



OLD DOMINION AQUATIC CLUB
Southeast District A/BB/B/C Meet
November 18-20, 2011
SANCTION NO. VS-12-26

Hosted by:



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-26USA Swimming, Inc., Virginia Swimming, Inc., and the Old Dominion University JC "Scrap" Chandler Natatorium 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:	Old Dominion University JC "Scrap" Chandler Natatorium located in the Health & Physical Education Building at the corner of 48th Street and Powhatan Avenue, Norfolk, VA 23508
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 <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTOR:	Stefanie Dunham Phone: (757) 490-0049 Email: sdunham632@cox.net
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes registered by the first day of the meet in Southeast District. The Teams in the Southeast District are: CGBD, OBX, ODAC, SCSC, SEVA, TAC, TCAC, TIDE, VYAC, and WAC.No on-deck Virginia Swimming athlete registration will be permitted.Age on November 18, 2011 will determine age for the entire meet.
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 12 & Younger swimmers will swim on Saturday and Sunday morning.All 13 & Older swimmers will swim on Saturday and Sunday afternoon.All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Friday session: Warm-ups at 5:00 PM; competition starts at 6:00 PM.Morning sessions: Warm-ups at 7:00 AM; competition starts at 8:00 AM.Afternoon sessions: Warm-ups not before 12:00 PM; competition starts not before 1:00 PM.Lane assignment and warm-up times for individual clubs will be posted on the ODAC website no later than Wednesday, November 16, 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.Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams will be notified not later than Wednesday, November 16, 2011
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 9, 2011.</p> <ul style="list-style-type: none">Entries must be submitted in short course yards times 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 meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.All entry times must have been achieved in USA Swimming sanctioned, approved, and observed competition.

	<ul style="list-style-type: none"> • Coach Times (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. 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. • Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: stevebialorucki@swimodac.com • 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. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
FEES:	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: ODAC • Mail entries to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464 (757) 474-1014 • Payment must be received by November 18, 2011 for all 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: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and Senior age groups. ○ 12 & Under events will be given separate awards for 11-12 and 10 & Under age groups. • Relay events: Ribbons will be awarded for first through fourth place
SEEDING:	<ul style="list-style-type: none"> • All individual events, except event #1-2 (13&O 400 IM), #3-4 (12&U 500 Free), #5-6 (13&O 1000 Free), and 35-36 (13&O 500 Free) will be pre-seeded. • Event #1-2 (13&O 400 IM), #3-4 (12&U 500 Free), 5-6 (13&O1000 Free), and 35-36 (13&O 500 Free) require a positive check-in to swim. • Positive check-in will close at 5:30 PM (Friday Session) and 12:30 PM (Saturday Afternoon Session). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 1000 Free (event #5-6) 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 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. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers 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.

	<ul style="list-style-type: none"> ○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. ● The overhead start procedure will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. ● 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 <u>not permitted</u> ● 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 <ul style="list-style-type: none"> ○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area. 		
OFFICIALS:	<p>Meet Referee: Tom Colasurdo Email: misterconductor@verizon.net Phone: (757) 567-4176 (cell)</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions 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 Jeff Kauffman, Email: Jeffreykauffman@msn.com, or Phone: (757) 407-1301, not later than November 16, 2011 ● Officials meeting will be one hour before the start of each session. 		
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.		
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. 		
HOTELS:	<p>ODAC has not made any arrangements with any of the following hotels as far as discounts or blocks of rooms. All of these hotels are within 10-minutes of the ODU Campus.</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> ● Comfort Inn – Norfolk Naval Base 8051 Hampton Blvd. Norfolk, VA 23505-1001 (757) 451-0000 ● Econo Lodge – Ocean View Beach (NAS) 9601 4th View St. Norfolk, VA 23503-1401 (757) 480-9611 ● Hampton Inn – Norfolk Naval Base 8501 Hampton Blvd. Norfolk, VA 23505-1009 (757) 489-1000 </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> ● Norfolk Waterside Marriott 235 East Main St. Norfolk, VA 23510 (757) 627-4200 ● Omni Waterside Hotel at Norfolk 777 Waterside Dr. Norfolk, VA 23510-2101 (757) 622-6664 </td> </tr> </table>	<ul style="list-style-type: none"> ● Comfort Inn – Norfolk Naval Base 8051 Hampton Blvd. Norfolk, VA 23505-1001 (757) 451-0000 ● Econo Lodge – Ocean View Beach (NAS) 9601 4th View St. Norfolk, VA 23503-1401 (757) 480-9611 ● Hampton Inn – Norfolk Naval Base 8501 Hampton Blvd. Norfolk, VA 23505-1009 (757) 489-1000 	<ul style="list-style-type: none"> ● Norfolk Waterside Marriott 235 East Main St. Norfolk, VA 23510 (757) 627-4200 ● Omni Waterside Hotel at Norfolk 777 Waterside Dr. Norfolk, VA 23510-2101 (757) 622-6664
<ul style="list-style-type: none"> ● Comfort Inn – Norfolk Naval Base 8051 Hampton Blvd. Norfolk, VA 23505-1001 (757) 451-0000 ● Econo Lodge – Ocean View Beach (NAS) 9601 4th View St. Norfolk, VA 23503-1401 (757) 480-9611 ● Hampton Inn – Norfolk Naval Base 8501 Hampton Blvd. Norfolk, VA 23505-1009 (757) 489-1000 	<ul style="list-style-type: none"> ● Norfolk Waterside Marriott 235 East Main St. Norfolk, VA 23510 (757) 627-4200 ● Omni Waterside Hotel at Norfolk 777 Waterside Dr. Norfolk, VA 23510-2101 (757) 622-6664 		

