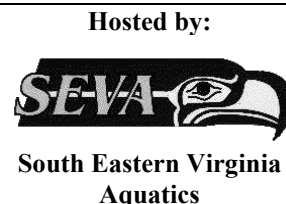




SEVA SEAHAWKS
Virginia Swimming Long Course
Head Start Meet
March 28-29, 2020
SANCTION NO. VS-20-97



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-97.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 Aquatic 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 14 feet deep at the start end and 4 feet deep at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System.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:	Dave Henderson Phone: (757) 897-6127 (cell) Email: SEVAseahawks@aol.com	Michael Stupar Phone: (757) 449-5155 Email: mstupar65pod@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes registered before the first day of the meet and out of LSC teams receiving approval to enter.No on deck Virginia Swimming athlete registration will be permitted.Age on March 28, 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">Morning Sessions: All 12 & Younger swimmers will compete in the AM session.Afternoon Session: The 13 & Older swimmers will compete in the PM session.Saturday and Sunday Distance Sessions: The pool will be open for 15 minutes of warm-ups immediately following the finish of the afternoon session with the competition starting five minutes thereafter.All events will be timed finals.	
WARM-UPS:	<ul style="list-style-type: none">Morning (AM) Session: Warm-ups will not start earlier than 7:00 am. The competition will not start earlier than 8:00 am.Afternoon (PM) Session: Warm-ups will not start earlier than 11:00 am. The competition will not start earlier than 12:00 Noon.If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Monday, March 23, 2020. This information will also be available on the Home Page of the SEVA website, www.sevaswimming.com	
ENTRIES:	<p>DEADLINE FOR RECEIPT OF ENTRIES IS WEDNESDAY, MARCH 18, 2020.</p> <ul style="list-style-type: none">Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 softwareTeams submit entries as an e-mail attachment.A Team Manager printout of entries must be included or the meet checklist/summary sheet 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.Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer after the meet has been seeded, there must be room in an existing heat. No new heats will be added.	

	<ul style="list-style-type: none"> Coach's Times (CT) and "No Time" entries will be accepted for events in which a swimmers does not have a time of record. CT times must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. Swimmers may enter up to four (4) individual events per day. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries. E-Mail Entries to: SEVAseahawks@aol.com
FEES:	<p>Individual Events: \$7.50 Swimmer Surcharge: \$2.50 (entered in any capacity in the meet)</p> <ul style="list-style-type: none"> Make Checks payable to: SEVA Swim Team Mail payment to: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Phone: (757) 897- 6127 (cell) Payment must be received by Wednesday, March 25, 2020 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
AWARDS:	<ul style="list-style-type: none"> Individual Events: Ribbons will be awarded for first (1st) through eighth (8th) place <ul style="list-style-type: none"> 10 & Under events: <ul style="list-style-type: none"> 100 Free and all 50-meter events will be given separate awards for 10 year old, 9 year old, 8 year old and 7 & Under swimmers. 100 Fly, 100 Back, 100 Breast, 200 Free and 200 IM will be given separate awards for 10 year old, 9 year old and 8 & Under swimmers 11-12 individual events will be given separate awards for 12 year old and 11 year old swimmers 13 & Over individual events will be given separate awards for 13, 14 and 15 & Over swimmers Heat Winners Awards will be given to all age groups.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded with the exception of Events # 35-36 (13 & Older 800 Free) and 69-70 (13 & Older 400 Free). Swimmers should report directly to the blocks for their events. Events # 35-36 (13 & Older 800 Free) and 69-70 (13 & Older 400 Free) will require a positive check-in to swim. The meet director reserves the right to reseed these events. Positive check-in for the 800 Freestyle and the 400 Freestyle will close at the end of the afternoon session warm-up on the day the event is being swum. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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"> Entries using fraudulent 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 the 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 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

