



**12 & YOUNGER VIRGINIA CHRISTMAS  
CHAMPIONSHIP**  
December 8 – 10, 2017  
SANCTION NO. VS-18-56

Hosted by:



South Eastern Virginia  
Aquatics

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-18-56</b>.</li> <li>USA Swimming, Inc., Virginia swimming, Inc., SEVA Inc. and the Collegiate School 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.</li> </ul>			
<b>LOCATION:</b>	<ul style="list-style-type: none"> <li>Collegiate School Aquatic Center (CSAC), 5050 Ridgedale Parkway, Richmond, VA. 23234</li> </ul>			
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>CSAC provides 2 indoor pools and supporting amenities including hospitality, a swim shop, a class room and wireless internet.</li> <li>The 50-meter competition pool with bulkhead offers two 25-yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9-feet wide swum wall to bulkhead.</li> <li>There is an indoor 6-lane 25 yard pool for continuous warm-up &amp; cool-down during the preliminary and timed finals session.</li> <li>Omega starting blocks, CTS6 with automatic and semi-automatic timing and back-up Dolphin wireless stopwatches.</li> <li>Spectator seating for 700+.</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>	<table border="0"> <tr> <td>Dave Henderson Phone:(757) 897-6127 (cell) Email: <a href="mailto:sevaseahawks@aol.com">sevaseahawks@aol.com</a></td> <td>Mark Mayo Phone: (757) 329-0885 <a href="mailto:mlopmayo@gmail.com">mlopmayo@gmail.com</a></td> <td>Steve Fannin Phone: (757) 715-0683 Email: <a href="mailto:g.fannin@cox.net">g.fannin@cox.net</a></td> </tr> </table>	Dave Henderson Phone:(757) 897-6127 (cell) Email: <a href="mailto:sevaseahawks@aol.com">sevaseahawks@aol.com</a>	Mark Mayo Phone: (757) 329-0885 <a href="mailto:mlopmayo@gmail.com">mlopmayo@gmail.com</a>	Steve Fannin Phone: (757) 715-0683 Email: <a href="mailto:g.fannin@cox.net">g.fannin@cox.net</a>
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li><b>Open to all Virginia Swimming 12 &amp; Younger athletes registered before the first day of the meet. Swimmers must have at least a “BB” time (short course or long course) in each event entered with one exception. Due to the cancellation of the Tidewater Region B/C meet on December 1 – 3, teams from the Tidewater Region may enter swimmers with B/C times. This exception is planned for the 2017 meet only.</b></li> <li><b>Teams from outside the LSC may attend by requesting an invitation from the Meet Director.</b></li> <li><b>Any team(s) not accepted into the meet, due to reaching the entry limit listed below (see entries section), will be notified within 24 hours of the entry deadline.</b></li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>2017-2020 NAG time standards are in effect.</li> <li>Age on December 8, 2017 will determine age for the entire meet.</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><b>Friday and Sunday will have prelims run in 2 courses and finals run in one course.</b></li> <li><b>Saturday will have an evening timed finals session run in two courses. The 10 &amp; Under 200 Free and heats of the 500 Free will be run in Course 2. The 11 – 12 200 Back, 200 Fly, 200 Breast and additional heats of the 500 Free will be run in Course 1.</b></li> <li><b>Prelims and Finals for all events except the 9-10 200 Freestyle, 11-12 200 Back, 11-12 200 Fly, 11-12 200 Breast, 12 &amp; Under 500 Free, and all relays, which will be Timed Finals.</b></li> <li><b>All heats of the 400 Free Relay and 400 Medley Relay will be swum during the Prelim session. All heats of the 200 Free Relay and 200 Medley Relay will be swum during the Finals session.</b></li> </ul>			

