



**TIDEWATER REGION
13 & OVER CHAMPIONSHIP**
February 26-28, 2016
SANCTION NO. VS-16-59

Hosted by:



Coast Guard Blue
Dolphins

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-16-59 • USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphins Swim Team, Inc., and the Brittingham Midtown Aquatic 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:	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (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 style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Kevin Morello</td> <td style="width: 50%;">Steve Hennessy</td> </tr> <tr> <td>Email: kmorello@cox.net</td> <td>Email: coachsteve2423@gmail.com</td> </tr> <tr> <td>Phone: (757) 592-4799</td> <td>Phone: (757) 450-0706</td> </tr> </table>	Kevin Morello	Steve Hennessy	Email: kmorello@cox.net	Email: coachsteve2423@gmail.com	Phone: (757) 592-4799	Phone: (757) 450-0706
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Email: kmorello@cox.net	Email: coachsteve2423@gmail.com						
Phone: (757) 592-4799	Phone: (757) 450-0706						
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming registered athletes in Tidewater Region registered prior to the first day of the meet. Teams in the Tidewater Region are: 757, CGBD, DC, DIG, ECAT, NSU, OBX, ODAC, RACE, SEVA, TAC, TIDE, VYAC, and WAC • The qualifying period for this meet is January 1, 2015 through February 25, 2016 • No on deck Virginia Swimming athlete registration will be permitted. • Swimmers 13-14 may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and the 1000 free. • 15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the senior championship qualifying time except the 400 IM, 500 free, and the 1000 free. • Swimmers 13-14 must have at least a 13-14 "B" time to qualify to enter the 400 medley, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time. • 15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 medley, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time. • 2013-2016 NAG time standards are in effect. • Age on February 26, 2016 will determine age for the entire meet. • 14 year old swimmers aging up from February 26 to March 3, 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"> ○ Any 14 year old swimmer who does not qualify to swim an event at Senior Champs may swim the event at this meet. ○ 14 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. 						

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 13 & Older swimmers will swim a combined preliminary session in the morning session. • Top 16 13-14 swimmers and the top 16 15&O swimmers regardless of division will swim the final session each day. • Only the top heat of the 1000 free will swim in finals, regardless of age. • All relay events will be timed finals and will be conducted during the preliminary session.
WARM-UP:	<ul style="list-style-type: none"> • Prelim sessions: Warm-ups at 7:00 AM; competition starts at 8:30 AM. There will be two 30 minute warm-up sessions with a 15 minute session for specific warm-ups. • Finals sessions: Warm-ups not before 4:30 PM; competition starts not before 5:30 PM • During the last 10 minutes of each warm-up sessions the following rules shall apply: <ul style="list-style-type: none"> ○ Lanes 1 & 8 of the competition pool are designated as pace lanes, lanes 2, 3, 4, 5, 6, & 7 of the competition pool are designated as one-way starts and sprints ○ Lanes in the non-competition pool will be designated as general warm-up during this period. • 1000 free: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the relay events, with the 1000 free (Sunday) competition starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the CGBD (http://www.cgbds swimming.org) website no later than Tuesday, February 24, 2015, and will also be emailed to the contact person of the participating clubs. ○ The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the CGBD (http://www.cgbds swimming.org) website no later than Tuesday, February 23, 2016, 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:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 16, 2016</p> <ul style="list-style-type: none"> • Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. • Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries via email. • 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. • Swimmers may enter a maximum of 8 individual events, no more than 3 per day, and one relay per day. • Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. • The Meet Director reserves the right to combine heats and events, which actions may require reseeding. • “No Time” (NT) entries will be accepted except in the 400 medley, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 “B” time, and 15 & older swimmers must have achieved a minimum of a 15-16 “B” time. • Additional proof of ENTRY time, if requested, must be provided to the Age Group Chairman within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed. • Email entries to: Steve Hennessey, coachsteve2423@gmail.com • Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the

	slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$8.00 Relay Events: \$15.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • 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. • Checks should be made payable to: CGBD • Mail payment to: Steve Hennessy 607 Lotz Drive Yorktown, VA 23692-2179 • Payment must be received by Tuesday, February 23, 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 first through sixteenth place. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. The 1000 Free will be awarded as 13-14 and 15 & over age groups. • Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. • Team awards will be given, first through third place. The teams placing will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1. ○ Relay: Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. ○ Only the top two relays for one team may score in an event.
SEEDING:	<ul style="list-style-type: none"> • The 400 IM, 500 free, and 1000 free will require a positive check-in to swim. All other events will be pre-seeded. • Positive check-in will close at 9:00 AM, Friday for event #11 and 12 (400 medley). • Positive check-in will close at 9:00 AM, Saturday for event #25 and 26 (500 free). • Positive check-in will close at 9:00 AM, Sunday for event #37 and 38 (1000 free). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 400 medley and the 500 free will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will be swum fast to slow, alternating girls and boys. • The 1000 free will be swum fastest to slowest, and alternating heats of girls and boys. <ul style="list-style-type: none"> ○ Any athlete entered in the 1000 free will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline ○ The fastest 8 swimmers that wish to swim during the evening finals will swim during the evening finals.
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.
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 USA-S 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 or the swimmer's

	<p>legal guardian to ensure compliance with the requirement.</p> <ul style="list-style-type: none"> • The overhead start procedure will be used for the prelim sessions. • 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 (final and consolation), of all 13&O events, excluding the relays and the 1000 Free. • 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 not appropriate and is PROHIBITED. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • 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 Referee: Georg Fuhs Email: hgfuchs@verizon.net Phone: (757) 685-9310</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 Chairpersons should submit the names and session availability of certified officials to Genny Kimbel via email at gennykimbel@gmail.com no later than Tuesday, February 23, 2016 • There will be an officials meeting in hospitality one hour prior to the start of each session in Room 102
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 CGBD (http://www.cgbdswimming.org) no later than Tuesday, February 23, 2016, and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in the 400 medley, 500 free, and 1000 free are responsible for providing their own timers. Swimmers competing in the 1000 free and 500 free are responsible for providing their own lap counters.
GENERAL:	<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 violate Aquatic Center rules (posted at the pool and included in the Programs) 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, plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats. • Team Areas: Team seating will be available in the pool and gym area. 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 (or sandals). • 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. • Team Banners: Team Banners cannot be hung from a water return pipe that runs over the team seating areas. • Programs: Meet Programs will be sold for \$10.00. • Snack Bar: CGBD will operate a Concessions Stand during the meet. • Swim Supplies: CGBD will operate a Swim Shop during the meet. • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker

	<p>Rooms.</p> <ul style="list-style-type: none"> • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and dinner will be provided each day.
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. They are allowed in the Gym. • Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.). • No shaving anywhere in the venue. • No running or horseplay in the facility. • No cameras in the starting area. • 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. Lost and Found is located next to the Announcer. • 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:	<p>From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to McLawhorne Drive. Turn right at the light. Pool is on the left.</p>

2016 Tidewater Region Short Course 13 & Older Championship

ORDER OF EVENTS

Friday, February 26, 2016

Morning Prelims Warm-ups: 7:00 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Breast	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
7	13-14 400 Free Relay	8
9	13 & Over 400 Free Relay	10
11	13 & Older 400 Medley	12

Evening Finals Warm-ups: 4:30 PM; Start: 5:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 100 Breast	2
3	13 & Over 200 Free	4
5	13 & Over 100 Fly	6
11	13 & Over 400 Medley	12

Saturday, February 27, 2016

Morning Prelims Warm-ups: 7:00 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13 & Over 200 Fly	14
15	13 & Over 50 Free	16
17	13 & Over 200 Breast	18
19	13 & Over 100 Back	20
21	13-14 400 Medley Relay	22
23	13 & Over 400 Medley Relay	24
25	13 & Over 500 Free	26

Evening Finals Warm-ups: 4:30 PM; Start: 5:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13 & Over 200 Fly	14
15	13 & Over 50 Free	16
17	13 & Over 200 Breast	18
19	13 & Over 100 Back	20
25	13 & Over 500 Free	26

Sunday, February 28, 2016

Morning Prelims Warm-ups: 7:00 AM; Start: 8:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	13 & Over 200 Back	28
29	13 & Over 100 Free	30
31	13 & Over 200 Medley	32
33	13-14 200 Free Relay	34
35	13 & Over 200 Free Relay	36
37	13 & Over 1000 Free (*)	38

Evening Finals Warm-ups: 4:30 PM; Start: 5:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13 & Over 1000 Free	38
27	13 & Over 200 Back	28
29	13 & Over 100 Free	30
31	13 & Over 200 Medley	32

(*) Timed Final Event – final heat to swim at Finals session