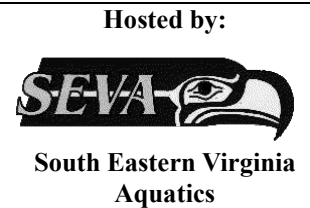




SOUTHEAST DISTRICT CHAMPIONSHIP
February 15-17, 2019
SANCTION NO. VS-19-91



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-91. 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 <p>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</p>			
MEET DIRECTOR:	<table border="0"> <tr> <td>Dave Henderson Email: sevaseahawks@aol.com Phone: (757) 897-6127</td> <td>Mark Mayo Email: mlopmay@gmail.com Phone: (757) 329-0885</td> <td>Steve Fannin Email: g.fannin@cox.net Phone: (757) 715-0683</td> </tr> </table>	Dave Henderson Email: sevaseahawks@aol.com Phone: (757) 897-6127	Mark Mayo Email: mlopmay@gmail.com Phone: (757) 329-0885	Steve Fannin Email: g.fannin@cox.net Phone: (757) 715-0683
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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: 757swim, CGBD, ECAT, ODAC, SEVA, TAC, TIDE, WAC and YOBX. No on deck Virginia Swimming athlete registration will be permitted The qualifying period for this meet is January 1, 2018 through February 14, 2019. 8 & Younger swimmers may participate in any event regardless of classification. Athletes 9 to 12 years of age may compete in any <u>individual event or relay leg</u> in which they DO NOT have a <u>VSI SC Age Group Championship qualifying time</u>. 10 and 12 year-old swimmers aging up from February 15, 2019 to March 7, 2019 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 15, 2019 will determine age for the entire meet. 			
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome 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. 9 - 10 year old swimmers will swim prelims/finals in all individual events except the 500 Free and 200 IM which will be contested as timed finals in the Friday evening session. On Saturday and Sunday, the top eight (8) 9-10 year old swimmers will come back to compete in finals. 8 & under swimmers will compete in the Friday evening, Saturday and Sunday preliminary session as timed finals. 8 and under swimmers are not eligible for final events. All 25 yard events will start from 			

	<p>the bulkhead end of the pool.</p> <ul style="list-style-type: none"> • Ready Room: A Ready Room will be used at this Championship prior to each “A” final heat. Each Swimmer in the “A” Final (Final heat) should report to the Ready Room 10 minutes preceding the event and participate in the “A” Final parade. • “A” Final swimmers will be presented with music and their names will be announced prior to the start of the race. • All relays will be swum as timed finals. Relays on Saturday and Sunday will be swum during the preliminary sessions.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 5, 2019.</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. • 8 & Under swimmers may enter a maximum of 9 individual events for the meet, no more than 4 individual events and 1 relay per day. • 9 to 12 year old swimmers may enter a maximum of 8 individual events for the meet, no more than 3 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 “AG 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 combine heats and events, which may 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: \$7.50 Relay Events: \$15.00 Swimmer Fee: \$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. • Mail payments to: Dave Henderson 929 Edgewater Drive Newport News, VA 23602 Phone: (757) 897-6127 (Cell) • Payment must be received by Tuesday, February 12, 2019 for all entries. Failure to pay entry fees by this deadline may 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.
SEEDING:	<ul style="list-style-type: none"> • All events, except the 9-10 500 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. The Clerk of Course will be located next to the handicap ramp of the pool. 8 & Under athletes will report directly to the blocks for all other events, • All 9/10 and 11/12 swimmers should report directly to the blocks for all preliminary events. • Positive check-in for the 9-10 500 Free, 11-12 500 Free and 11-12 400 IM will close 15 minutes prior

	<p>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.</p> <ul style="list-style-type: none"> • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. • A swimmer who positively checks-in and does not show up to compete will not be able to swim his/her next event.
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 11 – 12 year old prelim session runs late, the 10 & Under prelim session 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 Monday, February 11, 2019 and will also be emailed to the contact person of the participating clubs.
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. • 10 & Under events will be given separate awards for 8 & U and 9-10 age Groups. • 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.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal is defined as: <ul style="list-style-type: none"> ○ Penalties for entries using fraudulent and/or non-verifiable entry times: ○ Athlete competed in the incorrect age groups ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be re-scored and re-warded.
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. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • 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 apply to all heats of the individual events held on Saturday and Sunday. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet. • 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. • It is a Midtown Community Center requirement that All swimmers must 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. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referees: Ken Romney Email: cletus.i.romney.civ@mail.mil Phone: (757) 329-9258 (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 Ken Romney (SEVA Officials Chair), Email: cletus.i.romney.civ@mail.mil or (757) 329-9258 (cell), no later than Tuesday, February 12, 2019. 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"> Friday Evening Events: 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 entered in the following events: 400 IM, 9/10 200 IM and 400 Free Relay. This will be the second timer needed on each lane. SEVA will supply at least one timer per lane for the entire Friday session. Relay events: This will be the second timer needed on each lane. SEVA will supply at least 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 Monday, February 11, 2019, and will also be emailed to the contact person of each of the individual clubs. Timer assignments may be decreased in any session depending on the manpower sign up by SEVA parents. These assignments will also be posted throughout the venue.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Free <ul style="list-style-type: none"> (a) Will be available Free on Meet Mobile (b) PDF files will be posted to the "Team Updates" section of the SEVA web site home page. (c) A small number of hard copies, printed by session, will be available at the announcers table on the pool deck. If these copies run out and you would like one, see the Meet Director at the announcers table. 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 swimming related needs. Fine Designs will be selling meet/swimming related apparel. 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.

