



SOUTHEAST DISTRICT CHAMPIONSHIP
February 19-21, 2016
SANCTION NO. VS-16-56



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-16-56. USA Swimming, Inc., Virginia Swimming, Inc., SEVA, and the Brittingham-Midtown Community Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 			
LOCATION:	Brittingham-Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA. 23601, Phone: (757) 591-4573			
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 for the competition portion of the pool with the depth being 14 feet at the start end and the 6 feet at the turn end swimming 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 104.2.2C (4). 			
MEET DIRECTOR:	<table border="0"> <tr> <td>Dave Henderson Email: sevaseahawks@aol.com Phone: (757) 897-6127</td> <td>Mark Mayo Email: mmayo5@cox.net Phone: (757) 329-0885</td> <td>Lori Sprott Email: loloandc.sprott@cox.net Phone: (757) 880-6262</td> </tr> </table>	Dave Henderson Email: sevaseahawks@aol.com Phone: (757) 897-6127	Mark Mayo Email: mmayo5@cox.net Phone: (757) 329-0885	Lori Sprott Email: loloandc.sprott@cox.net Phone: (757) 880-6262
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes 12 years old and younger before the first day of the meet in the Southeast District. Teams in the Southeast District are: 757, CGBD, DIG, ECAT, NSU, OBX, ODAC, MA, SEVA, TAC, TIDE, VYAC, and WAC. No on deck Virginia Swimming athlete registration will be permitted The qualifying period for this meet is January 1, 2015 through February 18, 2016 8 & Younger swimmers may participate regardless of classification in 8 & under events. 8 & Younger swimmers entered in 10 and under events may not have an VSI SC Age Group Championship qualifying time in those events. Swimmers 9 to 12 years of age may compete in any <u>individual event and relay leg</u> in which they <u>DO NOT</u> have a VSI SC Age Group Championship qualifying time. 10 and 12 year-old swimmers aging up from February 19 to March 10, 2016 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 an event in their new age group at Age Group Championships may enter the event in this meet. 10 or 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 or compete in the finals session. Age on February 19, 2016 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"> 11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 Free which will be contested as timed finals in the Friday evening session. On Saturday and Sunday, the top 16 swimmers from the 11-12 prelims will come back to compete in finals, except for the 200 Fly, 200 Back, 200 Breast where only the top 8 swimmers will compete in finals. Finals for 11-12 year olds will be swum with the "B" final heat first (swimmers seeded 9th thru 16th) 			

	<p>followed by the “A” final heat (swimmers seeded 1st thru 8th).</p> <ul style="list-style-type: none"> • 9 - 10 year old swimmers will swim prelims/finals in all individual events except the 500 Free which will be contested as timed finals in the Friday evening session. On Saturday and Sunday, the top eight (8) 9-10 year olds will come back to compete in finals. • 8 & under swimmers will compete in the Friday evening, Saturday and Sunday preliminary session as timed finals. All 25 yard events will start from the bulkhead end of the pool. • All relays will be swum as timed finals. Relays on Saturday and Sunday will be swum during the preliminary sessions.
WARM-UP:	<ul style="list-style-type: none"> • Friday distance session: General warm-up starts at 4:00 pm; competition starts at 5:00 pm • 11-12 AM Preliminary Sessions: Warm-ups start at 7:30 am; competition starts at 8:40 am • 10 & Under Sat. & Sun. Sessions: Warm-ups start not before 11:30 am; competition starts not before 12:30 pm • 9 to 12 year old PM Finals Session: Warm-ups start not before 5:00 pm; competition starts not before 5:45 pm. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. • Lane assignment and warm-up times for individual clubs will be posted on the SEVA website at www.sevaswimming.com no later than February 16, 2016 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 9, 2016.</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 via e-mail. • 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 be accepted. • 9 to 12 year olds 10 & Under swimmers may enter a maximum of 8 individual events for the meet, no more than 3 individual events and 1 relay per day. • 8 & Under swimmers may enter a maximum of 9 individual event for the meet, no more than 4 individual events and 1 relay 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 “AC Championship” times for the corresponding relay. See the “slower 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 could require reseeding. • Email entries to: sevaseahawks@aol.com • 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: \$6.00 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) 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. • Mail payments to: Dave Henderson

