



2011 VSI REGIONAL SUMMER AWARDS
July 15-17, 2011
SANCTION NO. VS-11-70



Coast Guard Blue Dolphins

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-70 USA Swimming, Inc., Virginia Swimming, Inc., and Brittingham-Midtown Aquatic 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 Aquatics 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:	<table border="0"> <tr> <td>Oscar Alvarez</td> <td>Jeff Beattie</td> </tr> <tr> <td>Email: f2zoo@cox.net</td> <td>Email: jmbeattie@cox.net</td> </tr> <tr> <td>Phone: (757) 639-8042</td> <td>Phone: (757) 303-9042</td> </tr> </table>	Oscar Alvarez	Jeff Beattie	Email: f2zoo@cox.net	Email: jmbeattie@cox.net	Phone: (757) 639-8042	Phone: (757) 303-9042
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Phone: (757) 639-8042	Phone: (757) 303-9042						
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, GRHH, MA, OBX, ODAC, PSDN, RACE, SCSC, SEVA, TAC, TCAC, TIDE, VACS, VYAC, WAC, WMTA, & YGR. The qualifying period for this meet is: <ul style="list-style-type: none"> 14 & Younger swimmers: May 1, 2010 through July 14, 2011 15 & Older swimmers: January 1, 2010 through July 14, 2011 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 15, 2011 will determine age for the entire meet. 10, 12, & 14 year old swimmers aging up from July 16 to July 27, 2011, 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 						

	<ul style="list-style-type: none"> • Afternoon sessions: Warm-ups not before 12:30 pm; competition not before 1:30 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 website, http://www.cgbdswimming.org, no later than Tuesday, July 12, 2011, 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 CGBD website, http://www.cgbdswimming.org, no later than Tuesday, July 12, 2011 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 9:00 PM, SUNDAY, JULY 10, 2011</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 via e-mail. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawswimming.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. • Coach Times (CT) will be accepted for events in which a swimmer does not have <u>any</u> time of record (LCM, SCY, and SCM). CT may not exceed a “BB” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • “No Time” (NT) entries will not be accepted. • 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 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: Steve Hennessy @ cgbdswimming@cox.net • 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: \$ 5.25 Relay events: \$ 13.00 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: CGBD • May payment to: Steve Hennessy CGBD Team Administrator 607 Lotz Drive Yorktown, VA 23692

	<ul style="list-style-type: none"> • Payment must be received by July 12, 2011 for email 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 8:45 am, Friday, for events 25-28. • Positive check-in will close at 3:00 pm, Friday, for events 45-52 • Positive check-in will close at 8:45 am, Saturday, for events 65-66 and 69-72 • Positive check-in will close at 3:00 pm, Saturday, for events 77-80 and events 89-90. • Positive check-in will close at 8:45 am, Sunday, for events 109-110. • Positive check-in will close at 3:00 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 then 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 USA 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. • 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. • The overhead start procedure will be used for all sessions. • 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: Bob Hood Email: bob.hood@us.army.mil Phone: (757) 878-5777</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 eligible trainees to: John Warhol, email: cgbd.officials@gmail.com, no later than Tuesday, July 12, 2011. • There will be an officials' meeting approximately 1 hour prior to the start of each session.
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 CGBD website, http://www.cgbdswimming.org, no later than Tuesday, July 12, 2011, 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 can not be hung from a water return pipe that runs over the team seating areas. • Programs: Meet Programs will be sold for \$5.00. • Snack Bar: CGBD will operate a Concessions Stand during the meet. • Swim Supplies: CGBD will operate a Swim Shop during the meet. • First Aid: 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>

RELAY "NOT FASTER THAN TIMES" CHART

Age Group	Gender	Free	Medley
9-10	Girls	5:27.56	6:21.26
	Boys	5:22.36	6:16.36
11-12	Girls	4:42.36	5:28.36
	Boys	4:40.36	5:26.66
13-14	Girls	4:24.36	5:05.96
	Boys	4:13.16	4:49.26
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 15, 2011

