



SOUTHEAST DISTRICT CHAMPIONSHIP
February 19- 21, 2010
SANCTION NO. VS-10-49

Hosted by:



**South Eastern
Virginia Aquatics**

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-49
LOCATION:	Brittingham-Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA. 23601, Phone: (757) 591-4573. Host Hotel: Marriott Newport News at City Center, Phone: (757) 843-9299
FACILITY:	<ul style="list-style-type: none">• 8-lane, 50 meter indoor pool 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System.<ul style="list-style-type: none">○ Configured for 8-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool into a bulkhead○ 6 continuous warm-up / cool down lanes (4-6 feet in depth) in the none competition portion of the pool;• 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:	Dave Henderson Cell Phone: (757) 897-6127 Email: SEVAseahawks@aol.com Elaine & Barry Ramsey Email: Ruetoo@cox.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming registered athletes 14 years old and younger registered by the first day of the meet in the Southeast District. Teams in Southeast District are: CGBD, OBX, ODAC, SEVA, TAC, TCAC, TIDE, US, VYAC, and WAC.• No on deck Virginia Swimming athlete registration will be permitted.• The qualifying period for this meet is January 1, 2009 through February 18, 2010• 8 & Younger swimmers may participate regardless of classification in 8 & younger events.• 8 & Younger swimmers entered in 10 and younger events may not have a 10&U "BB" or faster time in the event entered.• 9-14 year old swimmers may compete in any event and relay strokes in which they have a "B" or "C" Time.• 10 and 12 year-old swimmers aging up between February 20 and February 26, 2010 with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none">○ 10 or 12 year old swimmers who do not qualify in their new age group at Region Championships may enter those event(s).○ 10 and 12 year old swimmers aging up between championships will be seeded correctly by time, however, will swim Exhibition only and will not be eligible to receive an award.• 2009-2012 NAG top 16 based times are in effect.• Age on February 19, 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 of the competition.
FORMAT:	<ul style="list-style-type: none">• Distance events for all age groups Friday evening.• All 10 & Younger swimmers will swim on Saturday and Sunday morning.• All 11 to 14 year old swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Friday distance session: Warm-ups at 4:30 pm; competition starts at 5:30 pm.• Morning sessions: Warm-ups at 7:30 am; competition starts at 8:40 am.• Afternoon sessions: Warm-ups at 12:30 pm; competition starts at 1:40 pm.• Sunday distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session, with the 1650 freestyle competition starting 5 minutes thereafter.

	<ul style="list-style-type: none"> ○ The approximate start time for the distance session will be e-mailed to the contact person of all participating teams no later than Wednesday, February 17, 2010. ○ The distance sessions will start no earlier than the estimated times. ● Warm-up lane assignments and times for individual clubs will be posted on the SEVA web site, www.sevaswimming.com no later than Tuesday, February 16, 2010 and will also be e-mailed to the club contact person. ● 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 TUESDAY, FEBRUARY 9, 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 which is available at the VSI website www.virginiaswimming.org. ● Teams submit entries as an e-mail attachment. ● A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) 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. ● “No Time” (NT) entries will not be accepted. If a swimmer does not have a time of record the swimmer must be entered with a Coach's Time (CT). ● Coach's times may not exceed a “B” time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned, approved, or observed competition. ● Swimmers may enter a maximum of <i>3 individual events</i> and <i>1 relay event</i> per day. ● Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “B” times for the corresponding relay. See the “not faster than” relay times chart on page 4. ● Entries will be processed in the order received. ● 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: 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 the receipt of your entries. ● Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$4.75 Relay events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> ● Checks should be made payable to: SEVA Inc. ● Payment must be received by Tuesday, February 16, 2010 for e-mail entries. Payment must be included with all mailed entries. ● Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.
AWARDS:	<ul style="list-style-type: none"> ● Individual events will be awarded medals for first through fourth place and ribbons will be awarded for fifth through eighth place. <ul style="list-style-type: none"> ○ 8 & Under events will be given separate awards for 8 year olds and 7 & Under age groups. ○ The 12 & Under 500 freestyle will be given separate awards for 11-12 and 10 & Under age

	<p>groups.</p> <ul style="list-style-type: none"> ○ 11-14 events will be given separate awards for 11-12, and 13-14 age groups ○ Heat winner ribbons will be awarded for all individual events for 10 & Younger swimmers. <ul style="list-style-type: none"> ● Relay events will be awarded ribbons for first through fourth place
SEEDING:	<ul style="list-style-type: none"> ● All events will be pre-seeded, except events 1, 2, 3, 4 (500 Free) 5, 6 (400 IM) 107, 108 (1650 Free). ● 8 & younger swimmers competing in 25-yard events in the morning sessions must report to the Clerk of Course. They will be escorted to the blocks at that point by swim meet staff. 8 & younger swimmers competing in any 50 and/or 100 events need to report directly to the blocks. ● Swimmers 10 to 14 years old will report directly to the blocks for their events. ● Events 1, 2, 3, 4 (500 Free), 5, 6 (400 IM), 107, 108 (1650 Free) will require a positive check-in to swim. ● Positive check-in will close at 5:00 pm on Friday (500 Free, 400 IM), and 1:30 pm on Sunday (1650 Free). ● SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. ● Events 107 and 108 (1650 Free) will be swum fastest to slowest and alternating heats of girls and boys.
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: John Presgraves Email: fhs1981@cox.net Phone: (757) 599-4760 (home) or (757) 869-4657 (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 to Susan Gorton (SEVA Officials Coordinator – mpggorton@verizon.net (757) 864-5059 (w) (757) 595-0971 (h)) no later than Wednesday, February 10, 2010 Thank you for your help. ● Officials meetings will be held 1 hour before the start of each session. Friday evening at 4:30 PM, Saturday and Sunday at 7:40 AM and 12:40 PM. ● If needed, a General Meeting for coaches and key officials will be held prior to the start of the Saturday morning session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> ● Swimmers are required to supply their own timers for the 500 Free (Friday) 400 IM (Friday), 1650 Free (Sunday). ● On Saturday and Sunday, 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 website, www.sevaswimming.com no later than Tuesday, February 16, 2010 and will also be e-mailed to the contact person for all participating teams by the same date. ● These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> ● Meet Programs: Meet programs will be sold for \$5.00.

