


	SEVA SEAHAWKS Short Course Intra-Squad Meet September 27, 2019 SANCTION NO. VS-20-28	Hosted by:  South Eastern Virginia Aquatics
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SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-28 USA Swimming, Inc., Virginia Swimming, Inc., the Brittingham-Midtown Aquatic Center and South Eastern Virginia Aquatics (SEVA) 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 Aquatic Center, 570 McLawhorne Drive, Newport News, VA 23601 Phone: (757) 591-4573						
FACILITY:	<ul style="list-style-type: none"> Eight (8) lane 50-meter pool 8 to 14 feet deep at the start and turn ends, overflow gutters; non-turbulent lane markers. Only the CTS Starting Unit will be used. 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%;">Dave Henderson</td> <td style="width: 50%;">Michael Stupar</td> </tr> <tr> <td>Phone: (757) 897-6127 (cell)</td> <td>Phone: (757) 449-5155 (cell)</td> </tr> <tr> <td>Email: SEVAseahawks@aol.com</td> <td>Email: mstupar65pod@gmail.com</td> </tr> </table>	Dave Henderson	Michael Stupar	Phone: (757) 897-6127 (cell)	Phone: (757) 449-5155 (cell)	Email: SEVAseahawks@aol.com	Email: mstupar65pod@gmail.com
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes that are members of South Eastern Virginia Aquatics (SEVA) registered by the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. Age on September 27, 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"> Swimmers of ALL AGES will compete in one session. All events will be timed finals. Breaks may be inserted after the Boys 100-Yard events. 						
WARM-UPS:	<ul style="list-style-type: none"> Warm-ups are 4:30 pm to 4:55 pm. Competition starts at 5:00 pm. 						
ENTRIES:	<ul style="list-style-type: none"> Entries will be in short course yards. Coach Times (CT) and NO Time (NT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than Coach Times must have been achieved in USA Swimming sanctioned or approved competition. Swimmers may enter up to a maximum of 4 events. 						
FEES:	<ul style="list-style-type: none"> Swimmer Fee: No Charge 						
AWARDS:	No awards will be given.						
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. 						
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 re-scored and re-awarded. 						

RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. • Any swimmer entered in the meet must be certified as proficient in performing a racing start by a USAS member coach or must start each race from within the water. If unaccompanied by a member coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement. • 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. • 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 • The Brittingham-Midtown Aquatic Center requires ALL swimmers to shower in the locker room 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. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Ken Romney Email: cletus.i.romney.civ@mail.mil Phone: (757) 329-9258</p> <ul style="list-style-type: none"> • Officials will be needed for most positions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. • Certified officials – please contact Ken Romney (SEVA Officials Coordinator), Email: cletus.i.romney.civ@mail.mil Phone: (757) 329-9258 (cell), no later than Thursday, September 25th, 2019. • Officials will meet at 4:30 pm which is 30 minutes before the start time of the meet.
SAFETY:	<ul style="list-style-type: none"> • Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	SEVA parents can sign up to time using a Sign-Up Genius link that will be e-mailed to them.
GENERAL:	<p>Swimmer/Spectator Conduct: Parents are responsible for supervising the conduct of their children.</p> <ul style="list-style-type: none"> • Any swimmer/spectator who violates Aquatic Center rules (posted at the pool) will be disqualified from the meet and may be 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. <p>Deck Access: Access to the pool will be strictly controlled. Only swimmers, coaches, officials and event staff will be permitted on the deck and in the seating area behind the blocks. Spectators must use the seating area at the opposite end of the pool than the starting blocks.</p> <p>Meet Programs: Meet programs will be handed out for FREE. This information will also be available on Meet Mobile</p> <p>Snack Bar: No Snack will be offered.</p> <p>Hospitality: Bottled water will be available on deck in coolers for Officials, Coaches & Volunteers.</p> <p>First Aid: The facility is fully staffed with life guards.</p> <p>Lost and Found: Lost and Found is located in a clear plastic container near the diving boards.</p>
RESULTS:	<ul style="list-style-type: none"> • All results will be posted to the Meet Mobile app during the meet. • Results will be available on the SEVA and Virginia Swimming Websites the following week.
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). • No glass, food, chewing gum or open drinks are allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw0on tops) are

	<p>acceptable.</p> <ul style="list-style-type: none"> • No coolers in the pool area. • No spectator chairs in the pool area. • 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 in the pool area. • Keep the area around you clean during and after the meet. • 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, follow I-64 to Exit 258 A, J. Clyde Morris Blvd. In approximately 2 miles, turn left onto Jefferson Ave. In approximately 2 miles, turn right onto McLawhorne Drive. The Center will be on your left.</p> <p>From the South, follow I-64 to Exit 261, Hampton Roads Center Parkway. Follow approximately 3 miles, turn left onto Jefferson Ave. In approximately 1 mile, turn right onto McLawhorne Drive. The Center will be on your left.</p>

**SEVA SEAHAWKS
Short Course Intra-Squad Meet**

ORDER OF EVENTS

Friday; September 27, 2019

Morning Session:

All Ages

Warm-up: 4:30 pm; Start: 5:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 & Under 25 Freestyle	2
3	Open 50 Freestyle	4
5	Open 100 Freestyle	6
7	8 & Under 25 Breaststroke	8
9	12 & Under 50 Breaststroke	10
11	Open 100 Breaststroke	12
13	8 & Under 25 Butterfly	14
15	12 & Under 50 Butterfly	16
17	Open 100 Butterfly	18
19	8 & Under 25 Backstroke	20
21	12 & Under 50 Backstroke	22
23	Open 100 Backstroke	24