	<p style="text-align: center;">929 Edgewater Drive Newport News, VA 23602 Phone: (757) 897-6127 (Cell)</p> <ul style="list-style-type: none"> • Payment must be received by Tuesday, February 16, 2016 for all 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. • IMPORTANT: If payment is 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded medals for first through third place and ribbons fourth through sixteenth place. • Relay events will be awarded medals for first through third place and ribbons for fourth through sixteenth place. • Team Awards will be given. Teams placing first through third will receive a plaque. • Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 ○ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 ○ All events will be scored to 16 places. ○ Only the top two relays entries per team may score.
SEEDING:	<ul style="list-style-type: none"> • All events, except the 10 & under 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded. • 8 & Under swimmers entered in 25 yard events must report to the Clerk of Course. They will be escorted to the blocks from that point by meet staff. • Swimmers in 50-yard, 100-yard, 200-yard events and all relays will report directly to the blocks. • Positive check-in for the 10 & Under 500 Free, 11-12 500 Free and 11-12 400 IM will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Administrative table. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<ul style="list-style-type: none"> • Penalties for entries using fraudulent and/or non-verifiable entry times: <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 USA Swimming before 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. • A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement. • The overhead start procedure will be used at the discretion of the Referee. • The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats ("A" and "B" Final Heat) of the individual events and held on Saturday and Sunday. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • Swimmers should shower before entering the pool.

	<ul style="list-style-type: none"> 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. <ul style="list-style-type: none"> Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referees: Freddie Persinger Email: freddy4x2@gmail.com Phone: (757) 897-0787 (cell)</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Ellen Bollinger-Tinneney (SEVA Officials Chair), Email: ellen.bollinger@chkd.org or (757) 734-3795 (cell), no later than Tuesday, February 16, 2016. Officials will meet one hour prior to the start of each session. If needed, a general meeting for coaches and key officials will be held prior to the start of the Saturday morning session. Officials attire for Saturday and Sunday Finals Sessions will be blue shirt w/long blue pants or skirt.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Swimmers/Teams supply one timer and one lap counter for each of their swimmers in the 500 Freestyle. Swimmers/Teams supply one timer for each of their swimmers/relays in the 400 IM and 400 Free Relay events. This will be the second timer needed on each lane. SEVA will supply one timer per lane for the entire Friday session. Clubs will be required to provide timers on Saturday and Sunday 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, www.sevaswimming.com no later than Tuesday, February 16, 2016, and will also be emailed to the contact person of each of the individual clubs. These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Heat Sheets will be sold for \$10.00. Finals Heat Sheet will be Free with purchase of a meet heat sheet otherwise they will be \$3.00. Hospitality: SEVA will provide a Hospitality Room for USA-S officials and coaches. Dinner on Friday, breakfast, lunch and dinner on Saturday and Sunday, and refreshments during each session, will be served. Swim Shop: Swim & Sports Stop will be operating a swim shop on Saturday and Sunday during the meet for your apparel needs. Snack Bar: SEVA will operate a concession to purchase food and drinks on Friday, Saturday and Sunday. 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: will be located at the announcer's table and the lifeguard room on the pool deck and at the entrance to the gym for items left in that area.
FACILITY RULES:	<ul style="list-style-type: none"> Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. No coolers in the pool area. They are allowed in the Gym. No spectator chairs in the pool area. Adequate seating is available and deck space is limited. Chairs are allowed in the Gym. Spectators only in the spectator seating areas (adjacent to the competition end of the pool).