	<p>of this competition.</p> <ul style="list-style-type: none"> • 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 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 or the swimmer's legal guardian to 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 not permitted. • Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in locker rooms, bathroom, or other space designated for changing is PROHIBITED. • It is a Midtown Community Center requirement that ALL swimmers must 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: 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 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 sessions availability of certified officials as well as the names session availability of trainees to Ken Romney (SEVA Officials Coordinator), Email: cletus.i.romney.civ@mail.mil Phone: (757) 329-9258 (cell), no later than Wednesday, March 25, 2020. • Officials will meet 1 hour before each session on Saturday and Sunday and no earlier than 7:00 am and 11:00 am.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Swimmers are required to supply their own timer and person to count laps for the 800 Free (Saturday) and their own timer for the 400 Free (Sunday) • 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 SEVA web site at www.sevaswimming.com no later than Monday, March 23, 2020. This information will also be e-mailed to the contact person listed for each club.
GENERAL:	<ul style="list-style-type: none"> • Meet Programs: Free <ol style="list-style-type: none"> 1. Will be available Free on Meet Mobile 2. PDF files will be posted to the "Latest News" section of the SEVA web site home page. 3. If anyone does not have access to either of the above areas, please see a Meet Director in the meet administrative area on the pool deck for a hard copy. • Snack Bar: SEVA will operate a snack bar during the meet. • Swim Shop: Swim & Sports Stop will operate a swim shop during the meet for your apparel needs. • Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day. • First Aid: A staffed First Aid Station is located at the end of the pool near the entrance to the locker rooms.

	<ul style="list-style-type: none"> • Lost and Found: Lost and Found will be located next to the announcer's table.
RESULTS:	<ul style="list-style-type: none"> • All results will be announced, and then posted on the wall in the hallway near the snack bar • The results will be posted on the Virginia Swimming web site www.virginiaswimming.org after the conclusion of the meet.
FACILITY RULES:	<ul style="list-style-type: none"> • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that violates Aquatic Center rules, posted at the pool, 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 containers (e.g. sports and plastic bottles with screw-on caps). • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff are the only people permitted behind the blocks. Spectators are asked to remain behind the ropes setup on the sides of the pool. Please stay in the seating area as much as possible and not view the meet from the deck during warm-ups and the competition. • Team Areas: Team seating will be available in the gymnasium and limited space in the pool area. No swim bags will be allowed in the pool area. Swimmers must keep their bags in the gym. 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 (sandals/flip-flops) • Spectator Seating: Bleacher seating will be available for spectators. Please note the City of Newport News prohibits coolers or chairs in the pool area. They are allowed in the gym. • Parking: Please note that there is a one-way traffic pattern that circles the building. Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). • Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum. • No shaving anywhere in the venue.
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 Midtown Community/Aquatic Center will be on your left.

**SEVA SEAHAWKS
Long Course Head Start Meet**

ORDER OF EVENTS

Saturday - March 28, 2020

Morning Session:

All 12 & Younger Swimmers

Warm-up (No Earlier): 7:00 am; Start: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Freestyle	2
3	10 & Younger 100 Freestyle	4
5	11-12 200 Breaststroke	6
7	10 & Younger 200 IM	8
9	11-12 200 IM	10
11	10 & Younger 100 Breaststroke	12
13	11-12 100 Breaststroke	14
15	11-12 200 Butterfly	16
17	10 & Younger 50 Backstroke	18
19	11-12 50 Backstroke	20
21	10 & Younger 50 Butterfly	22
23	11-12 50 Butterfly	24

Afternoon Session:

All 13 & Older Swimmers

Warm-up(No Earlier): 11:00 am; Start: 12:00 N

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	13 & Older 100 Freestyle	26
27	13 & Older 100 Butterfly	28
29	13 & Older 200 Breaststroke	30
31	13 & Older 100 Backstroke	32
33	13 & Older 200 IM	34

Distance Session

(20 minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	13 & Older 800 Freestyle	36

Sunday – March 29, 2020

Morning Session:

All 12 & Younger Swimmers

Warm-up (No Earlier): 7:00 am; Start: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	11-12 200 Freestyle	38
39	10 & Younger 200 Freestyle	40
41	11-12 100 Butterfly	42
43	10 & Younger 100 Butterfly	44
45	11-12 200 Backstroke	46
47	10 & Younger 100 Backstroke	48
49	11-12 100 Backstroke	50
51	10 & Younger 50 Breaststroke	52
53	11-12 50 Breaststroke	54
55	10 & Younger 50 Freestyle	56
57	11-12 50 Freestyle	58

Afternoon Session:

All 13 & Older Swimmers

Warm-up(No Earlier): 11:00 am; Start: 12:00 N

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	13 & Older 200 Freestyle	60
61	13 & Older 200 Butterfly	62
63	13 & Older 100 Breaststroke	64
65	13 & Older 200 Backstroke	66
67	13 & Older 50 Freestyle	68

Distance Session

(20 minute break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-		
69	13 & Older 400 Freestyle	70