



2008 VSI REGIONAL SUMMER AWARDS

July 11-13, 2008
SANCTION NO. VS-08-62

Hosted by:
SEVA
Swim Team

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-62
LOCATION:	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573
FACILITY:	8 lane, 50 meter indoor pool with non-turbulent lanes, configured for LC; CTS Timing system.
MEET DIRECTORS:	Name: Dave Henderson Cell Phone: (757) 897-6127 Email: SEVAseahawks@aol.com Name: Jodi Crook Phone: (757) 882-8764 (h) or (757) 268-5463 (cell) Email: jcrook1@cox.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers from the following teams: BAC, CGBD, CYAT, DC, NSD, OBX, ODAC, PSDN, PYAC, SEVA, TAC, TCAC, TIDE, US, and WAC,• The qualifying period for this meet is May 1, 2007 through July 10, 2008• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 8 and younger swimmers may compete in any 8 and younger event regardless of their time. 8 and younger swimmers may compete in any 10 and younger event in which they have a time that is slower than the age group championship qualifying time.• 14 and younger swimmers may compete in any event in which they have a time that is slower than the age group championship qualifying time.• 15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time.• Swimmers may not swim a relay in an event in which they possess an Age Group Championship (14 and younger) or Senior Championship (15&O) qualifying time.• Age on July 11, 2008 will determine age for the entire meet.• 10, 12, & 14 year old swimmers aging up from July 12 to July 23, 2008, with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none">○ Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event.○ Any 14 year swimmer who does not qualify for Senior Champs may enter the event○ 10, 12, & 14 year old swimmers aging up between championships will be seeded correctly by time, however will swim exhibition only, and will not be eligible to receive an award.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">• Athletes with a disability are welcomed 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.• 12 & Younger swimmers will swim in the morning sessions• 13 and older swimmers will swim in the afternoon sessions
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 pm.• Afternoon sessions: Warm-ups at 12:30 pm; competition starts at 1:40 pm.• Distance sessions (800 Free & 1500 Free): The pool will be opened for 15 min. of open warm-ups immediately following the finish of the afternoon session with competition starting 5 min. thereafter.<ul style="list-style-type: none">○ The approximate start time for the distance sessions will be posted on the SEVA website, www.sevaswimming.com under "SEVA Sponsored Meet Information" no later than July 8, 2008, and will also be emailed to the contact person of the participating clubs.○ The distance sessions will start no earlier than the estimated times.• Lane assignment and warm-up times for individual clubs will be posted on the SEVA website, www.sevaswimming.com, under "SEVA Sponsored Meet Information" no later than July 8,

	<p>2008 and will also be emailed to the contact person of the participating clubs.</p> <ul style="list-style-type: none"> If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JULY 1, 2008.</p> <ul style="list-style-type: none"> Entries must be submitted in Long Course Meters times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk. A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Swimmer may enter a maximum of 9 individual events, no more than 3 per day, and 1 relay per day. Coaches' Times (CT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition. "No Time" (NT) entries will not be accepted. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Teams may submit no more than three (3) relays per event. The Meet Director reserves the right to combine heats and events, which actions may require reseeding. Proof of entry times is required for individual events only. Entries must include a report showing the date and the meet each swimmer's entry times were achieved. Entries without proof of time will be considered incomplete and will not be processed. Incomplete entries not resolved prior to the meet entry deadline will be considered late entries and late fees will be charged accordingly. Additional proof of ENTRY time, if requested, must be provided to the Age Group Chairman within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed. Email entries to: SEVAseahawks@aol.com Mail entries to: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Cell (757) 897-6127 IMPORTANT: If entries are 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. Late entries will be accepted. All late entries must submit proof of time. 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: \$4.25 Relay events: \$15.00 Swimmer surcharge: \$2.00 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: SEVA Inc Payment must be received by July 8, 2008 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> Individual events in the A/BB category will be awarded medals for first through fourth, and ribbons for fifth through eighth place. Individual events in the B/C category will be awarded ribbons for first through eighth place. The 800 and 1500 freestyles will be awarded as 13-14 and 15 & older. Relay events will be awarded ribbons for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events, except the 400, 800 and 1500 freestyles, the 400 IM's and the relays will be pre-seeded. The above events will require a positive check-in to swim.

	<ul style="list-style-type: none"> • Positive check-in will close at 1:30 pm Friday for events 45-48. • Positive check-in will close at 8:30 am Saturday for events 65-66. • Positive check-in will close at 1:30 pm Saturday for events 77-80 and events 89-90. • Positive check-in will close at 8:30 am Sunday for events 109-110. • Positive check-in will close at 1:30 pm Sunday for events 127-128. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events 89, 90, 127, and 128 (800 and 1500 Freestyles) will be swum fastest to slowest and alternating heats of girls and boys.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. • 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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • The overhead start procedure will be used for all sessions. • In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area. • All 200 m relays will require an in-water start for the shallow end starts.
OFFICIALS:	<p>Meet Referee: Name: John Presgraves Email: fhs1981@cox.net Phone: (757) 599-4760</p> <ul style="list-style-type: none"> • Officials at all positions will be required 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 Susan Gorton (SEVA Officials Coordinator), Email: mpgorton@verizon.net, Phone: (757) 864-5069 (w), (757) 595-0971 (h), no later than July 8, 2008. • There will be an officials' meeting approximately 1 hour prior to the start of each session.
SAFETY:	<ul style="list-style-type: none"> • VSI Safety and Warm-up procedures will be in effect. • Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules. • Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet
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 SEVA website, www.sevaswimming.com under "SEVA Sponsored Meet Information" no later than July 8, 2008, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. • Any swimmer / spectator who violates Midtown Community/Aquatic Center rules (posted at the pool and included in the Programs) 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 (during their