	<ul style="list-style-type: none"> <li>• Finals are swum as single age groups (9 year olds, 10 year olds, 11 year olds and 12 year olds) with one heat (top eight) returning for finals.</li> <li>• 8 &amp; younger swimmers will compete in the prelims only and will automatically be scratched from finals.</li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>• <b>Saturday Timed Finals (Two (2) courses will be used).</b>  ***** Warm-ups are projected to start between 5:00 pm &amp; 6:30 pm.  ***** Warm-ups will have two 25-minutes periods plus a 10 minute break before finals begin.  ***** The competition will start one hour after the start of warm-ups.  ***** There is another meet being held at the CSAC facility on Saturday. Actual warm-up &amp; meet start times will be finalized on Monday, December 4<sup>th</sup>. Participating teams will be notified that same day.</li> <li>• <b>Preliminaries - Friday and Sunday (2 courses will be used &amp; teams will be assigned lanes):</b> <ul style="list-style-type: none"> <li>○ 11-12 year olds (Course 1): Warm-ups start at 8:00 am; Competition starts at 9:00 am.</li> <li>○ 10 &amp; Younger (Course 2): Warm-ups start at 8:00 am; Competition starts at 9:00 am.</li> </ul> </li> <li>• <b>Finals:</b> <ul style="list-style-type: none"> <li>○ <b>Friday &amp; Sunday (2 courses will be used &amp; teams will be assigned lanes):</b> <ul style="list-style-type: none"> <li>▪ 4:30 pm to 5:20 pm: two 25-minute warm-up will be held.</li> <li>▪ Competition does not start before 5:40 pm.</li> </ul> </li> </ul> </li> <li>• Team warm-up information will be e-mailed out to all teams and available on the SEVA web site at <a href="http://www.sevaswimming.com">www.sevaswimming.com</a> on Tuesday, December 5, 2017</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR RECEIPT OF ENTRIES IS THURSDAY, NOVEMBER 30, 2017.</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Teams submit entries via e-mail.</li> <li>• 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.</li> <li>• All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• <b>Entries will be processed in the order received and <u>accepted to the greatest extent possible without exceeding a 2 ½ hour/session time line on Saturday and 4-hour/session time line on Friday &amp; Sunday preliminary sessions.</u></b></li> <li>• Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer, there must be room in an existing heat. No new heats will be added.</li> <li>• <b>Swimmers may enter 2 individual events on Saturday and 3 individual events and 2 relays each day on Friday and Sunday.</b></li> <li>• Teams may enter a maximum of <b>three (3)</b> relay teams per event. Relay teams must be designated A, B, C, if a team enters more than one relay.</li> <li>• The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session. This may include combining heats and events; which actions may require reseeding. Relays may be eliminated and relay fees refunded.</li> <li>• <b>E-Mail Entries To: <a href="mailto:SEVAseahawks@aol.com">SEVAseahawks@aol.com</a></b></li> <li>• <b>If the meet is not full, additional entries will be accepted from the B/C meets taking place on December 1 - 3 2017 until 9:00 pm on Monday, December 4, 2017.</b> <ul style="list-style-type: none"> <li>○ <b>DO NOT SEND A NEW ENTRY FILE.</b></li> <li>○ <b>Please list swimmer information, event number(s) and entry time and send to the e-mail address listed above.</b></li> </ul> </li> </ul>
<b>FEES:</b>	Individual Events:       \$6.50 Relay Events:            \$14.00 Swimmer Fee:            \$2.50 per person (entered in the meet in any capacity)

	<ul style="list-style-type: none"> <li>• <b>Make Checks payable to: SEVA Inc.</b></li> <li>• <b>Mail payment to: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Cell (757) 897-6127</b></li> <li>• <b>Payment must be received by Wednesday, December 6, 2017 for all entries.</b> Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>Payment of entries added from December B/C meets must be paid to the meet director before the start of the meet.</b></li> <li>• <b>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 receipt of your entries.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual Events: Ribbons will be awarded for first (1<sup>st</sup>) through tenth (8<sup>th</sup>) place.</li> <li>• Relay Events: Awards will be presented to first (1<sup>st</sup>) through third (3<sup>rd</sup>) place for each event.</li> <li>• Team High Point Trophies will be awarded to the top six teams scoring teams.</li> <li>• Individual High Point Awards will be presented to the top three scoring individuals, girls and boys, in each single age group 9 thru 12 years old.</li> <li>• <b>Scoring: Individual Events: 9,7,6,5,4,3,2,1 Relay Events: 18,14,12,10,8,6,4,2</b></li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except the <b>500 Free</b> are pre-seeded. Swimmers should report directly to the blocks for their events.</li> <li>• Events 37 &amp; 38, 12 &amp; Under 500 Free will require a positive check-in to swim. The number of heats may be limited to allow the session to end at a reasonable time.</li> <li>• This event will be swum slow to fast. The Meet Director and Meet Referee will assign heats to Course 1 and Course 2 after check-in, seeding and a review of the time line..</li> <li>• Positive check-in will close 30 minutes after the start of warm-ups on Saturday.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</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>• 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.</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 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 member 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 at the discretion of the Meet Referee.</li> <li>• <b>The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.12.6 section D and E only will be in effect for events on Saturday and Sunday excluding the relays.</b></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>• Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rocker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> </ul>

