
	<p>ODAC January Meet A/BB/B/C January 25 – January 26, 2020 SANCTION NO. VS-20-51</p>	<p>Hosted by</p> 
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SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-51. • USA Swimming, Inc., Virginia Swimming, Inc., ODAC, and the Old Dominion University JC Scrap Chandler Natatorium shall be held free and harmless from 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:	<p>Steve Bialorucki Phone: (757) 471-1828 Email: stevebialorucki@swimodac.com</p>
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes registered before the first day of the meet. • No on-deck USA Swimming athlete registration will be permitted. • Age on January 25, 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 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"> • <u>ALL 12 and younger swimmers</u> will swim in the <u>morning sessions</u> on both Saturday and Sunday. • <u>ALL 13 and older swimmers</u> will swim in the <u>afternoon sessions</u> on both Saturday and Sunday. • All events will be timed finals. • Breaks: <ul style="list-style-type: none"> ○ There will be a 15-minute break following Event 34 (13 & Over Boys 200 IM), this will include a 10-minute open warm-up then a 5-minute clear pool period. ○ There will be a 15-minute break following Event 72 (13 & Over Boys 100 Breaststroke), this will include a 10-minute open warm-up then a 5-minute clear pool period. • Distance Sessions: Saturday (13 & Over 500 Freestyle) and Sunday (13 & over 1000 Free) will start 15 minutes after the conclusion of the afternoon session.
WARM-UP:	<ul style="list-style-type: none"> • Morning Session: Warm-ups start at 7:30 AM; Competition starts at 8:40 AM. • Afternoon Session: Warm-ups start NOT BEFORE 12:00 PM; Competition starts NOT BEFORE 1:10 PM. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.

	<ul style="list-style-type: none"> Distance Session: The competition pool will be open for 10 minutes following the conclusion of the afternoon session, with the distance session competition starting 5 minutes thereafter. Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Tuesday, January 21, 2020. Warm-up information will also be available on the ODAC website, www.swimodac.com.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 15, 2020.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software. Teams will 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. Coach Time (CT) and “No Time” (NT) entries 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 CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. All Swimmers may enter a maximum of 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. Email entries to: Steve Bialorucki stevebialorucki@swimodac.com Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available and they have not reached the maximum per day event limit. No additional heats will be added. Deck entries must be submitted to the meet director.
FEES:	<p>Individual events: \$6.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity). Checks should be made payable to: ODAC</p> <ul style="list-style-type: none"> Mail payment to: <p style="text-align: center;">Old Dominion Aquatic Club 5165 Stratford Chase Virginia Beach, VA 23464 (757) 471 – 1828</p> Payment must be received by Saturday, January 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 as this will delay the acceptance of your entries.
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"> 12 & Under events will be given separate awards for 11-12 and 9-10 groups. 13 & Over events will not be given awards.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded except for Event 27 - 28 (9-12 500 Free), Event 39-40 (13 & Over 500 Free), Event 77-78 (13 & Over 400 Individual Medley) and Event 79-80 (13 & Over 1000 Free) which will be deck seeded. A positive check-in is required for events 27-28 (9-12 500 Free), events 39-40 (13 & Over 500 Free), events 77-78 (13 & Over 400 Individual Medley), and events 79-80 (13 & Over 1000 Free) 9-12 500 Free check-in will be by 11:00 AM on Saturday. Open 500 Free check-in will be by 4:30 PM on Saturday. 13 & Over 400 Individual Medley positive check-in will be by 4:30 PM on Sunday.

	<ul style="list-style-type: none"> • 13 & Over 1000 Free positive check-in will be by 4:30 pm on Sunday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 1000 Free (events 79-80) will be swum fastest to slowest, alternating Girls and Boys.
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, 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 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 a locker room, bathroom, or other space designated for changing is PROHIBITED. • In accordance with VSI Best Practices, 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) 646-4518</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and full length of 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 Old Dominion Aquatic Club Officials Chairman Phone: (513) 403-2253