	<ul style="list-style-type: none"> • 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). 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. • 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
9/10	Girls	2:05.16	2:25,56
	Boys	2:03,96	2:23,86
11/12	Girls	1:49.96 (200) 4:01.96 (400)	2:05,56
	Boys	1:49.96 (200) 4:00.76 (400)	2:06,66

2019 Southeast District Short Course 12 & Under Championship

Friday, February 15, 2019

12 & Under Timed Finals		
Warm Ups: 4:00pm		
Start: 5:00pm		
Girls		Boys
1	11-12 400 Free Relay	2
3	9 – 10 200 IM	4
5	11-12 400 IM	6
7	10 & U 500 Free	8
9	11-12 500 Free	10

Saturday, February 16, 2019

11-12 Prelims		
Warm Ups: 7:00am		
Start: 8:00am		
Girls		Boys
11	11-12 100 Free	12
13	11-12 200 Breast	14
15	11-12 50 Fly	16
17	11-12 100 Back	18
19	11-12 200 IM	20
21	11-12 50 Breast	22
23	11-12 200 Fly	24
25	11-12 200 Free Relay	26

9-10 Prelims		
8 & U Timed Finals		
Warm Ups: no earlier than 11:30am		
Start: no earlier than 12:30pm		
Girls		Boys
27	8 & U 100 Free	28
29	9-10 100 Free	30
31	8 & U 25 Free	32
33	9-10 50 Fly	34
35	8 & U 50 Fly	36
37	10 & U 100 Back	38
39	8 & U 25 Fly	40
41	8 & U 100 IM	42
43	9 – 10 50 Breast	44
45	8 & U 50 Breast	46
47	8 & U 200 Free	48
49	9-10 200 Free Relay	50
51	8 & U 100 Free Relay	52

9-12 Finals		
Warm Ups: No earlier than 5:00pm		
Start: No earlier than 6:00pm		
Girls		Boys
11	11-12 100 Free	12
29	9-10 100 Free	30
13	11-12 200 Breast *	14
15	11-12 50 Fly	16
33	9-10 50 Fly	34
17	11-12 100 Back	18
37	9-10 100 Back	38
19	11-12 200 IM	20
43	9-10 50 Breast	44
21	11-12 50 Breast	22
23	11-12 200 Fly *	24

* Top 8 Only

Sunday, February 17, 2019

11-12 Prelims		
Warm Ups: 7:00am		
Start: 8:00am		
Girls		Boys
53	11-12 200 Free	54
55	11-12 50 Back	56
57	11-12 100 Fly	58
59	11-12 100 IM	60
61	11-12 50 Free	62
63	11-12 100 Breast	64
65	11-12 200 Back	66
67	11-12 200 Medley Relay	68

9-10 Prelims		
8 & U Timed Finals		
Warm Ups: no earlier than 11:30am		
Start: no earlier than 12:30pm		
Girls		Boys
69	9 – 10 200 Free	70
71	8 & U 50 Back	72
73	9-10 50 Back	74
75	8 & U 25 Back	76
77	10 & U 100 Fly	78
79	8 & U 50 Free	80
81	9-10 50 Free	82
83	8 & U 25 Breast	84
85	10 & U 100 Breast	86
87	8 & U 200 IM	88
89	9 - 10 100 IM	90
91	8 & U 100 Medley Relay	92
93	9-10 200 Medley Relay	94

9-12 Finals		
Warm Ups: No earlier than 5:00pm		
Start: No earlier than 6:00pm		
Girls		Boys
53	11-12 200 Free	54
69	9-10 200 Free	70
55	11-12 50 Back	56
73	9-10 50 Back	74
57	11-12 100 Fly	58
77	9-10 100 Fly	78
59	11-12 100 IM	60
81	9-10 50 Free	82
61	11-12 50 Free	62
85	9-10 100 Breast	86
63	11-12 100 Breast	64
89	9 - 10 100 IM	90
65	11-12 200 Back *	66

* Top 8 Only