



**SEVA SEAHAWKS**  
**Virginia Statewide A/BB/B/C Meet**  
**October 16-18, 2009**  
**SANCTION NO. VS-10-07**

Hosted by:  
**SEVA**  
Swim Team

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-10-07</b>
<b>LOCATION:</b>	Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, Va. 23601, Phone: (757) 591- 4573
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>8-lane, 50 meter indoor pool; configured for SC; 6 continuous warm-up/cool down lanes; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li><li><b>The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2 (C).</b></li></ul>
<b>MEET DIRECTOR:</b>	Dave Henderson Phone: (757) 897-6127 (cell) Email: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming/Virginia Swimming athletes and athletes of invited out of LSC teams. registered by the first day of the meet</li><li>No on deck USA Swimming/Virginia Swimming athlete registration will be permitted.</li><li>Age on October 16, 2009 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>Friday evening Session: 400 IM for 11 to 18 year olds, 500 Free for 9 to 18 year olds.</b></li><li><b>On Saturday and Sunday: All 10 &amp; Younger and 11-12 year old swimmers</b> will compete in the <b>AM</b> session. <b>ALL 13-18 year old swimmers</b> will compete in the <b>PM</b> session.</li><li>All events will be timed finals.</li><li>Distance Sessions: Saturday Girls (1000 Free) and Sunday Boys (1000 Free) will start 15 minutes after the conclusion of the PM session.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>Friday Evening Session: Warm-ups are from 4:30 pm to 5:10 pm. Competition starts at 5:15 pm</li><li>Morning (AM) Session: Warm-ups are 7:00 am to 7:50 am. Competition starts at 8:00 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>The competition pool will be open for the Distance session warm up for the first 10 minutes of the 15 minutes break following the PM session.</b></li><li><b>The warm-up/warm-down lanes will remain open at all times during the meet.</b></li><li><b>Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Tuesday, October 13, 2009</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 "Meets" followed by "SEVA Hosted Meets".</b></li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR RECEIPT OF ENTRIES IS THURSDAY, OCTOBER 8, 2009.</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 may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</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, there must be room in an existing heat. No new heats will be added.</li><li>Coach's Times (CT) and "No Time" (NT) entries will be accepted for events which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT,</li></ul>

	<p>must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> <li>• <b>Swimmers may enter two individual events on Friday evening and 4 individual events and 1 relay on Saturday and Sunday</b></li> <li>• Relay teams must be designated A, B, C, etc. if a team enters more than one relay.</li> <li>• <b>Entries will be processed in the order received. This meet is limited to a total of 600 swimmers. An e-mail will be sent confirming receipt of the teams' entries.</b></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) 874-1522 (office) (757) 897-6127 (cell) Fax (757) 877-7642</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: \$4.25 Relay Events: \$12.00 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 October 14, 2009 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 8 &amp; younger and 9 year old and 10 year old swimmers.</li> <li>○ The 11-12 year old events will be given separate awards for 11 year olds &amp; 12 year olds.</li> <li>○ 13 -18 events will be given separate awards for 13, 14 and 15-18 year old swimmers.</li> <li>○ The 9 to 18 year old 500 Free will be given separate awards for 9-10, 11-12, 13-14 &amp; 15-18 year old swimmers.</li> <li>○ The 11 to 18 year old 400 IM and 1000 Free will be given awards for the 11-12, 13-14, &amp; 15-18 age groups.</li> </ul> </li> <li>• Relay Events: Awards will be presented to first (1<sup>st</sup>) through fourth (4<sup>th</sup>) place for each event.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• <b>All events will be pre-seeded except for the 11-18 year old 400 IM &amp; 1000 Free, 9-18 year old 500 Free and all relays, which will be deck seeded.</b></li> <li>• A positive check-in is required to swim the 400 IM, 500 Free and 1000 Free.</li> <li>• 400 IM check-in must be done by 4:45 PM on Friday. 500 Free check-in must be done by 5:15 PM on Friday.</li> <li>• Girls 1000 Free check-in must be done by 2:00 pm on Saturday and the Boys 1000 Free check-in must be done by 2:00 pm on Sunday.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• The 400 IM and 500 Free on Friday will be run in event order, slowest to fastest. The 1000 Free on Saturday and Sunday will be swum fastest to slowest.</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</li> </ul>

