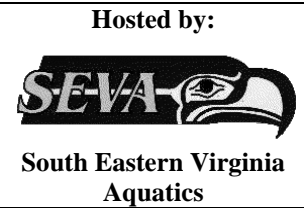




**SEVA SEAHAWKS
A/BB/B/C Invitational
November 14-15, 2009
SANCTION NO. VS-10-28**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-28		
LOCATION:	Fort Eustis Aquatic Center, Building 641 (corner of Washington Ave. & Tyler Ave), Fort Eustis, VA 23604, Phone: (757) 878-1090 or 878-1091		
FACILITY:	<ul style="list-style-type: none"> • Eleven (11) lane 25-yard indoor, 7-9 feet in depth. The sessions will run using a 6, 7, or 8 lane course. • The Meet Director will decide the number of lanes to be used based on the number of entries and number of entries and estimated time lines. 2, 3 or 4 lanes will be available for continuous warm-up/warm-down. • Facility uses a Daktronics Automatic Timing System with a 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 DIRECTORS:	<table border="0"> <tr> <td>Dave Henderson Phone: (757) 897-6127 (cell) Email: SEVAseahawks@aol.com</td> <td>Berry & Elaine Ramsey Email: Ruetoo@cox.net</td> </tr> </table>	Dave Henderson Phone: (757) 897-6127 (cell) Email: SEVAseahawks@aol.com	Berry & Elaine Ramsey Email: Ruetoo@cox.net
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes from OBX, SEVA, VACS, and TCAC registered by the first day of the meet. Other teams are welcome. Please contact the meet director if your team would like to attend. • No on deck Virginia Swimming athlete registration will be permitted. • Age on November 14, 2009 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"> • One session each day. All swimmers will compete in the same session. • All events will be timed finals. 		
WARM-UPS:	<ul style="list-style-type: none"> • Warm-ups are 9:00 am to 9:50 am. Competition starts at 10:00 am. • Warm-up lane assignments are as follows: 9:00 am to 9:25 am will be SEVA & OBX. 9:25 am to 9:50 am will be VACS & TCAC. 		
ENTRIES:	<p>DEADLINE FOR RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 10, 2009</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. • 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. • Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer, there must be room in an existing heat. No new heats will be added. • 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 up to four (4) individual events and one (1) relay during the MAIN SESSION each day. Swimmers may also enter the distance session. Swimmers cannot exceed 5 individual events each day. • Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too 		

	<p>lengthy a session, and to combine events in which there are insufficient entries.</p> <ul style="list-style-type: none"> • E-Mail Entries To: SEVAseahawks@aol.com • Mail Entries To: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Phone: (757) 897- 6127 (cell) • 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.
FEES:	<p>Individual Events: \$4.00 Relays: \$12.00 Swimmer Surcharge: \$2.50 (entered in any capacity in the meet)</p> <ul style="list-style-type: none"> • Make Checks payable to: SEVA Inc. • Payment must be received before the start of the meet. Payment must be included with all mailed entries. An entry fee summary printout from Team Manager must accompany the entry fee payment. • 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 (1st) through eighth (8th) place <ul style="list-style-type: none"> ○ 12 & Younger events will be given separate awards for 11-12 and 10 & Younger swimmers. ○ 11 & Older events will be given separate awards for 11-12, 13-14 and 15 & Older age groups. ○ 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups. • Heat Winners: Blow Pops will be awarded to each heat winner. Please do not eat Blow Pops in the pool area.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded except the 400 IM, 500 Freestyle and the 1650 Freestyle, which will be deck seeded. Positive check-in is required by 10:00 am on the day each even is swum.
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 day prior to the start 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 all sessions. • 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: John Presgraves Email: fhs1981@cox.net Phone: (757) 599-4760 (home) (757) 869-4657 (cell)</p> <ul style="list-style-type: none"> • We ask for your teams help in supplying officials for the meet. • Anyone in the process of achieving certification through on-deck training is welcome. • Contact: Susan Gorton, SEVA Officials Chairman at (757) 864-5059(w) (757) 595-0971(h) or mpgorton@verizon.net. Thank you for your help in advance.
SAFETY:	<p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
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 SEVA web site at www.sevaswimming.com no later than Thursday, November 12, 2009. Please see the "Meets-SEVA Hosted" section of the web site.

