
	<b>2014 VSI REGIONAL SUMMER AWARDS</b> <b>July 11-13, 2014</b> <b>SANCTION NO. VS-14-75</b>	<b>Hosted by:</b>  <b>South Eastern Virginia Aquatics</b>
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-14-75</b></li> <li>• 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.</li> </ul>	
<b>LOCATION:</b>	Brittingham-Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, Va. 23601. Phone: (757) 591-4573	
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)</li> </ul>	
<b>MEET DIRECTORS:</b>	Name: Dave Henderson Email: <a href="mailto:sevaseahawks@aol.com">sevaseahawks@aol.com</a> Phone: (757) 897-6127 (cell)	Lori Sprott <a href="mailto:loloandc.sprott@cox.net">loloandc.sprott@cox.net</a> (757) 880-6262
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams: <b>CGBD, MA, NSU, OBX, ODAC, SEVA, STAT, TAC, TCAC, TIDE, VYAC &amp; WAC.</b></li> <li>• The qualifying period for this meet is: <ul style="list-style-type: none"> <li>○ 14 &amp; Younger swimmers: May 1, 2013 through July 10, 2014</li> <li>○ 15 &amp; Older swimmers: January 1, 2013 through July 10, 2014</li> </ul> </li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• <b>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.</b></li> <li>• <b>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.</b></li> <li>• <b>15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time.</b></li> <li>• 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.</li> <li>• Age on July 11, 2014 will determine age for the entire meet.</li> <li>• 10 &amp; 12 year old swimmers aging up from July 11 to July 24, 2014, and 14 year old swimmers aging up from July 11 to July 17, 2014, with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> <li>○ Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event.</li> <li>○ Any 14 year swimmer who does not qualify for Senior Champs may enter the event</li> <li>○ 10, 12, &amp; 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.</li> </ul> </li> </ul>	
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>	
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• All Events will be timed finals.</li> <li>• 12 &amp; Younger swimmers will swim in the morning sessions</li> </ul>	

	<ul style="list-style-type: none"> <li>• 13 and older swimmers will swim in the afternoon sessions</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• <b>Morning sessions: Warm-ups at 7:00 am; competition starts at 8:00 am.</b></li> <li>• <b>Afternoon sessions: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm.</b></li> <li>• Distance sessions (800 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"> <li>○ The approximate start time for the distance sessions will be posted on the SEVA website, no later than Tuesday, July 8, 2014, and will also be emailed to the contact person of the participating clubs.</li> <li>○ The distance sessions will start no earlier than the estimated times.</li> </ul> </li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the SEVA website, no later than Tuesday, July 8, 2014 and will also be emailed to the contact person of the participating clubs.</li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JULY 1, 2014.</b></p> <ul style="list-style-type: none"> <li>• <b>Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards</b> using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>• Teams submit entries via e-mail.</li> <li>• A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiawimming.org">www.virginiawimming.org</a> ) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• <b>Swimmer may enter a maximum of 9 individual events, no more than 3 per day, and 1 relay per day.</b></li> <li>• Coach Times (CT) 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.</li> <li>• “No Time” (NT) entries will not be accepted.</li> <li>• 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"> <li>○ Relay entry times must be slower than the combined VSI LC Age Group Championship qualifying time for 14 &amp; younger swimmers and must be slower than the combined VSI LC Senior Championship qualifying time for 15 &amp; older swimmers for the corresponding relay.</li> <li>○ See the “not faster than” relay times chart on page 5.</li> </ul> </li> <li>• The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>• Proof of Entry Time, if required, 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.</li> <li>• Email entries to: Dave Henderson at <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a></li> <li>• <b>Late entries will be accepted.</b> 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.50  Relay events: \$15.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> 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"> <li>• <b>Checks should be made payable to: SEVA Inc.</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Mail payment to: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602</b></li> <li>• <b>Payment must be received by Tuesday, July 8, 2014 for all entries.</b> Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events in the A/BB category will be awarded medals for first through fourth, and ribbons for fifth through eighth place.</li> <li>• Individual events in the B/C category will be awarded ribbons for first through eighth place.</li> <li>• The 800 freestyle will be awarded as 13-14 and 15 &amp; over.</li> <li>• Relay events will be awarded ribbons for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the 400 and 800 freestyles and the 400 IM's and the relays will be pre-seeded.</li> <li>• <b>The above events will require a positive check-in to swim.</b></li> <li>• <b>Positive check-in will close at 8:30 am Friday, for events 23-28.</b></li> <li>• <b>Positive check-in will close at 1:30 pm Friday, for events 45-52.</b></li> <li>• <b>Positive check-in will close at 8:30 am Saturday, for events 71-78.</b></li> <li>• <b>Positive check-in will close at 12:30 pm Saturday, for events 83-86.</b></li> <li>• <b>Positive check-in will close at 1:30 pm Saturday, for events 95-98.</b></li> <li>• <b>Positive check-in will close at 1:30 pm Sunday, for events 127-128.</b></li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>Events 127, and 128 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.</b></li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>• <b>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.</b></li> <li>• <b>A \$50 fine will be levied against any swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete.</b></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Any swimmer entered in the meet must be dive certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• The overhead start procedure will be used for the all sessions.</li> <li>• 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>.</li> <li>• Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</li> <li>• 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"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>