ORDER OF EVENTS

Friday, November 18, 2011

Morning Session
Warm-up: 5:00 pm; Start: 6:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 400 Individual Medley	2
3	12 & Under 500 Freestyle	4
5	13 & Over 1000 Freestyle	6

Saturday, November 19, 2011

Morning Session
Warm-up: 7:00 am; Start: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 100 Breaststroke	8
9	10 & Under 100 Breaststroke	10
11	11-12 50 Butterfly	12
13	10 & Under 50 Butterfly	14
15	11-12 200 Backstroke	16
17	10 & Under 100 Individual Medley	18
19	11-12 100 Individual Medley	20
21	10 & Under 200 Freestyle	22
23	11-12 200 Freestyle	24
25	10 & Under 50 Backstroke	26
27	11-12 50 Backstroke	28
29	11-12 200 Butterfly	30
31	10 & Under 200 Freestyle Relay	32
33	11-12 200 Freestyle Relay	34

Afternoon Session

Warm-up: 12:00 pm; Start: 1:00 pm
 (Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	13 & Over 500 Freestyle	36
37	13-14 100 Breaststroke	38
39	15 & Over 100 Breaststroke	40
41	13-14 200 Freestyle	42
43	15 & Over 200 Freestyle	44
45	13-14 100 Butterfly	46
47	15 & Over 100 Butterfly	48
49	13-14 200 Individual Medley	50
51	15 & Over Individual Medley	52
53	13-14 200 Backstroke	54
55	15 & Over 200 Backstroke	56
57	13 & Over 400 Free Relay	58

Sunday, November 20, 2011

Morning Session
Warm-up: 7:00 am; Start: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	11-12 100 Backstroke	60
61	10 & Under 100 Backstroke	62
63	11-12 50 Breaststroke	64
65	10 & Under 50 Breaststroke	66
67	11-12 100 Freestyle	68
69	10 & Under 100 Freestyle	70
71	11-12 200 Individual Medley	72
73	10 & Under 200 Individual Medley	74
75	11-12 100 Butterfly	76
77	10 & Under 100 Butterfly	78
79	11-12 50 Freestyle	80
81	10 & Under 50 Freestyle	82
83	11-12 200 Breaststroke	84
85	10 & Under 200 Medley Relay	86
87	11-12 200 Medley Relay	88

Afternoon Session

Warm-up: 12:00 pm; Start: 1:00 pm
 (Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	13-14 200 Butterfly	90
91	15 & Over 200 Butterfly	92
93	13-14 50 Freestyle	94
95	15 & Over 50 Freestyle	96
97	13-14 200 Breaststroke	98
99	15 & Over 200 Breaststroke	100
101	13-14 100 Backstroke	102
103	15 & Over 100 Backstroke	104
105	13-14 100 Freestyle	106
107	15 & Over 100 Freestyle	108
109	13 & Over 400 Medley Relay	110