	<p>events), coaches, officials, and event staff only will be permitted behind the blocks. Spectators must 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.</p> <ul style="list-style-type: none"> • 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 should 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 that the City of Newport News prohibits coolers or chairs in the pool area. They are allowed in the gym • Team Banners: Team Banners can be hung from a water return pipe that runs over the team seating areas. Please coordinate with Head Life Guard on duty. • Programs: Meet Programs will be sold for \$10.00. • Snack Bar: SEVA will operate a snack bar each day of the meet. • Swim Supplies: Swim & Sports Stop will be operating a swim shop during the meet for your apparel needs • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms. • Lost and Found: Lost and Found will be located next to the Announcer's Table for items found in the pool area. For items found in the gym, they will be kept at the gym entrance until the end of the meet. • Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Breakfast and Lunch will be provided each day. Refreshments and snacks will be available all day. Water will be provided on deck for coaches, officials, volunteers and swimmers.
FACILITY RULES:	<ul style="list-style-type: none"> • 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). • Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum. • No coolers in the pool area. They are allowed in the Gym. • No shaving anywhere in the venue.
DIRECTIONS:	<ul style="list-style-type: none"> • From the north, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. The Newport News Midtown Community/Aquatic Center will be on your left. • From the south, follow I-64 to Exit 261A. Take Hampton Roads Parkway west. Follow approximately 2.5 miles (Hampton Roads Parkway will turn into Harpersville Road). Turn left onto to Jefferson Avenue. Go approximately 1 mile to MacLawhorne Drive. Turn right at the light. Pool is on the left.
HOTELS:	<p>Hotel Information for the local area can be located at: Newport News: http://www.newport-news.org/ Hampton: http://www.hamptoncvb.com/ York County: http://www.yorkcounty.gov/tourism/</p>

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Order of Events

AM Session Warm-ups: 7:00 AM

Meet Starts: 8:10 AM

Girls	Friday Morning	Boys
1	11-12 50m Breast	2
3	9-10 50m Breast	4
5	8&Y 50m Breast	6
7	11-12 200m Back	8
9	8&Y 100m Free	10
11	9-10 100m Free	12
13	11-12 100m Free	14
15	8&Y 50m Fly	16
17	9-10 50m Fly	18
19	11-12 50m Fly	20
21	10&Y 200m IM	22
23	11-12 200m IM	24
25	10&Y 400m Free Relay	26
27	11-12 400m Free Relay	28

PM Session Warm-ups: 12:30 PM

Meet Starts: 1:40 PM

Girls	Friday Afternoon	Boys
29	13-14 100m Breast	30
31	15&O 100m Breast	32
33	13-14 200m Free	34
35	15&O 200m Free	36
37	13-14 100m Fly	38
39	15&O 100m Fly	40
41	13-14 200m IM	42
43	15&O 200m IM	44
45	13-14 400m Free	46
47	15&O 400m Free	48
49	13-14 400m Medley Relay	50
51	15&O 400m Medley Relay	52

Girls	Saturday Morning	Boys
53	11-12 50m Back	54
55	9-10 50m Back	56
57	8&Y 50m Back	58
59	11-12 200m Breast	60
61	10&Y 100m Fly	62
63	11-12 100m Fly	64
65	10&Y 400m Free	66
67	11-12 200m Free	68
69	10&Y 400m Medley Relay	70
71	11-12 400m Medley Relay	72

Girls	Saturday Afternoon	Boys
73	13-14 50m Free	74
75	15&O 50m Free	76
77	13-14 400m IM	78
79	15&O 400m IM	80
81	13-14 100m Back	82
83	15&O 100m Back	84
85	13-14 200m Breast	86
87	15&O 200m Breast	88
89	13&O 1500m Free (G)	
	13&O 800m Free (B)	90

Girls	Sunday Morning	Boys
91	11-12 50m Free	92
93	9-10 50m Free	94
95	8&Y 50m Free	96
97	11-12 200m Fly	98
99	10&Y 100m Back	100
101	11-12 100m Back	102
103	10&Y 100m Breast	104
105	11-12 100m Breast	106
107	10&Y 200m Free	108
109	11-12 400m Free	110

Girls	Sunday Afternoon	Boys
111	13-14 200m Fly	112
113	15&O 200m Fly	114
115	13-14 100m Free	116
117	15&O 100m Free	118
119	13-14 200m Back	120
121	15&O 200m Back	122
123	13-14 400m Free Relay	124
125	15&O 400m Free Relay	126
127	13&O 800m Free (G)	
	13&O 1500m Free (B)	128