



2013 VSI REGIONAL SUMMER AWARDS
July 12-14, 2013
SANCTION NO. VS-13-76



Hosted by:
Coast Guard Blue Dolphins

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-76 USA Swimming, Inc., Virginia Swimming, Inc., Brittingham-Midtown Aquatic Center, and Coast Guard Blue Dolphins Swim Team, Inc., 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" style="width: 100%;"> <tr> <td style="width: 50%;">Kevin Morello</td> <td style="width: 50%;">Brian Cooke</td> </tr> <tr> <td>Email: kmorello@cox.net</td> <td>Phone: (757) 771-5257</td> </tr> <tr> <td>Phone: (757) 592-4799</td> <td>Email: halbrie@hotmail.com</td> </tr> </table>	Kevin Morello	Brian Cooke	Email: kmorello@cox.net	Phone: (757) 771-5257	Phone: (757) 592-4799	Email: halbrie@hotmail.com
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Email: kmorello@cox.net	Phone: (757) 771-5257						
Phone: (757) 592-4799	Email: halbrie@hotmail.com						
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, STAT, TAC, TCAC, TIDE, VACS, VYAC, WAC, & YGR. The qualifying period for this meet is: <ul style="list-style-type: none"> 14 & Younger swimmers: May 1, 2012 through July 11, 2013 15 & Older swimmers: January 1, 2012 through July 11, 2013 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 12, 2013 will determine age for the entire meet. 10 & 12 year old swimmers aging up from July 12 to July 25, 2013, and 14 year old swimmers aging up from July 12 to July 18, 2013, 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 and 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 • Afternoon sessions: Warm-ups not before 12:00 pm; competition starts not before 1:15 pm • Distance session (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"> ○ The approximate start time for the distance sessions will be posted on the CGBD website, http://www.cgbdswimming.org, no later than Tuesday, July 9, 2013, and will also be emailed to the contact person of the participating clubs. ○ The distance session 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 9, 2013 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 2, 2013.</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.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. • “No Time” (NT) entries will 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 Chair 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 • 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: \$5.75 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 • Mail payment to: Steve Hennessy 607 Lotz Drive Yorktown, VA 23692 • Payment must be received by July 9, 2013 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: 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.

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 freestyle 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 and 800 freestyles, and 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 event #23-28. • Positive check-in will close at 3:00 pm Friday, for event #45-52. • Positive check-in will close at 8:45 am Saturday, for event #71-78. • Positive check-in will close at 1:45 pm Saturday, for event #83-86. • Positive check-in will close at 3:00 pm Saturday, for event #95-98. • Positive check-in will close at 3:00 pm Sunday, for events #127-128. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Event #127-128 (800 Freestyle) 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 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. • 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.
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 the all sessions. • 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>. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • 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 who have valid USA Swimming credentials but who 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: Tommy Lovell Email: scoutmastertommy@gmail.com Phone: (757) 532-4378</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 Jones, CGBD Officials Chair, email: cgbd.officials@gmail.com, no later than Tuesday, July 9, 2013. • 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 CGBD website, http://www.cgbdswimming.org, no later than Tuesday, July 9, 2013, and will also be emailed to the contact person of each of the individual clubs. Swimmers are expected to provide their own timers and lap counters for event #127-128 (800 Freestyle)
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 \$10.00. 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:	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 McLawhorne Drive. Turn right at the light. Pool is on the left.

RELAY "NOT FASTER THAN TIMES" CHART

Age Group	Gender	Free	Medley
10&U	Girls	5:15.96	6:11.06
	Boys	5:12.36	6:07.16
11-12	Girls	4:35.96	5:21.46
	Boys	4:37.96	5:21.76
13-14	Girls	4:20.36	5:00.56
	Boys	4:07.16	4:25.36
15&O	Girls	4:12.36	4:47.06
	Boys	3:49.16	4:20.96

VSI REGIONAL SUMMER AWARDS

Order of Events

Friday, July 12, 2013

Morning Session		
Warm-up: 7:00 AM; Start: 8:15 AM		
<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
Positive Check-in closes for Events 23-28 at 8:45 AM		
23	11-12 400m Individual Medley	24
25	10&U 400m Freestyle Relay	26
27	11-12 400m Freestyle Relay	28

Afternoon Session		
Warm-up: 12:00 PM; Start: 1:15 PM		
<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
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 13, 2013

Morning Session		
Warm-up: 7:00 AM; Start: 8:15 AM		
<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
Positive Check-in closes for Events 71-78 at 8:45 AM		
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

Afternoon Session		
Warm-up: 12:00 PM; Start: 1:15 PM		
<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
Positive Check-in closes for Events 83-86 at 1:45 PM		
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
Positive Check-in closes for Events 95-98 at 3:00 PM		
95	13-14 400m Freestyle Relay	96
97	15&O 400m Freestyle Relay	98

Sunday, July 14, 2013

Morning Session		
Warm-up: 7:00 AM; Start: 8:15 AM		
<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

Afternoon Session		
Warm-up: 12:00 PM; Start: 1:15 PM		
<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
Positive Check-in closes for Events 127-128 at 3:00 PM		
127	13&O 800m Freestyle	128