



AMENDED

(July 9, 2010)

2010 VSI REGIONAL SUMMER AWARDS

July 16-18, 2010

SANCTION NO. VS-10-75

Hosted by:



**South Eastern
Virginia Aquatics**

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-75						
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 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 104.2.2(C). 						
MEET DIRECTOR:	<table border="0"> <tr> <td>Dave Henderson</td> <td>Barry & Elaine Ramsey</td> </tr> <tr> <td>Email: sevaseahawks@aol.com</td> <td>Email: rueetoo@cox.net</td> </tr> <tr> <td>Phone: (757) 897-6127</td> <td>Phone: (757) 639-8042</td> </tr> </table>	Dave Henderson	Barry & Elaine Ramsey	Email: sevaseahawks@aol.com	Email: rueetoo@cox.net	Phone: (757) 897-6127	Phone: (757) 639-8042
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Email: sevaseahawks@aol.com	Email: rueetoo@cox.net						
Phone: (757) 897-6127	Phone: (757) 639-8042						
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams: BAC, CGBD, DC, OBX, ODAC, PSDN, RACE, SEVA, TAC, TCAC, TIDE, US, VACS, VYAC, & WAC The qualifying period for this meet is: <ul style="list-style-type: none"> 14 & Younger swimmers: May 1, 2009 through July 15, 2010 15 & Older swimmers: January 1, 2009 through July 15, 2010 No on deck Virginia Swimming athlete registration will be permitted. 8 and younger swimmers may compete in any 8 and under event regardless of their time. 8 and younger swimmers may compete in any 10 and under 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 and older) qualifying time. Age on July 16, 2010 will determine age for the entire meet. 10, 12, & 14 year old swimmers aging up from July 17 to July 28, 2010, 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 old 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 afternoon session on Friday (pool not available Friday morning) and the morning sessions on Saturday and Sunday. 13 and older swimmers: Will swim in the evening session on Friday and the afternoon sessions on Saturday and Sunday. 						
WARM-UP:	<ul style="list-style-type: none"> Friday, 12 & Younger Session: Warm-ups at 10:00 AM; competition starts at 11:00 AM. Friday, 13 & Older Session: Warm-ups at 2:00 PM; competition starts at 3:00 PM. Saturday, 12 & Younger Session: Warm-ups at 7:00 AM; competition starts at 8:00 AM. 						

	<ul style="list-style-type: none"> • Saturday, 13 & Older Session: Warm-ups at 1:00 PM; competition starts at 2:00 PM. • Sunday, 12 & Younger Session: Warm-ups at 7:00 AM; competition starts at 8:00 AM. • Sunday, 13 & Older Session: Warm-ups at 1:10 PM; competition starts at 2:30 PM. • Distance sessions (800 Free & 1500 Free): The pool will be available 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), no later than Tuesday, July 13, 2010, 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), no later than Tuesday, July 13, 2010 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 TUESDAY, JULY 6, 2010.</p> <ul style="list-style-type: none"> • Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries as an e-mail attachment. • 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. • In accordance with Virginia Swimming policies regarding championship series meets, “Coach’s Time” (CT) and “No Time” (NT) entries will not be accepted. All entries must have an official time of record. • Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. <ul style="list-style-type: none"> ○ Relay entry times must be slower than the combined VSI LC Age Group Championship qualifying time for 14 & younger swimmers and must be slower than the combined VSI LC Senior Championship qualifying time for 15 & older swimmers for the corresponding relay. ○ See the “not faster than” relay times chart on page 5. • 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 • 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: \$5.50 Relay events: \$15.00 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: SEVA Inc. • Payment must be received by July 13, 2010 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
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 & over. • 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. • Positive check-in will close at 9:00 AM Saturday for events 65-66 (10 & Y 400 Free). • Positive check-in will close at 3:00 PM Saturday for events 77-80 and events 89-90 (13 & Older 400 IM, Girls 1500 Free, Boys 800 Free and 13-14 400 Free). • Positive check-in will close at 9:00 AM Sunday for events 109-110 (11-12 400 Free). • Positive check-in will close at 3:30 PM Sunday for events 127-128 (15 & Older 400 Free, 13 & Older Girls 800 Free, and 13 & Older Boys 1500 Free). • 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 marked as exhibition for 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. • Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • 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 who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Name: John Presgraves Email: fhs1981@cox.net Phone: (757) 599-4760 (home) or (757) 869-4657 (cell)</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 – mpgorton@verizon.net (757) 864-5059 (w) (757) 595-0971 (h) no