	<p>Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.).</p> <ul style="list-style-type: none"> • No shaving anywhere in the venue. • No running or horseplay in the facility. • Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. • Clean up your area when you leave after each session. Trash cans and recycle bins are located throughout the facility. • Officials only inside the ropes. • Coaches, officials, and meet staff only in the Hospitality Room. • The Aquatic Center will close during electrical storms. • NO SMOKING in the Aquatic Center (pool area) or the rest of the building.
DIRECTIONS:	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 Brittingham-Midtown Community/Aquatic Center will be on your left.
HOTELS:	A large number of hotels are available within 10 minutes of the venue. Contact the Meet Director for more information.

RELAY “SLOWER THAN TIMES” CHART

Age Group	Gender	Free		Medley
10 & Under	Girls	2:05.16		2:25,56
	Boys	02:02.96		2:23,86
11-12	Girls	1:50.36 (200)	4:01.16 (400)	2:06,46
	Boys	1:50.76 (200)	4:00.36 (400)	2:07,96

02/19/16

12 & Under TF Session		
Warm Ups: 4:00 pm		
Start: 5:00 pm		
G		B
1	11-12 400 Free Relay	2
3	10 & Under 200 IM	4
5	11-12 400 IM	6
7	10 & Under 500 Free	8
9	11-12 500 Free	10

02/20/16

11-12 Prelims		
Warm Ups: 7:30 am		
Start: 8:40 am		
G		B
11	11-12 100 Free	12
17	11-12 50 Fly	18
21	11-12 200 Breast	22
25	11-12 100 Back	26
31	11-12 200 IM	32
35	11-12 50 Breast	36
37	11-12 200 Fly	38
41	11-12 200 Free Relay	42

10 & U Prelim Session		
Warm Ups: Not Before 11:30 am		
Start: Not Before 12:30 pm		
G		B
13	10 & Under 100 Free	14
15	8 & Under 25 Free	16
19	10 & Under 50 Fly	20
23	10 & Under 100 Back	24
27	8 & Under 25 Back	28
29	10 & Under 100 IM	30
33	10 & Under 50 Breast	34
39	10 & U 200 Free Relay	40

9-12 Finals Session		
Warm Ups: Not Before 5:00 pm		
Start: Not Before 5:45 pm		
G		B
11	11-12 100 Free	12
13	*9-10 100 Free	14
17	11-12 50 Fly	18
19	*9-10 50 Fly	20
21	*11-12 200 Breast	22
23	*9-10 100 Back	24
25	11-12 100 Back	26
29	*9-10 100 IM	30
31	11-12 200 IM	32
33	*9-10 50 Breast	34
35	11-12 50 Breast	36
37	*11-12 200 Fly	38

Sunday February 21, 2016

11-12 Prelims		
Warm Ups: 7:30 am		
Start: 8:40 am		
G		B
43	11-12 200 Free	44
47	11-12 50 Back	48
53	11-12 100 Fly	54
57	11-12 100 Breast	58
63	11-12 200 Back	64
67	11-12 50 Free	68
69	11-12 100 IM	70
73	11-12 200 Medley Relay	74

10 & U Prelim Session		
Warm Ups: Not Before 11:30 am		
Start: Not Before 12:30 pm		
G		B
45	10 & Under 200 Free	46
49	10 & Under 50 Back	50
51	8 & Under 25 Fly	52
55	10 & Under 100 Fly	56
59	10 & Under 100 Breast	60
61	8 & Under 25 Breast	62
65	10 & Under 50 Free	66
71	10 & U 200 Medley Relay	72

9-12 Finals Session		
Warm Ups: Not Before 5:00 pm		
Start: Not Before 5:45 pm		
G		B
43	11-12 200 Free	44
45	*9-10 200 Free	46
47	11-12 50 Back	48
49	*9-10 50 Back	50
53	11-12 100 Fly	54
55	*9-10 100 Fly	56
57	11-12 100 Breast	58
59	*9-10 100 Breast	60
63	*11-12 200 Back	64
65	*9-10 50 Free	66
67	11-12 50 Free	68
69	11-12 100 IM	70

*Top 8 Only