	<ul style="list-style-type: none"> • Snack Bar: SEVA will operate a snack bar on Friday, Saturday and Sunday. • Swim Shop: Swim & Sports Stop will be operating a swim shop on Saturday and Sunday during the meet for your apparel needs. Glen Monogram will also be in attendance. • Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Dinner on Friday, breakfast and lunch on Saturday and Sunday, and refreshments during each session, will be served. • First Aid: A staffed First Aid Station is located at the end of the pool near the entrance to the locker rooms. • Lost and Found: Lost and Found will be located at the announcer's table on the pool deck and at the entrance to the gym.
FACILITY RULES:	<p>PLEASE READ THOUGHLY. RULES WILL BE ENFORCED BY THE MEET MARSHALLS, MEET REFEREE, MEET DIRECTOR AND AQUATIC CENTER STAFF.</p> <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 or USA Swimming rules, will be disqualified from the meet and escorted from the facility. • 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). • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be 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. • Team Areas: 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). • Spectator Seating: 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. • Parking: 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). • Parents are responsible for any siblings brought to the meet. Please chaperone them closely. • No glass, food or chewing gum. • No shaving anywhere in the venue.
DIRECTIONS:	From the north/south, follow I-64 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 Brittingham-Midtown Community/Aquatic Center will be on your left.
HOTELS:	Marriott Newport News at City Center: (757) 873-9299. Swim Meet rate of \$79.00 per night.

RELAY "NOT FASTER THAN TIMES" CHART

Age Group	Gender	Free	Medley
8&U	Girls	No Standard	No Standard
	Boys	No Standard	No Standard
9-10	Girls	2:23.96	2:50.26
	Boys	2:20.76	2:48.76
11-12	Girls	2:07.56	2:24.66
	Boys	2:03.96	2:23.46
13-14	Girls	2:03.96	No Standard
	Boys	1:53.96	No Standard

Southeast District Championships

ORDER OF EVENTS

Friday, February 19, 2010

Evening Session		
Warm-up: 4:30 pm; Start: 5:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 500 Freestyle	2
3	12 & Under 500 Freestyle	4
5	13-14 400 Individual Medley	6

Saturday, February 20, 2010

Morning Session		
Warm-up: 7:30 am; Start: 8:40 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	9-10 50 Freestyle	8
9	8 & Under 25 Freestyle	10
11	9-10 100 Butterfly	12
13	8 & Under 50 Butterfly	14
15	9-10 100 Individual Medley	16
17	8 & Under 100 Individual Medley	18
19	9-10 50 Breaststroke	20
21	8 & Under 25 Breaststroke	22
23	9-10 100 Backstroke	24
25	8 & Under 50 Backstroke	26
27	10 & Under 200 Freestyle	28
29	8 & Under 100 Freestyle Relay	30
31	9-10 200 Freestyle Relay	32

Afternoon Session		
Warm-up: 12:30 pm; Start: 1:40 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	11-12 100 Freestyle	34
35	13-14 100 Freestyle	36
37	11-12 50 Butterfly	38
39	11-14 200 Butterfly	40
41	11-12 200 Individual Medley	42
43	13-14 200 Individual Medley	44
45	11-12 50 Breaststroke	46
47	11-14 200 Breaststroke	48
49	11-12 100 Backstroke	50
51	13-14 100 Backstroke	52
53	11-12 200 Freestyle Relay	54
55	13-14 200 Freestyle Relay	56

Sunday, February 21, 2010

Morning Session		
Warm-up: 7:30 am; Start: 8:40 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	9-10 100 Freestyle	58
59	8 & Under 50 Freestyle	60
61	9-10 50 Butterfly	62
63	8 & Under 25 Butterfly	64
65	9-10 200 Individual Medley	66
67	8 & Under 50 Breaststroke	68
69	9-10 100 Breaststroke	70
71	8 Under 25 Backstroke	72
73	9-10 50 Backstroke	74
75	8 & Under 100 Freestyle	76
77	9-10 200 Medley Relay	78
79	8 & Under 100 Medley Relay	80

Afternoon Session		
Warm-up: 12:30 pm; Start: 1:40 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	11-12 200 Freestyle	82
83	13-14 200 Freestyle	84
85	11-12 100 Butterfly	86
87	13-14 100 Butterfly	88
89	11-12 100 Individual Medley	90
91	13-14 100 Breaststroke	92
93	11-12 100 Breaststroke	94
95	11-14 200 Backstroke	96
97	11-12 50 Backstroke	98
99	13-14 50 Freestyle	100
101	11-12 50 Freestyle	102
103	13-14 200 Medley Relay	104
105	11-12 200 Medley Relay	106

Distance Session		
(20 minute break)		
107	13-14 1650 Freestyle	108