	<ul style="list-style-type: none"> • This information will also be e-mailed to the contact person listed for each club.
GENERAL:	<ul style="list-style-type: none"> • Meet Programs: Meet programs will be sold for \$5.00 • Snack Bar: The Aquatic Center will operate a snack bar during the meet. • Swim Shop: Swim & Sports Stop will be operating a swim shop during the meet for your apparel needs. • Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Brunch will be served. Drinks and snacks will be provided during the day. • Lost and Found: Lost and Found will be located next to the door leaving the competition pool.
RESULTS:	<ul style="list-style-type: none"> • All results will be announced, and then posted on the wall in the hallway near the locker rooms. • Meet results will be e-mailed to all participating teams within 24 hours of the conclusion of the meet. • The results will be posted to the Virginia Swimming web site www.virginiawimming.com after the conclusion of the meet.
FACILITY RULES:	<ul style="list-style-type: none"> • PLEASE READ THOROUGHLY. RULES WILL BE ENFORCED BY MEET MARSHALL, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL. • FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE AND AUTOMOBILE REGISTRATION ARE REQUIRED TO ENTER FORT EUSTIS. • 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 competition 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. • SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA WILL BE FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK. • The Adventure Pool side of the building WILL NOT be available for seating during the meet.. • Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum. • No shaving anywhere in the venue.
DIRECTIONS:	<p>From the north/south, take Fort Eustis Blvd. from I-64 exit 250A, Route 17, Jefferson Avenue, Warwick Blvd. After passing through main gate, the road becomes Washington Blvd. In ½ mile you will come to a traffic circle. Go straight through it, DO NOT BEAR OFF. The first right will be Tyler Avenue. The Aquatic Center is on the left corner. Additional parking is available 50 yards past the entrance to the Center on both the right and left sides of Tyler Avenue.</p>

ORDER OF EVENTS

Saturday, November 14, 2009

Session 1: All Swimmers

Warm-up: 9:00 am; Start: 10:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Younger 200 Medley Relay	2
3	11-12 200 Medley Relay	4
5	Open 200 Medley Relay	6
7	12 & Younger 100 Freestyle	8
9	13 & Older 100 Freestyle	10
11	12 & Younger 100 Butterfly	12
13	11 & Older 200 Butterfly	14
15	12 & Younger 200 IM	16
17	13 & Older 200 IM	18
19	12 & Younger 50 Breaststroke	20
21	11 & Older 200 Breaststroke	22
23	12 & Younger 100 Backstroke	24
25	13 & Older 100 Backstroke	26
27	10 & Younger 200 Freestyle	28
29	11 & Older 400 IM	30

15 Minute Warm-Up Break

Distance Session

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	11 & Older 1650 Freestyle	32

Sunday, November 15, 2009

Session 2: All Swimmers

Warm-up: 9:00 am; Start: 10:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	10 & Younger 200 Freestyle Relay	34
35	11-12 200 Freestyle Relay	36
37	Open 200 Freestyle Relay	38
39	11 – 12 200 Freestyle	40
41	13 & Older 200 Freestyle	42
43	12 & Younger 50 Butterfly	44
45	13 & Older 100 Butterfly	46
47	12 & Younger 100 IM	48
49	13 & Older 100 Breaststroke	50
51	12 & Younger 100 Breaststroke	52
53	11 & Older 200 Backstroke	54
55	12 & Younger 50 Backstroke	56
57	13 & Older 50 Freestyle	58
59	12 & Younger 50 Freestyle	60

15 Minute Warm-Up Break

Distance Session

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	Open 500 Freestyle	62