	<p style="text-align: center;">Email: Tgleim@gmail.com</p> <ul style="list-style-type: none"> • We ask all officials to be on deck one (1) hour prior to the start of each session for an Officials Meeting in the hospitality room. • The meet director and/or meet referee reserve the right to host a coaches' meeting if needed, before the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • 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 ODAC website www.swimodac.com no later than Tuesday, January 21, 2020 and will also be emailed to the contact person of each of the individual clubs. • Swimmers MUST provide their own timers and lap counters for afternoon distance sessions.
GENERAL:	<ul style="list-style-type: none"> • Meet Programs: Heat sheets and/or psych sheets will be sold via Meet Mobile and concessions. <ul style="list-style-type: none"> ○ Paper Copies: \$5.00 ○ Meet Mobile access to heat at no additional charge. • Snack Bar/food: A snack bar/food vendors will be available during the meet. • Swim Shop: A Swim Shop will be open during the meet. • Hospitality: ODAC will provide a Hospitality Room for coaches, officials and officials in training. Breakfast and lunch will be served. Snacks will be provided during the day.
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 and in the meet program will be disqualified from the meet and escorted from the facility. • ODU policies prohibit food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • Parking: Parking will be available on the ODU campus in designated areas ONLY. Further details will be sent to team contact prior to the meet. • Swimmer bags and equipment are only allowed on the deck and are not permitted to be left in the athletic locker-rooms. • Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, or chewing gum will be permitted on the pool deck. • No shaving anywhere in the venue.
DIRECTIONS:	<ul style="list-style-type: none"> • From Southside: Take 264 to Norfolk and exist Waterside Drive. Waterside drive becomes Boush Street and you will make a left onto Brambleton Avenue. Follow Brambleton Avenue you see signs for Hampton Boulevard/ODU. Bear right onto Hampton Boulevard. Follow Hampton Boulevard to 43rd Street (approximately 3 miles) and make a right follow down 48th Street facility is on your right. • From Peninsula: I-64 E until you reach exit 276, VA-406/NAVAL Base/Terminal Boulevard. Once on the exit ramp, stay right as it splits. Once on I-564, stay right again, following the first exit for Terminal Boulevard. Continue straight through two traffic lights, and at the third light, turn left onto Hampton Boulevard. Follow Hampton Boulevard. to 48th Street and make a right. Follow to 1520 West 48th Street.

ODAC January A/BB/B/C Meet

ORDER OF EVENTS

Saturday, January 25, 2020

MORNING SESSION

Warm-up: 7:30 am; Session begins 8:40 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 - 12 100 Freestyle	2
3	9-10 50 Freestyle	4
5	11 - 12 200 Butterfly	6
7	9-10 100 Butterfly	8
9	11 - 12 100 Individual Medley	10
11	9-10 100 Individual Medley	12
13	11 - 12 50 Breaststroke	14
15	9-10 50 Breaststroke	16
17	11 - 12 100 Backstroke	18
19	9-10 100 Backstroke	20
21	11 - 12 200 Breaststroke	22
23	9-10 200 Freestyle	24
25	11 - 12 50 Butterfly	26
27	9-12 500 Freestyle	28

Sunday, January 26, 2020

MORNING SESSION

Warm-up: 7:30 am; Session begins 8:40 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	11 - 12 200 Freestyle	42
43	9-10 100 Freestyle	44
45	11 - 12 100 Butterfly	46
47	9-10 50 Butterfly	48
49	11 - 12 200 Individual Medley	50
51	9-10 200 Individual Medley	52
53	11 - 12 50 Backstroke	54
55	9-10 100 Breaststroke	56
57	11 - 12 100 Breaststroke	58
59	9-10 50 Backstroke	60
61	11 - 12 200 Backstroke	62
63	11 - 12 50 Freestyle	64
65	11 - 12 400 Individual Medley	66

Saturday, January 25, 2020

AFTERNOON SESSION

Warm-up: Not before 12:00 pm; Session starts not before 1:10 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13 & Over 100 Freestyle	30
31	13 & Over 200 Butterfly	32
33	13 & Over 200 Individual Medley	34
	10 Minute Warm-up Break	
	5 Minute Clear Pool	
35	13 & Over 200 Breaststroke	36
37	13 & Over 100 Backstroke	38

Sunday, January 26, 2020

AFTERNOON SESSION

Warm-up: Not before 12:00 pm; Session starts not before 1:10 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	13 & Over 200 Freestyle	68
69	13 & Over 100 Butterfly	70
71	13 & Over 100 Breaststroke	72
	10 Minute Warm-up Break	
	5 Minute Clear Pool	
73	13 & Over 200 Backstroke	74
75	13 & Over 50 Freestyle	76
77	13 & Over 400 Individual Medley	78

DISTANCE SESSION

10 Minute Warm-up Break

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	13 & Over 500 Freestyle	40

DISTANCE SESSION

10 Minute Warm-up Break

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	13 & Over 1000 Freestyle	80