	<ul style="list-style-type: none"> <li>• In accordance with VSI Best Policies, swimming should shower before entering the pool.</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 with valid USA Swimming credentials but 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: Ralph Jones</b>  <b>E-mail: <a href="mailto:ralph.jones@VDOT.Virginia.gov">ralph.jones@VDOT.Virginia.gov</a></b>  <b>Phone: (804) 786-4034 Work</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet. Officials Training will be available during Timed Finals and Preliminary Sessions ONLY.</li> <li>• Team Officials Chair should submit names and session availability of certified officials as well as name and session availability of any trainees to Ken Romney/SEVA Officials Chair at <a href="mailto:cletus.i.romney.civ@mail.mil">cletus.i.romney.civ@mail.mil</a> or (757) 329-9258 (c) no later than Wednesday, December 6, 2017. Thank you for your help in advance.</li> <li>• Officials' briefings will be held in the hospitality room one hour prior to the start of each session.</li> <li>• Officials' attire for Saturday and Sunday Finals Session will be Red or Green Polo Shirts with Blue Pants or skirt.</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>• Teams entered in the meet may be asked to provide timers for assigned lanes.</li> <li>• The number of timers per club and their lane assignments will be posted on the SEVA web site at <a href="http://www.sevaswimming.com">www.sevaswimming.com</a> no later than Tuesday, December 5, 2017. Please see the "Team Update" section of the home page for this information.</li> <li>• This information will also be e-mailed to the contact person listed for each club.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Meet Programs:</b> Meet programs will be sold for \$10.00. Finals programs will be free with purchase of a meet program otherwise they are \$3.00</li> <li>• <b>Snack Bar:</b> The CSAC facility and SEVA will operate a snack bar during the meet.</li> <li>• <b>Apparel Vendor:</b> Swim Meet apparel will be sold during the meet on Friday and Sunday.</li> <li>• <b>Swim Shop:</b> A swim shop will be operating a swim shop during the meet on Friday and Sunday for your apparel needs.</li> <li>• <b>Hospitality:</b> SEVA will provide a Hospitality Room for coaches and officials. Dinner on Friday, and a light breakfast, lunch and dinner on Friday and Sunday and a light dinner on Saturday will be served. Drinks and snacks will be provided during all sessions.</li> </ul>
<b>RESULTS:</b>	<ul style="list-style-type: none"> <li>• All results will be announced and posted on the hallway wall near concession area.</li> <li>• A copy of the meet results will be sent via e-mail to each team entering the meet.</li> <li>• The results will be posted on the Virginia Swimming web site <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> after the conclusion of the meet.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• <b>No glass containers of any kind are permitted in the Facility.</b></li> <li>• <b>Lawn/Deck Chairs are not permitted in the grandstand.</b></li> <li>• <b>No spectators/parents will be allowed on the deck unless working the meet.</b></li> <li>• <b>No Smoking is allowed anywhere on the Aquatic Center campus.</b></li> <li>• <b>Doors are not to be propped open and the front door is the only entry/exit door from the facility.</b></li> </ul>
<b>DIRECTIONS:</b>	Go to the following link on the Virginia Swimming web site: <a href="http://virginiaswimming.org/Meets/Meet%20Directions/CSAC.htm">http://virginiaswimming.org/Meets/Meet%20Directions/CSAC.htm</a>

