



**SEVA INTRA-SQUAD MEET**  
**January 10, 2020**  
**SANCTION NO. VS-20-74**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-74</b>.</li> <li>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.</li> </ul>						
<b>LOCATION:</b>	Brittingham-Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA. 23601, Phone: (757) 591-4573						
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>8-lane, 50-meter indoor pool 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li> <li>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]</li> <li>6 continuous warm-up / cool down lanes (4-6 feet in depth) in the non-competition portion of the pool</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</li> </ul>						
<b>MEET DIRECTOR:</b>	<table border="0"> <tr> <td>Dave Henderson</td> <td>Mike Stupar</td> </tr> <tr> <td>Email: <a href="mailto:sevaseahawks@aol.com">sevaseahawks@aol.com</a></td> <td>Email: <a href="mailto:mstupar65pod@gmail.com">mstupar65pod@gmail.com</a></td> </tr> <tr> <td>Phone: (757) 897-6127</td> <td>Phone: (757) 449-5155</td> </tr> </table>	Dave Henderson	Mike Stupar	Email: <a href="mailto:sevaseahawks@aol.com">sevaseahawks@aol.com</a>	Email: <a href="mailto:mstupar65pod@gmail.com">mstupar65pod@gmail.com</a>	Phone: (757) 897-6127	Phone: (757) 449-5155
Dave Henderson	Mike Stupar						
Email: <a href="mailto:sevaseahawks@aol.com">sevaseahawks@aol.com</a>	Email: <a href="mailto:mstupar65pod@gmail.com">mstupar65pod@gmail.com</a>						
Phone: (757) 897-6127	Phone: (757) 449-5155						
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all SEVA swimmers already registered with Virginia Swimming/USA Swimming.</li> <li>No on deck Virginia Swimming athlete registration will be permitted</li> <li>Age on January 10, 2020 will determine age for the Inter-Squad Meet.</li> </ul>						
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>						
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All events will be timed final.</li> </ul>						
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Warm-up: No earlier than 4:30 pm. Meet Starts: No earlier than 5:00 pm.</li> </ul>						
<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li>Entry times must be submitted in short course yards for swimmers with a time of record</li> <li><b>“No Time” (NT) entries will be accepted.</b></li> <li>Swimmer may enter a maximum of 2 individual events.</li> <li><del>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.</del></li> </ul>						
<b>FEES:</b>	<ul style="list-style-type: none"> <li>No Entry Fees will be charged</li> </ul>						
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded. A positive check-in will occur. A re-seed could be done for any event that would save time.</li> </ul>						
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>No awards will be given.</li> </ul>						
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>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"> <li>Entries using fraudulent and/or non-verifiable times.</li> <li>Athlete competes in the incorrect age groups.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>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.</li> </ul>						
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply including the Minor Athlete Abuse Protection Policy, will govern this meet</li> <li>All applicable adults participating in or associated with this meet, acknowledge that they are subject to</li> </ul>						

	<p>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.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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>.</li> <li>• Changing, in whole or in part, into or out of swimsuits when wearing just one suit in an area other than a locker room, bathroom, or other space designed for changing is PROHIBITED.</li> <li>• If is a Midtown Community Center requirement that ALL swimmers must shower before entering the pool.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referees: Ken Romney</b>  <b>Email: <a href="mailto:cletus.i.romney.civ@mail.mil">cletus.i.romney.civ@mail.mil</a></b>  <b>Phone: (757) 329-9258 (cell)</b></p>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• Virginia Swimming Meet Safety Procedures will be in effect.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• <b>The Colorado Timing System (CTS) will be used.</b></li> <li>• <b>SEVA parents will need to sign up to time as part of their Meet manpower requirement.</b></li> <li>• <b>Swimmers must supply a lap counter for the 500 Free and 1000 Free events</b></li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Meet Programs:</b> Heat Sheets will be handed out for Free.</li> <li>• <b>First Aid:</b> a staffed First Aid Station is located at the end of the pool near the entrance to the locker rooms.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Park only in designated (marked) parking spots.</li> <li>• Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>• 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.</li> <li>• No coolers in the pool area.</li> <li>• No spectator chairs in the pool area. All seating will be on the pool deck. The Gym will NOT be available for seating.</li> <li>• No shaving anywhere in the venue.</li> <li>• No running or horseplay in the facility.</li> <li>• Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li> <li>• Clean up your area when you leave. Trash cans and recycle bins are located throughout the facility.</li> <li>• The Aquatic Center will close during electrical storms.</li> <li>• <b>NO SMOKING</b> in the Aquatic Center (pool area) or the rest of the building.</li> </ul>
<b>DIRECTIONS:</b>	<p>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 le</p>

## Order of Events

SEVA Intra-Squad Meet

January 10, 2020

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	200 FLY	2
3	200 IM	4
5	200 BACK	6
7	200 FREE	8
9	200 BREAST	10
11	500 FREE	12
13	400 IM	14
15	1000 FREE	16
17	1650 FREE	18