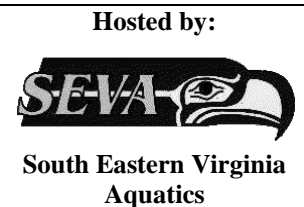




SEVA SEAHAWKS
13 & Older Quad Meet
November 5-6, 2011
SANCTION NO. VS-12-17



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| SANCTION: | <ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-17.• USA Swimming, Inc, Virginia Swimming Inc., and the Brittingham-Midtown Community 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: | Midtown Aquatic 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 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System.<ul style="list-style-type: none">○ Configured for 8-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool into a bulkhead○ 6 continuous warm-up / cool down lanes (4-6 feet in depth) in the none competition portion of the pool;• 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: | Dave Henderson Phone: (757) 897-6127 (cell) Email: SEVAseahawks@aol.com | Barry & Elaine Ramsey Phone: (757) 850-3879 Email: ruefoo@cox.net |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all USA Swimming athletes at least 13 years old from Machine Aquatics (MACH), Quest Swimming (QSTS), South Eastern Virginia Aquatics (SEVA), and Tide Swim Team (TIDE) registered by the first day of the meet.• No on deck USA Swimming athlete registration will be permitted.• Age on November 5, 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 events will be timed finals.• The 1st heat will consist of two swimmers from each team. Lane 1 & 5 (MACH), Lane 2 & 6 (TIDE), Lane 3 & 7 (SEVA), Lane 4 & 8 (QSTS).<ul style="list-style-type: none">○ Teams may have the fastest two swimmers compete in the first heat or any swimmer of the coach's choice.○ Coaches must supply the meet director with a list of swimmers who will be seeded in the first heat by Tuesday, November 1, 2011• All other swimmers will be seeded in heats by time fast to slow. | |
| WARM-UPS: | <ul style="list-style-type: none">• Saturday Morning Session: Warm-ups start at 7:30 am; Competition starts at 9:00 am.• Saturday Evening Session: Warm-ups starts at 3:45 pm; Competition starts at 5:00 pm.• Sunday Morning Session: Warm-ups starts at 7:30 am; Competition starts at 9:00 am.• Sunday Distance Session: The competition pool will be open for 25 minutes following the conclusion of the AM session, with the distance session competition starting 5 minutes thereafter.• The warm-up/warm-down lanes will remain open at all times during the meet.• Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Wednesday, November 2, 2011• This information will also be available on the SEVA website, www.sevaswimming.com, by going to the "Meets" followed by "SEVA Hosted Meets".• Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Wednesday, November 2, 2011 | |

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| ENTRIES: | <p>DEADLINE FOR RECEIPT OF ENTRIES IS THURSDAY, OCTOBER 27, 2011.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard 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. • Coach Times (CT) and "No Time" (NT) entries will be accepted for events 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. • On Saturday, swimmers may enter no more than 3 individual events per session and no more than 5 individual events for the day. Swimmers may participate in up to 4 relays on Saturday. On Sunday, swimmers may enter up to 5 individual events. • Relay teams must be designated A, B, C, etc. if a team enters more than one relay. • The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries. • E-Mail Entries To: SEVAseahawks@aol.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 receipt of your entries. • Additional Entries may be allowed at the discretion of the Meet Director, 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: \$5.00 Relay Events: \$12.00 Swimmer Surcharge: \$2.50 (entered in any capacity in the meet)</p> <ul style="list-style-type: none"> • Make Checks payable to: SEVA Inc. • Mail Payment to: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Phone: (757) 897-6127 (cell) • Payment must be received by Wednesday, November 2, 2011 for all entries. An entry fee summary printout from Team Manager must accompany the entry fee payment. • Failure to pay entry fees by this deadline could result in teams being barred from the meet. |
| AWARDS: | <ul style="list-style-type: none"> • No Individual Awards will be given. • Team Awards will be given. Scoring is as follows: <ul style="list-style-type: none"> ○ Individual - 9, 7, 6, 5, 4, 3, 2, 1 ○ Relays - 18, 14, 12, 10, 8, 6, 4, 2 ○ Swimmers/Relays in the first heat of each event are the only ones eligible to score points. |
| SEEDING: | <ul style="list-style-type: none"> • All events will be pre-seeded except event #33-34 (1000 Free) • A positive check-in is required by 10:00 am on Sunday to swim event #33- 34 (1000 Free) • SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE EVENT. • The 1000 Free (event #33-34) will be swum fastest to slowest, alternating 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 USA Swimming by the day prior to the start 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. |

