



SOUTHEAST DISTRICT 8 & Y CHAMPIONSHIP
February Championship Meet
February 7-8, 2020
SANCTION NO. VS-20-70

Hosted by:



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-70 USA Swimming, Inc., Virginia Swimming, Inc., ODAC and Old Dominion University 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:	Old Dominion University JC Scrap Chandler Natatorium located in the Student Recreation Center at the corner of 48 th Street and Powhatan Avenue, Norfolk, VA 23508. (757) 683-3384
FACILITY:	<ul style="list-style-type: none"> Eight (8) lane 25-yard indoor pool, 15 feet in depth at the start end and 4 feet in depth at the turn end. All sessions will be run using an eight (8) lane course for competition. Facility uses a Colorado Timing System. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4).
MEET DIRECTOR:	Steve Bialorucki Email: stevebialorucki@swimodac.com Phone: (757) 471-1828
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming registered athletes 8 years old and younger prior to the first day of the meet in the Southeast District which includes 757, CGBD, CVAT, 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, 2019 through February 07, 2020 Athletes may compete in any event offered regardless of classification. Age on February 07, 2020 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"> All events will be timed finals. There will be a 5 minute break after relays and before individual events in each session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JANUARY 28, 2020</p> <ul style="list-style-type: none"> Entries must be submitted in short course meter times using Hy-Tek Team Manager and Commlink-2 software. Teams submit entries via e-mail A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name 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 for individual and relay events. Coach Times (CT) are not allowed for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT. Swimmers may enter a maximum of 8 individual events for the meet, no more than 4 per day and 1 relay event 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 The Meet Director reserves the right to combine heats and events which action may require reseeding.

	<ul style="list-style-type: none"> Email entries to: stevebialorucki@swimodac.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: \$5.25 Relay events: \$15.00 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: ODAC Meets Mail payment to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464 Phone: (757) 474-1015 Payment must be received by Wednesday, February 5, 2020 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. <p>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.</p>
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. Swimmers should report directly to the blocks for their events.
WARM-UP:	<p>Friday Warm-ups are at 3:00 pm; competition starts at 4:00 pm</p> <ul style="list-style-type: none"> Saturday Warm-ups are at 9:00 am; competition starts at 10:00 am
AWARDS:	<ul style="list-style-type: none"> Individual events will be scored and awarded medals and scored 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. This meet will be scored and the scores combined with the 9-12 District Championships. Teams placing first through third will receive a plaque. Scoring will be as follows: 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 relay 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 participation is defined as <ul style="list-style-type: none"> Entries using fraudulent or non-verifiable times. Athlete competed in the incorrect age group. 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 rescored and re-awarded.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply, including the Minor Athlete Abuse Protection Policy, will govern this meet. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. 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) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. 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

	<p>member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> • 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, in whole or in part, 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. • An Athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • 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 Referee: Bonnie Johnson Email: kurt.bonniejohnson@cox.net Phone: 757) 416-5217</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions 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 Tim Gleim, Email: Tgleim@gmail.com , or Phone: (513) 403-2253, not later than February 5, 2020. • Officials meeting will be one hour before the start of the meet. • <u>General meeting for coaches and key officials will be held at 3:30pm and 9:30am at the starting end of the pool.</u>
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<p>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</p> <p>The number of timers required per club and their lane assignments will be posted on the ODAC website, www.swimodac.com , no later than Tuesday, February 4, 2020, and will also be emailed to the contact person of each of the individual clubs</p>
GENERAL:	<ul style="list-style-type: none"> • NO SMOKING on the pool deck or in the spectator gallery. • Each Team is encouraged to ensure the good conduct of swimmers in all areas of the building, including but not limited to locker rooms and hallways. • NO GLASS containers are permitted in or around the pool area. • In accordance with VSI best practices, swimmers should shower before entering the pool.

Friday Evening – February 7, 2020

Event #	Event	Event #
1	8-under 200 Med Relay	2
	5 min break	
3	8-under 50 Breaststroke	4
5	8-under 100 Freestyle	6
7	8-under 100 Butterfly	8
9	8-under 100 IM	10
	5 min break	
11	8-under 25 Freestyle	12
13	8-under 50 Butterfly	14
15	8-under 100 Backstroke	16

Saturday morning – February 8, 2020

Event #	Event	Event #
17	8-under 200 Free Relay	18
	5 min break	
19	8-under 25 Breaststroke	20
21	8-under 200 IM	22
23	8-under 50 Freestyle	24
25	8-under 25 Backstroke	26
27	8 and under 100 Breaststroke	28
	5 min break	
29	8-under 25 Butterfly	30
31	8-under 50 Backstroke	32
33	8-under 200 Freestyle	34