	<p>later than Tuesday, July 13, 2010. Thank you for your help.</p> <ul style="list-style-type: none"> • There will be an officials' meeting approximately 1 hour prior to the start of each session.
SAFETY:	VSI Safety and Warm-up 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 SEVA website, www.sevaswimming.com, no later than Tuesday, July 13, 2010, and will also be emailed to the contact person of each of the individual clubs. • Swimmers are required to supply their own timers and lap counters for the 800 and 1500 Free events.
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. • Deck Access: • Team Areas • Spectator Seating: • Team Banners: . • Programs: Meet Programs will be sold for \$5.00. . • Snack Bar: SEVA will operate a snack bar during all sessions of the meet. • Swim Supplies: Swim & Sports Stop will be operating a swim shop on Friday, Saturday and Sunday during the meet for your apparel needs. Glen Monogram will also be in attendance. • First Aid: A staffed First Aid Station is located at the end of the pool near the entrance to the locker rooms. • Lost and Found: Lost and Found will be located at the announcer's table • Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Dinner on Friday, Lunch on Friday, Saturday and Sunday, and Breakfast on Saturday and Sunday will be served. Snacks and Refreshments will be provided during each session and before the distance events on Saturday and Sunday evenings.
FACILITY RULES:	<p>PLEASE READ THOUGHLY. RULES WILL BE ENFORCED BY THE MEET MARSHALLS, MEET REFEREE, MEET DIRECTOR AND AQUATIC CENTER STAFF.</p> <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 Aquatic Center or USA Swimming rules, 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 only will be 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 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. • 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 chaperone them closely. • No glass, food or chewing gum. • No shaving anywhere in the venue.

DIRECTIONS:	<ul style="list-style-type: none"> From the north/south, follow I-64 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 Brittingham-Midtown Community/Aquatic Center will be on your left. From the north/south, follow I-64 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 Brittingham-Midtown Community/Aquatic Center will be on your left.
HOTELS:	Marriott Newport News at City Center: (757) 873-9299. Swim Meet rate of \$79.00 per night.

RELAY "NOT FASTER THAN TIMES" CHART

Age Group	Gender	Free	Medley
9-10	Girls	5:27.56	6:22.06
	Boys	5:22.36	6:16.36
11-12	Girls	4:42.36	5:28.46
	Boys	4:42.36	5:27.16
13-14	Girls	4:24.76	5:06.46
	Boys	4:15.16	4:50.66
15 & Older	Girls	4:12.76	4:47.16
	Boys	3:49.96	4:21.26

VSI REGIONAL SUMMER AWARDS

Order of Events

Friday, July 16, 2010

Afternoon Session		
Warm-up: 10:00 AM; Start: 11:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 50m Breaststroke	2
3	11-12 50m Breaststroke	4
5	9-10 50m Backstroke	6
7	11-12 50m Backstroke	8
9	9-10 50m Freestyle	10
11	11-12 50m Freestyle	12
13	10 & U 100m Butterfly	14
15	11-12 100m Butterfly	16
17	10&U 400m Freestyle Relay	18
19	11-12 400m Freestyle Relay	20

Evening Session		
Warm-up: 2:00 PM; Start: 3:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	13-14 100m Breaststroke	22
23	15&O 100m Breaststroke	24
25	13-14 200m Freestyle	26
27	15&O 200m Freestyle	28
29	13-14 100m Butterfly	30
31	15&O 100m Butterfly	32
33	13-14 200m Individual Medley	34
35	15&O 200m Individual Medley	36
37	13-14 400m Medley Relay	38
39	15&O 400m Medley Relay	40

Saturday, July 17, 2010

Morning Session		
Warm-up: 7:00 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	11-12 200m Backstroke	42
43	9-10 100m Freestyle	44
45	11-12 100m Freestyle	46
47	8&U 50m Breaststroke	48
49	11-12 50m Butterfly	50
51	9-10 50m Butterfly	52
53	8&U 50m Butterfly	54
55	11-12 200m Breaststroke	56
57	8 & U 100m Freestyle	58
59	11-12 200m Freestyle	60
61	10&U 400m Medley Relay	62
63	11-12 400m Medley Relay	64
65	10 & U 400m Freestyle	66

Afternoon Session		
Warm-up: 1:00 PM; Start: 2:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	13-14 50m Freestyle	68
69	15&O 50m Freestyle	70
71	13-14 400m Individual Medley	72
73	15&O 400m Individual Medley	74
75	13-14 100m Backstroke	76
77	15&O 100m Backstroke	78
79	13-14 200m Breaststroke	80
81	15&O 200m Breaststroke	82
83	13-14 400m Freestyle	84
	20 Minute Break	
85	13&O 1500m Freestyle	-
-	13&O 800m Freestyle	86

Sunday, July 18, 2010

Morning Session		
Warm-up: 7:00 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
87	11-12 200m Butterfly	88
89	8&U 50m Backstroke	90
91	10&U 100m Backstroke	92
93	11-12 100m Backstroke	94
95	10&U 100m Breaststroke	96
97	11-12 100m Breaststroke	98
99	8&U 50 Freestyle	100
101	10&U 200m Individual Medley	102
103	11-12 200m Individual Medley	104
105	10&U 200m Freestyle	106
107	11-12 400m Freestyle	108

Afternoon Session		
Warm-up: 2:30 PM; Start: 3:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
109	13-14 200m Butterfly	110
111	15&O 200m Butterfly	112
113	13-14 100m Freestyle	114
115	15&O 100m Freestyle	116
117	13-14 200m Backstroke	118
119	15&O 200m Backstroke	120
121	13-14 400m Freestyle Relay	122
123	15&O 400m Freestyle Relay	124
125	15&O 400m Freestyle	126
	20 Minute Break	
127	13&O 800m Freestyle	-
-	13&O 1500m Freestyle	128