heat Winners: Blow Pops will be awarded to each heat winner. <b>Please do not eat Blow Pops in the pool area.</b></li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• <b>All events will be pre-seeded.</b></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 day prior to the start 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 all sessions.</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: Bob Hood</b> <b>Email: <a href="mailto:bob.hood@us.army.mil">bob.hood@us.army.mil</a></b> <b>Phone: (757) 878-5777</b></p> <ul style="list-style-type: none"> <li>• We ask for your teams help in supplying officials for the meet.</li> <li>• Anyone in the process of achieving certification through on-deck training is welcome.</li> <li>• Contact: Susan Gorton, SEVA Officials Chairman at (757) 864-5059(w) (757) 595-0971(h) or <a href="mailto:mpgorton@verizon.net">mpgorton@verizon.net</a>. Thank you for your help in advance.</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> </ul>

	<ul style="list-style-type: none"> <li>The number of timers required per club and their lane assignments will be posted on the SEVA web site at <a href="http://www.sevaswimming.com">www.sevaswimming.com</a> no later than Wednesday, March 24, 2010. Please see the "Meets – SEVA Hosted" section of the web site.</li> <li>This information will also be e-mailed to the contact person listed for each club.</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 during the meet.</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. Breakfast and lunch will be served. Drinks and snacks will be provided during the day.</li> <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 next to the announcer's table.</li> </ul>
<b>RESULTS:</b>	<ul style="list-style-type: none"> <li>All results will be announced, and then posted on the wall in the hallway near the snack bar</li> <li>Meet results will be e-mailed to all participating teams within 24 hours of the conclusion of the meet.</li> <li>The results will be posted to the Virginia Swimming web site <a href="http://www.virginiaswimming.com">www.virginiaswimming.com</a> after the conclusion of the meet.</li> </ul>
<b>FACILITY RULES:</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. 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>
<b>DIRECTIONS:</b>	From the North/South, follow I-64 to 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.

## ORDER OF EVENTS

**Saturday, March 27, 2010**

**Morning Session:  
All 10 & Younger & 11 – 12 Girls  
Warm-up: 8:00 am; Start: 9:10 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Freestyle	-
2	10 & Younger 100 Freestyle	3
4	11-12 200 Breaststroke	-
5	10 & Younger 200 IM	6
7	11-12 200 IM	-
8	10 & Younger 100 Breaststroke	9
10	11-12 100 Breaststroke	-
11	11-12 200 Butterfly	-
12	10 & Younger 50 Backstroke	13
14	11-12 50 Backstroke	-
15	10 & Younger 50 Butterfly	16
17	11-12 50 Butterfly	-

**Sunday, March 28, 2010**

**Morning Session:  
All 10 & Younger & 11 – 12 Girls  
Warm-up: 8:00 am; Start: 9:10 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	11-12 200 Freestyle	-
36	10 & Younger 200 Freestyle	37
38	11-12 100 Butterfly	-
39	10 & Younger 100 Butterfly	40
41	11-12 200 Backstroke	-
42	10 & Younger 100 Backstroke	43
44	11-12 100 Backstroke	-
45	10 & Younger 50 Breaststroke	46
47	11-12 50 Breaststroke	-
48	10 & Younger 50 Freestyle	49
50	11-12 50 Freestyle	-

**Afternoon Session:**

**11 – 12 Boys & All 13 – 18 year olds  
Warm-up: 12:30 PM; Start: 1:40 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 100 Freestyle	18
19	13 & Older 100 Freestyle	20
-	11-12 50 Butterfly	21
22	13 & Older 100 Butterfly	23
-	11-12 200 Breaststroke	24
25	13 & Older 200 Breaststroke	26
-	11-12 100 Backstroke	27
28	13 & Older 100 Backstroke	29
-	11-12 50 Breaststroke	30
-	11-12 200 Butterfly	31
32	13 & Older 200 IM	33
-	11-12 200 IM	34

**Afternoon Session:**

**11 – 12 Boys & All 13 – 18 year olds  
Warm-up: 12:30 PM; Start: 1:40 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 200 Freestyle	51
52	13 & Older 200 Freestyle	53
-	11-12 100 Butterfly	54
55	13 & Older 200 Butterfly	56
-	11-12 100 Breaststroke	57
58	13 & Older 100 Breaststroke	59
-	11-12 200 Backstroke	60
61	13 & Older 200 Backstroke	62
-	11-12 50 Backstroke	63
64	13 & Older 50 Freestyle	65
-	11-12 50 Freestyle	66