Morning Session Warm-up: 7:00 am; Start: 8:15 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 50m Breaststroke	2
3	9-10 50m Breaststroke	4
5	8&U 50m Breaststroke	6
7	11-12 200m Backstroke	8
9	8&U 100m Freestyle	10
11	9-10 100m Freestyle	12
13	11-12 100m Freestyle	14
15	8&U 50m Butterfly	16
17	9-10 50m Butterfly	18
19	11-12 50m Butterfly	20
21	10&U 200m Individual Medley	22
23	11-12 200m Individual Medley	24
Positive Check-in closes for Events 25-28 at 8:45 am		
25	10&U 400m Freestyle Relay	26
27	11-12 400m Freestyle Relay	28

Afternoon Session Warm-up: 12:30 pm; Start: 1:30 pm (Time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13-14 100m Breaststroke	30
31	15&O 100m Breaststroke	32
33	13-14 200m Freestyle	34
35	15&O 200m Freestyle	36
37	13-14 100m Butterfly	38
39	15&O 100m Butterfly	40
41	13-14 200m Individual Medley	42
43	15&O 200m Individual Medley	44
Positive Check-in closes for Events 45-52 at 3:00 pm		
45	13-14 400m Freestyle	46
47	15&O 400m Freestyle	48
49	13-14 400m Medley Relay	50
51	15&O 400m Medley Relay	52

Saturday, July 16, 2011

Morning Session Warm-up: 7:00 am; Start: 8:15 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11-12 50m Backstroke	54
55	9-10 50m Backstroke	56
57	8&U 50m Backstroke	58
59	11-12 200m Breaststroke	60
61	10&U 100m Butterfly	62
63	11-12 100m Butterfly	64
Positive Check-in closes for Events 65-66 at 8:45 am		
65	10&U 400m Freestyle	66
67	11-12 200m Freestyle	68
Positive Check-in closes for Events 69-72 at 8:45 am		
69	10&U 400m Medley Relay	70
71	11-12 400m Medley Relay	72

Afternoon Session Warm-up: 12:30 pm; Start: 1:30 pm (Time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
73	13-14 50m Freestyle	74
75	15&O 50m Freestyle	76
Positive Check-in closes for Events 77-80 at 3:00 pm		
77	13-14 400m Individual Medley	78
79	15&O 400m Individual Medley	80
81	13-14 100m Backstroke	82
83	15&O 100m Backstroke	84
85	13-14 200m Breaststroke	86
87	15&O 200m Breaststroke	88
Positive Check-in closes for Events 89-90 at 3:00 pm		
89	13&O 1500m Freestyle	-
-	13&O 800m Freestyle	90

Sunday, July 17, 2011

Morning Session Warm-up: 7:00 am; Start: 8:15 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
91	11-12 50m Freestyle	92
93	9-10 50m Freestyle	94
95	8&U 50m Freestyle	96
97	11-12 200m Butterfly	98
99	10&U 100m Backstroke	100
101	11-12 100m Backstroke	102
103	10&U 100m Breaststroke	104
105	11-12 100m Breaststroke	106
107	10&U 200 Freestyle	108
Positive Check-in closes for Events 109-110 at 8:45 am		
109	11-12 400m Freestyle	110

Afternoon Session Warm-up: 12:30 pm; Start: 1:30 pm (Time are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
111	13-14 200m Butterfly	112
113	15&O 200m Butterfly	114
115	13-14 100m Freestyle	116
117	15&O 100m Freestyle	118
119	13-14 200m Backstroke	120
121	15&O 200m Backstroke	122
Positive Check-in closes for Events 123-128 at 3:00 pm		
123	13-14 400m Freestyle Relay	124
125	15&O 400m Freestyle Relay	126
127	13&O 800m Freestyle	-
-	13&O 1500m Freestyle	128