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| 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. ○ 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 <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: Bob Hood Email: bob.hood@us.army.mil Phone: (757) 878-5777</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Anyone in the process of achieving certification through on-deck training is welcome. • Contact: Freddie Persinger, SEVA Officials Chairman at Phone: (757) 897-0787 (c) or Email: officials@sevaswimming.com. Thank you for your help in advance. • Officials meetings will take place before each session. The meeting will start at 8:00 am for both morning sessions and 4:00 pm for the afternoon sessions. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> • Clubs may need 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 web site at www.sevaswimming.com no later than Wednesday, October 12, 2011. Please see the "Meet" section followed by "SEVA Hosted Meets" section of the web site. • This information will also be e-mailed to the contact person listed for each club. • All teams are responsible for providing timers for their swimmers competing in 1000 Free events. |
| GENERAL: | <ul style="list-style-type: none"> • Meet Programs: Meet programs will be sold for \$5.00 • Snack Bar: No snack bar will be running during the meet. Vending machines are available. • Swim Shop: No Swim Shop will be operating during the meet. • Hospitality: SEVA will provide light Hospitality for coaches and officials. This will be served just off of the pool deck behind the diving board or in a room that will be announced at future time. A light breakfast & dinner will be served on Saturday. A light breakfast and lunch will be served on Sunday. Drinks and snacks will be provided during each session. • 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 next to the announcer's table. |
| RESULTS: | <ul style="list-style-type: none"> • All results will be announced, and then posted on the wall in the hallway just leaving the pool and before entering the lobby area. • Meet results will be e-mailed to all participating teams within 24 hours of the conclusion of the meet. • The results will be posted to the Virginia Swimming web site www.virginiawswimming.com after the conclusion of the meet. |
| FACILITY RULES: | <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 rules, posted at the pool, 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 and cups with lids. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff are the only people 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 |

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| | <p>possible and not view the meet from the deck during warm-ups and the competition.</p> <ul style="list-style-type: none"> • Team Areas: The Gymnasium will not be used. Team seating will be on the pool deck. Swim bags will be allowed in the pool 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 (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. • 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, chewing gum. • No shaving anywhere in the venue. |
| DIRECTIONS: | From the North/South, follow I-64 to 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 Midtown Community/Aquatic Center will be on your left. |

**ORDER OF EVENTS
SEVA 13 & Older Quad Meet**

**Saturday, November 5, 2011
Morning Session**

Warm-up: 7:30 am; Start: 9:00 am

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|---------------------|-------------|
| 1 | 200 Medley Relay | 2 |
| 3 | 50 Freestyle | 4 |
| 5 | 200 Breaststroke | 6 |
| 7 | 200 Backstroke | 8 |
| 9 | 200 Butterfly | 10 |
| 11 | 400 Freestyle Relay | 12 |

**Sunday, November 6, 2011
Morning Session**

Warm-up: 7:30 am; Start: 9:00 am

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|-----------------------|-------------|
| 23 | 100 Butterfly | 24 |
| 25 | 100 Backstroke | 26 |
| 27 | 100 Breaststroke | 28 |
| 29 | 100 Freestyle | 30 |
| 31 | 400 Individual Medley | 32 |

Evening Session

Warm-up: 3:45 PM; Start: 5:00 pm

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|-----------------------|-------------|
| 13 | 200 Freestyle Relay | 14 |
| 15 | 200 Freestyle | 16 |
| 17 | 200 Individual Medley | 18 |
| 19 | 400 Medley Relay | 20 |
| 21 | 500 Freestyle | 22 |

Distance Session

Approximate start 30 min after afternoon session

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|----------------|-------------|
| 33 | 1000 Freestyle | 34 |