	swimmer is unattached, the fine will be levied on the swimmer.
<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 display 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 Presgraves</b>  <b>Email: fhs1981@cox.net</b>  <b>Phone: (757) 599-4760 (home)</b>  <b>(757) 869-4657 (cell)</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> <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 Tuesday, October 7, 2008. Please see the "Meet" section followed by "SEVA Hosted Meets" section of the web site.</li> <li>• This information will also be e-mailed to the contact person listed for each club.</li> <li>• All teams are responsible for providing timers for their swimmers competing in 1000 Free events.</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. Dinner will be served on Friday evening. Breakfast and lunch will be served on Saturday and Sunday. 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> </ul>

	<ul style="list-style-type: none"> <li>• <b>Parking: Please note that there is a one-way traffic pattern that circles the building.</b> 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.
<b>HOST HOTEL:</b>	<ul style="list-style-type: none"> <li>• The <b>Newport News Marriott City Center</b> has become the host hotel for all SEVA sponsored competitions. Special rates of \$99.00 per night are available.</li> <li>• This is a beautiful hotel overlooking the City Center Fountain. Not only is there an excellent restaurant in the hotel, but many eating establishments are only a short walk.</li> <li>• SEVA hopes you will support our sponsor/host hotel. You will love it. Book early by calling Karen in the Sales Department at (757) 310-5008. Ask for the SEVA swim meet rate.</li> </ul>

**ORDER OF EVENTS  
SEVA A/BB/B/C Meet**

**Friday, October 16, 2009  
Warm-up: 4:30 PM, Start: 5:15 PM**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-18 Year Old 400 IM	2
3	9-18 Year Old 500 Free	4

**Saturday, October 17, 2009  
Morning Session**

**Warm-up: 7:00 am; Start: 8:00 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	11-12 100 Freestyle	6
7	10 & Younger 50 Freestyle	8
9	11-12 200 Butterfly	10
11	10 & Younger 100 Butterfly	12
13	11-12 100 IM	14
15	10 & Younger 100 IM	16
17	11-12 50 Breaststroke	18
19	10 & Younger 50 Breaststroke	20
21	11-12 100 Backstroke	22
23	10 & Younger 100 Backstroke	24
25	11-12 200 Breaststroke	26
27	10 & Younger 200 Freestyle	28
29	11-12 50 Butterfly	30
31	10 & Younger 200 Free Relay	32
33	11-12 200 Free Relay	34

**Sunday, October 18, 2009  
Morning Session**

**Warm-up: 7:00 am; Start: 8:00 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	11-12 200 Freestyle	50
51	10 & Younger 100 Freestyle	52
53	11-12 100 Butterfly	54
55	10 & Younger 50 Butterfly	56
57	11-12 200 IM	58
59	10 & Younger 200 IM	60
61	11-12 50 Backstroke	62
63	10 & Younger 100 Breaststroke	64
65	11-12 100 Breaststroke	66
67	10 & Younger 50 Backstroke	68
69	11-12 200 Backstroke	70
71	11-12 50 Freestyle	72
73	10&U 200 Medley Relay	74
77	11-12 200 Medley Relay	78

**Afternoon Session**

**Warm-up: 12:30 PM; Start: 1:40 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	13-18 100 Freestyle	36
37	13-18 200 Butterfly	38
39	13-18 200 IM	40
41	13-18 200 Breaststroke	42
43	13-18 100 Backstroke	44
45	13-18 200 Free Relay	46

**Afternoon Session**

**Warm-up: 12:30 PM; Start: 1:40 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	13-18 200 Freestyle	80
81	13-18 100 Butterfly	82
83	13-18 100 Breaststroke	84
85	13-18 200 Backstroke	86
87	13-18 50 Freestyle	88
89	13-18 200 Medley Relay	90

**Distance Session**

Approximate start 15 min after afternoon session

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	11-18 Girls 1000 Free	-

**Distance Session**

Approximate start 15 min after afternoon session

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-18 Boys 1000 Free	92