<b>OFFICIALS:</b>	<p><b>Meet Referee: Name: Freddie Persinger</b>  <b>Email: <a href="mailto:freddy4x2@gmail.com">freddy4x2@gmail.com</a></b>  <b>Phone: (757) 897-0787 (cell)</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet. Training of new officials will be allowed in accordance with current VSI guidelines.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: Ellen Bollinger-Tinneney (SEVA Officials Coordinator), Email: <a href="mailto:ellen.bollinger@chkd.org">ellen.bollinger@chkd.org</a> Phone: (757) 734-3795 <b>no later than Tuesday, July 8, 2014.</b></li> <li>• There will be an officials' meeting approximately 1 hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	VSI Safety and Warm-up procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the SEVA website, no later than Tuesday, July 8, 2014, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Programs:</b> Programs will be sold for \$10.00.</li> <li>• <b>Snack Bar:</b> A snack bar will be run in Room #101 near the front desk of building.</li> <li>• <b>Swim Supplies:</b> Swim &amp; Sport Stop will operate a swim shop during the meet for your swim supply needs. Other apparel vendors will also be in attendance.</li> <li>• <b>First Aid: A staffed First Aid Station is located at the end of the pool near the entrance to the locker rooms.</b></li> <li>• <b>Lost and Found:</b> Lost and Found will be located next to the announcer's table and at the entrance to the gym.</li> <li>• <b>Hospitality:</b> SEVA will provide a Hospitality Room for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer / Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer/spectator that violates Aquatic Center rules, posted at the pool, will be disqualified from the meet and escorted from the facility.</li> <li>• <b>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).</b></li> <li>• <b>Deck Access:</b> 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 possible and not view the meet from the deck during warm-ups and the competition.</li> <li>• <b>Team Areas:</b> 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 must 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)</li> <li>• <b>Spectator Seating:</b> Bleacher seating will be available for spectators. Please note that City of Newport News prohibits coolers or chairs in the pool area. They are allowed in the gym.</li> <li>• <b>Parking:</b> 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).</li> <li>• Parents are responsible for any sibling brought to the meet. Please chaperone them closely.</li> <li>• No glass, food or chewing gum in the pool area.</li> <li>• No shaving anywhere in the venue.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• 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 one mile to McLawhorne Drive. Turn right at the light. The</li> </ul>

Brittingham-Midtown Community/Aquatic Center will be on your left.

**RELAY "NOT FASTER THAN TIMES" CHART**

<b>Age Group</b>	<b>Gender</b>	<b>Free</b>	<b>Medley</b>
<b>9-10</b>	Girls	5:15,96	6:11,06
	Boys	5:12,36	6:07,16
<b>11-12</b>	Girls	4:35,96	5:21,.46
	Boys	4:37,96	5:21,76
<b>13-14</b>	Girls	4:20,36	5:00,56
	Boys	4:07,16	4:25,36
<b>15 &amp; Older</b>	Girls	4:12,36	4:47,06
	Boys	3:49,16	4:20,96

**Friday, July 11, 2014**

<b>Morning Session</b>		
<b>Warm-up: 7:00 AM; Start: 8:00 AM</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200m Backstroke	2
3	8 & U 50m Breaststroke	4
5	9-10 50m Breaststroke	6
7	11-12 50m Breaststroke	8
9	10 & U 200m Freestyle	10
11	11-12 200m Freestyle	12
13	10 & U 100m Butterfly	14
15	11-12 100m Butterfly	16
17	9-10 50m Backstroke	18
19	11-12 50m Backstroke	20
21	8 & U 50m Backstroke	22
<b>Positive Check-in closes for Events 23-28 at 8:30 AM</b>		
23	11-12 400m Individual Medley	24
25	10&U 400m Freestyle Relay	26
27	11-12 400m Freestyle Relay	28

<b>Afternoon Session</b>		
<b>Warm-up: 12:00 Noon; Start: 1:00 PM</b>		
<i>(Time are approximate)</i>		
<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
<b>Positive Check-in closes for Events 45-52 at 1:30 PM</b>		
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 12, 2014**

<b>Morning Session</b>		
<b>Warm-up: 7:00 AM; Start: 8:00 AM</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11-12 200m Butterfly	54
55	8& U 50m Freestyle	56
57	9-10 50m Freestyle	58
59	11-12 50m Freestyle	60
61	10&U 100m Breaststroke	62
63	11-12 100m Breaststroke	64
65	8 & U 50m Butterfly	66
67	9-10 50m Butterfly	68
69	11-12 50m Butterfly	70
<b>Positive Check-in closes for Events 71-78 at 8:30 AM</b>		
71	10&U 400m Freestyle	72
73	11-12 400m Freestyle	74
75	10&U 400m Medley Relay	76
77	11-12 400m Medley Relay	78

<b>Afternoon Session</b>		
<b>Warm-up: 12:00 Noon; Start: 1:00 PM</b>		
<i>(Time are approximate)</i>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	13-14 50m Freestyle	80
81	15&O 50m Freestyle	82
<b>Positive Check-in closes for Events 83-86 at 12:30 PM</b>		
83	13-14 400m Individual Medley	84
85	15&O 400m Individual Medley	86
87	13-14 100m Backstroke	88
89	15&O 100m Backstroke	90
91	13-14 200m Breaststroke	92
93	15&O 200m Breaststroke	94
<b>Positive Check-in closes for Events 95-98 at 1:30 PM</b>		
95	13-14 400m Freestyle Relay	96
97	15&O 400m Freestyle Relay	98

**Sunday, July 13, 2014**

<b>Morning Session</b>		
<b>Warm-up: 7:00 AM; Start: 8:00 AM</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
99	11-12 200m Breaststroke	100
101	10 & U 100m Backstroke	102
103	11-12 100m Backstroke	104
105	8 & U 100m Freestyle	106
107	9-10 100m Freestyle	108
109	11-12 100m Freestyle	110
111	10&U 200m Individual Medley	112
113	11-12 200m Individual Medley	114

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