## ORDER OF EVENTS

Friday, December 8, 2017

### 11-12 Preliminaries (Course 1)

Warm-ups: 8:00 am; Start: 9:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11 – 12 200 IM	8
11	11 – 12 50 Free	12
15	11 - 12 100 Back	16
19	11 - 12 50 Breast	20
23	11 – 12 100 Fly	24
27	11 – 12 400 Free Relay	28

### 10 & Younger Preliminaries (Course 2)

Warm-ups: 8:00 am; Start: 9:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	10 & Under 200 IM	6
9	10 & Under 50 Free	10
13	10 & Under 100 Back	14
17	10 & Under 50 Breast	18
21	10 & Under 100 Fly	22
25	10 & Under 400 Free Relay	26

### Friday Night Finals (Course 1 Only)

Warm-ups: not before 4:30 pm; Start: not before 5:40 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 200 Free Relay	2
3	11 – 12 200 Free Relay	4
5	9 year old 200 IM	6
5	10 year old 200 IM	6
7	11 year old 200 IM	8
7	12 year old 200 IM	8
9	9 year old 50 Free	10
9	10 year old 50 Free	10
11	11 year old 50 Free	12
11	12 year old 50 Free	12
13	9 year old 100 Back	14
13	10 year old 100 Back	14
15	11 year old 100 Back	16
15	12 year old 100 Back	16
17	9 year old 50 Breast	18
17	10 year old 50 Breast	18
19	11 year old 50 Breast	20
19	12 year old 50 Breast	20
21	9 year old 100 Fly	22
21	10 year old 100 Fly	22
23	11 year old 100 Fly	24
23	12 year old 100 Fly	24

The order of the finals session will be the top heat of 9 year old girls, 10 year old girls, 9 year old boys, 10 year old boys, 11 year old girls, 12 year old girls, 11 year old boys, and 12 year old boys of each individual event.

## ORDER OF EVENTS

Saturday December 9, 2017 – Timed Finals

Warm-ups: approx. start between 5:00 pm & 6:30 pm; Start: approx. between 6:00 pm & 7:30 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	10 & Under 200 Free	30
31	11 - 12 200 Back	32
33	11 - 12 200 Fly	34
35	11 - 12 200 Breast	36
37	9 - 12 Year Old 500 Free	38

**ORDER OF EVENTS**  
**Sunday, December 10, 2017**  
**11-12 Preliminaries (Course 1)**

Warm-up: 8:00 am; Start: 9:00 am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
43	11 – 12 100 IM	44
47	11 - 12 200 Free	48
51	11 – 12 50 Back	52
55	11 - 12 100 Breast	56
59	11 – 12 50 Fly	60
63	11 - 12 100 Free	64
67	11 - 12 400 Medley Relay	68

**10 & Younger Preliminaries (Course 2)**

Warm-up: 8:00 am; Start: 9:00 am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
45	10 & Under 100 IM	46
49	10 & Under 100 Free	50
53	10 & Under 50 Back	54
57	10 & Under 100 Breast	58
61	10 & Under 50 Fly	62
65	10 & Under 400 Medley Relay	66

**Sunday Night Finals (Course 1 Only)**

Warm-up: not before 4:30 pm; Start: not before 5:40 pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
39	11-12 200 Medley Relay	40
41	10 & Under 200 Medley Relay	42
43	11 year old 100 IM	44
43	12 year old 100 IM	44
45	9 year old 100 IM	46
45	10 year old 100 IM	46
47	11 year old 200 Free	48
47	12 year old 200 Free	48
49	9 year old 100 Free	50
49	10 year old 100 Free	50
51	11 year old 50 Back	52
51	12 year old 50 Back	52
53	9 year old 50 Back	54
53	10 year old 50 Back	54
55	11 year old 100 Breast	56
55	12 year old 100 Breast	56
57	9 year old 100 Breast	58
57	10 year old 100 Breast	58
59	11 year old 50 Fly	60
59	12 year old 50 Fly	60
61	9 year old 50 Fly	62
61	10 year old 50 Fly	62
63	11 year old 100 Free	64
63	12 year old 100 Free	64

The order of the finals session will be the top heat of 11 year old girls, 12 year old girls, 11 year old boys, 12 year old boys, 9 year old girls, 10 year old girls, 9 year old boys, 10 year old boys of each event.