



AMENDED
2009 VSI REGIONAL SUMMER AWARDS
 July 17-19, 2009
 SANCTION NO. VS-09-65



Coast Guard Blue Dolphins

| | |
|-----------------------------|---|
| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-65 |
| LOCATION: | Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573 |
| FACILITY: | <ul style="list-style-type: none"> • 8-lane, 50 meter indoor pool; overflow gutters; non-turbulent lane markers; Colorado Automatic Timing System • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations, Article 104.2.2(C)</i>. |
| MEET DIRECTORS: | Holly Crockett Phone: (757) 345-1019 Email: holly.r.crockett@smithbarney.com |
| ELIGIBILITY: | <ul style="list-style-type: none"> • Open to all USA Swimming/VSI swimmers registered prior to the first day of the meet from the following teams: BAC, CGBD, DC, OBX, ODAC, PRO, PSDN, RACE, SEVA, SSC, TAC, TCAC, TIDE, US, VYAC, & WAC • The qualifying period for this meet is January 1, 2008 through July 16, 2009 • 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 a corresponding event in which they possess an Age Group Championship (14 and younger) or Senior Championship (15&O) qualifying time. • Age on July 17, 2009 will determine age for the entire meet. • 10, 12, & 14 year old swimmers aging up from July 17 to July 29, 2009, 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 8:15 am • Afternoon sessions: <ul style="list-style-type: none"> ○ Friday: Warm-ups at 1:00 pm; competition starts at 2:15 pm ○ Saturday & Sunday: Warm-ups at 12:00 noon; competition starts at 1:15 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 CGBD team website |

| | |
|-----------------|--|
| | <p>(http://www.cgbdswwimming.org), no later than July 14, 2009, and will also be emailed to the contact person of the participating clubs.</p> <ul style="list-style-type: none"> ○ 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 CGBD team website (http://www.cgbdswwimming.org) no later than July 14, 2009 and will also be emailed to the contact person of the participating clubs. • 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 FRIDAY, JULY 10, 2009</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: tom.meet.entries@verizon.net • Mail entries to: Tom Rutter 306 Barrington Lane Yorktown, VA 23693 • 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: \$5.00 Relay events: \$14.00 Swimmer surcharge: \$2.50 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: • Payment must be received by July 14, 2009 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. |

| | |
|-------------------|--|
| 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 8:30 am Friday from events 25-28 ○ Positive check-in will close at 2:30 pm Friday for events 45-52 ○ Positive check-in will close at 8:30 am Saturday for events 65-66 and events 69-72 ○ 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 123-128 • 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. |
| OFFICIALS: | <p>Meet Referee: Michael Downs Email: mhd@cox.net Phone: (757) 846-3820</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 John Warhol, cqbd.officials@gmail.com, no later than July 14, 2009. • 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. Timer requirements are for the entire session. • The number of timers required per club and their lane assignments will be posted on the CGBD team website (http://www.cgbdswimming.org), no later than July 14, 2009, 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. |

| | |
|------------------------|---|
| | <ul style="list-style-type: none"> ○ Any swimmer / spectator who violate 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, plastic containers. ● Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats. ● Team Areas: Team seating will be available in the pool and gym area. 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 (or sandals). ● 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. ● Team Banners: Team Banners cannot be hung from a water return pipe that runs over the team seating areas. ● Programs: Meet Programs will be sold for \$10.00. ● Snack Bar: CGBD will operate a Concessions Stand during the meet. ● Swim Supplies: CGBD will operate a Swim Shop during the meet. ● 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. ● Hospitality: CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days. |
| 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). ● 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, 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. ● No coolers in the pool area. They are allowed in the Gym. ● No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym. ● Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.). ● 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 for the pool area. ● Clean up your area when you leave after each session. Trashcans are located throughout the facility. Lost and Found is located next to the Announcer. ● Officials only inside the ropes. ● Coaches, officials, and meet staff only in the Hospitality Room. ● 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/south, 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. Pool is on the left.</p> |

VSI REGIONAL SUMMER AWARDS

July 17-19, 2009

Order of Events

AM Session Warm-ups: 7:00 am

Meet Starts: 8:15 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 |

AM Session Warm-ups: 7:00 am

Meet Starts: 8:15 am

| 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 |

AM Session Warm-ups: 7:00 am

Meet Starts: 8:15 am

| 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 |

PM Session Warm-ups: 1:00 pm

Meet Starts: 2:15 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 |

PM Session Warm-ups: 12:00 noon

Meet Starts: 1:15 pm

| 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 |

PM Session Warm-ups: 12:00 noon

Meet Starts: 1:15 pm

| 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 |