



WILLIAMSBURG AQUATIC CLUB
Southeastern District
12&Y B/C and 13&O BB/B/C Meet
December 5-6, 2009
SANCTION NO. VS-10-29

Hosted by

Williamsburg Aquatic
Club

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO. VS-10-29
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090
FACILITY:	<ul style="list-style-type: none">• Eleven (11) lane 25 yard indoor pool, 7-9 feet in depth. All sessions will be run using an eight lane course for competition with two additional lanes for continuous warm-up/warm-down. The meet director reserves the right to use 9 or 10 lanes for competition should it be necessary.• Facility uses a Daktronics Automatic Timing System with 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 DIRECTOR:	Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662 Anne Anderson Email: flandos@cox.net Phone: (757) 220-8633
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.• 8 year old and younger swimmers may compete in any 8&Y event regardless of classification• 9-12 year old swimmers may compete in any event and in any relay stroke in which they have a "B" or "C" time• 13 year old swimmers and older may compete in any event and in relay strokes in which they have a "BB," "B," or "C" time• No on deck Virginia Swimming athlete registration will be permitted.• 2009-20012 NAG time standards are in effect.• Age on December 5, 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">• All 10 & younger swimmers will swim in the Morning Sessions on Saturday and Sunday.• All 11 & older swimmers will swim in the Afternoon Sessions on Saturday and Sunday.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:30 AM; competition starts at 8:30 AM• Afternoon sessions: Warm-ups at 12:00 PM; competition starts at 1:00 PM• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions. Warm-up/Warm-down lanes will be available during the meet.• Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than Tuesday, December 1, 2009, and will also be emailed to the contact person of the participating clubs.• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 25, 2009 <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.• 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, phone number, and email address of the person to contact in case of questions must

	<p>accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> • 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 a maximum of <i>4 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. • 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: coachharold2@cox.net • Mail entries to: Williamsburg Aquatic Club c/o Harold Baker 3013 South Court Williamsburg, VA 23185 • 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 within stated limits 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: Williamsburg Aquatic Club • Payment must be received by Tuesday, December 1, 2009, 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. • 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 • 10 & younger events will be given separate awards for 9-10 and 8 & Y Age Groups • Relay events: Ribbons will be awarded for first through eight place.
SEEDING:	<ul style="list-style-type: none"> • All events, except events 39, 40, 53, 54, 75, 76, 93, 94, 109, & 110 will be pre-seeded. Swimmers should report directly to the blocks for their events. • Events 39, 40 (11 & O 500 Free), 53, 54 (11 & O 1650 Free) 75, 76 (10 & Y 500 Free) 94, 94 (400 I.M.) 109, 110 (11 & O 1000 Free) will require a positive check-in to swim. <ul style="list-style-type: none"> ○ Positive check-in will close at the start of the morning session for the 500 Free events ○ Positive check-in will close at the start of the morning session for the 400 I.M. events ○ Positive check-in will close at 3:00 PM for the Distance Sessions • 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

	<ul style="list-style-type: none"> • 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: Mark Knotts Phone: (757) 220-8540 Email: wacswimmer@msn.com</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 Glenn Watkins, Phone: (757) 871-1892 Email: gaw1717@widomaker.com • An Officials meeting will be held one hour before the start of the morning and afternoon sessions. They will start at 7:45 AM & 11:15 PM each day.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
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 WAC Website (www.swimwac.com) no later than Tuesday, December 1, 2009 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Officials and coaches hospitality will be available • Meet programs will be sold
FACILITY RULES:	<p>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS:</p> <ul style="list-style-type: none"> • Picture identification will be required to gain access to the base. • Rules will be enforced by meet marshal, aquatic center staff and the Fort Eustis Fire Marshall. • 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/or 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. • Balcony: Swimmers and their bags <u>will not be allowed</u> to stay in the area. Spectator seating is limited and swimmers must stay on the competition or adventure pool deck.
DIRECTIONS:	From I-64 take Exit 250(Fort Eustis Blvd) towards Fort Eustis. This will take you onto the base. Go 4 blocks past security and through the circular intersection. Turn right at first Street (Tyler Road) past the circular intersection. The Aquatic facility is the building on your left. If the Aquatic Center lot is full, there are plenty of parking 100 yards down Tyler Road.

**WAC SE District 12&Y B/C Mini and 13&O BB/B/C Meet
ORDER OF EVENTS**

Saturday, December 5, 2009

Morning Session

Warm-up: 7:30 AM; Start: 8:30 AM

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

Afternoon Session

Warm-up: 12:00 PM; Start: 1:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 100 Breaststroke	28
29	13 & Older 100 Breaststroke	30
31	11-12 200 Freestyle	32
33	13 & Older 200 Freestyle	34
35	11-12 50 Butterfly	36
37	13 & Older 100 Butterfly	38
39	11 & Older 500 Freestyle	40
41	11-12 100 Backstroke	42
43	11 & Older 200 Backstroke	44
45	11-12 100 Individual Medley	46
47	13 & Older 200 Individual Medley	48
49	11-12 200 Freestyle Relay	50
51	13 & Older 200 Freestyle Relay	52

Distance Session

(10 minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11 & Older 1650 Freestyle	54

Sunday, December 6, 2009

Morning Session

Warm-up: 7:30 AM; Start: 8:30 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	10 & Younger 100 Backstroke	56
57	8 & Younger 100 Individual Medley	58
59	9-10 100 Individual Medley	60
61	8 & Younger 25 Freestyle	62
63	9-10 50 Freestyle	64
65	8 & Younger 50 Breaststroke	66
67	10 & Younger 100 Breaststroke	68
69	8 & Younger 25 Butterfly	70
71	9-10 50 Butterfly	72
73	8 & Younger 50 Backstroke	74
75	10 & Younger 500 Freestyle	76
77	8 & Younger 100 Medley Relay	78
79	9-10 200 Medley Relay	80

Afternoon Session

Warm-up: 12:00 PM; Start: 1:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	11-12 50 Backstroke	82
83	13 & Older 100 Backstroke	84
85	11-12 50 Breaststroke	86
87	11 & Older 200 Breaststroke	88
89	11-12 50 Freestyle	90
91	13 & Older 50 Freestyle	92
93	11 & Older 400 Individual Medley	94
95	11-12 100 Butterfly	96
97	11 & Older 200 Butterfly	98
99	11-12 100 Freestyle	100
101	13 & Older 100 Freestyle	102
103	11-12 200 Individual Medley	104
105	13 & Older 200 Medley Relay	106
107	11-12 200 Medley Relay	108

Distance Session

(10 minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
109`	11 & Older 1000 Freestyle	110