



**OLD DOMINION AQUATIC CLUB**  
**Southeast District February Meet**  
**February 3-4, 2007**  
**SANCTION NO. VS-07-36**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-07-36</b>						
<b>LOCATION:</b>	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA Phone: (757)878-1090						
<b>FACILITY:</b>	The pool is a 10 lane indoor 25 yd. Short Course facility with non-turbulent lane lines. There will be no lanes for warm-up/warm-down during the meet as we will be using all 10 lanes. The automatic Daktronics timing system will be used.						
<b>MEET DIRECTOR:</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Michele Burns</td> <td style="width: 50%;">Erin Thomas</td> </tr> <tr> <td>Phone: (757) 427-0754</td> <td>Phone: (757) 495-2779</td> </tr> <tr> <td>Email: <a href="mailto:mburns01@cox.net">mburns01@cox.net</a></td> <td>Email: <a href="mailto:thomasfor4@aol.com">thomasfor4@aol.com</a></td> </tr> </table>	Michele Burns	Erin Thomas	Phone: (757) 427-0754	Phone: (757) 495-2779	Email: <a href="mailto:mburns01@cox.net">mburns01@cox.net</a>	Email: <a href="mailto:thomasfor4@aol.com">thomasfor4@aol.com</a>
Michele Burns	Erin Thomas						
Phone: (757) 427-0754	Phone: (757) 495-2779						
Email: <a href="mailto:mburns01@cox.net">mburns01@cox.net</a>	Email: <a href="mailto:thomasfor4@aol.com">thomasfor4@aol.com</a>						
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming/VSI registered swimmers in Southeast District. Teams in Southeast District are: CGBD, CYAT, NSD, ODAC, OBX, PRO, PYAC, SEVA, SSC, TAC, TCAC, TIDE, and WAC</li> <li>• 12 and under swimmers with two "BB" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the BB+ session.</li> <li>• 13 and over swimmers with two "A" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the A+ session.</li> <li>• 12 and under swimmers not qualified for the BB+ session can swim any event offered in the B/C session.</li> <li>• 13 and over swimmers not qualified for the A+ session can swim any event offered in the BB/B/C session.</li> <li>• <b>8 &amp; Younger swimmers may participate regardless of classification in the 8 &amp; Younger session.</b></li> <li>• Swimmers may only swim relays in the session they are qualified to compete.</li> <li>• All swimmers participating in this meet must be registered by the first day of the meet.</li> <li>• No on deck registration will be permitted.</li> <li>• 2005-2008 NAG top 16 based times are in effect.</li> <li>• Age on February 3, 2007 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>• All 8 &amp; Younger swimmers will swim Saturday and Sunday mid-day.</li> <li>• All 12 and Under BB+ swimmers will swim on Saturday and Sunday mornings.</li> <li>• All 13 and over A+ swimmers will swim on Saturday and Sunday mornings.</li> <li>• All 12 and Under B/C swimmers will swim Saturday and Sunday Afternoon.</li> <li>• All 13 and over BB/B/C swimmers will swim Saturday and Sunday Afternoon.</li> <li>• All events will be timed finals.</li> </ul>						
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Saturday and Sunday am session: Warm-up: 7:00-7:50 am; competition start: 8:00 am</li> <li>• Saturday and Sunday mid-day session: Warm-up: 12:00-12:40 pm competition start: 12:50 pm</li> <li>• Saturday and Sunday pm session: Warm-up: 2:15-3:05 pm; competition start: 3:15pm</li> <li>• Lane assignment and warm-up times for individual clubs will be emailed no later than January 31, 2007 and will also be emailed to the contact person of the participating clubs.</li> <li>• If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.</li> </ul>						
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 24, 2007</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in short course yard times using Hy-Tek Team Manager and</li> </ul>						

	<p>Commlink-2 software, or on a VSI master entry sheet.</p> <ul style="list-style-type: none"> <li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</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>• Coaches Time (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 "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition</li> <li>• Swimmers may enter a maximum of 4 <i>individual events</i> and 1 <i>relay event</i> per day.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• Entries will be processed in the order received.</li> <li>• 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.</li> <li>• Email entries to: <a href="mailto:swimodac@msn.com">swimodac@msn.com</a></li> <li>• Mail entries to: Steve Bialorucki 5165 Stratford Chase Dr Virginia Beach, VA 23464</li> <li>• <b>IMPORTANT:</b> 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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Old Dominion Aquatic Club.</li> <li>• Payment must be received by February 3, 2007 for email entries. Payment must be included with all mailed entries.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place.</li> <li>• 12 &amp; Younger events will be given separate awards for 11-12 and 10 &amp; Younger age groups</li> <li>• 11 and Older events will be given separate awards for 11-12, 13-14 and 15 and older age groups.</li> <li>• Relay events: Ribbons will be awarded for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded, except the 500 Free, which will be deck seeded.</li> <li>• The 500 Free will require a positive check-in to swim.</li> <li>• Positive check-in will close 30 minutes prior to the start of the session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Swimmers in all sessions should report directly to the blocks for their events.</li> <li>• Deck entries will be accepted in the order received 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.</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 disqualified from 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 United States Swimming by 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>• The overhead start procedure will be used for the afternoon sessions, and may be used for the</li> </ul>

	<p>morning sessions at the discretion of the Referee.</p> <ul style="list-style-type: none"> <li>In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Janet Law</b>  <b>Email: <a href="mailto:janetlaw56@cox.net">janetlaw56@cox.net</a></b>  <b>Phone: (757) 482-5146</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required for this meet.</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 Janet Law.</li> </ul>
<b>SAFETY:</b>	<p>VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.</p>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li><b>PLEASE READ THOROUGHLY. THE MEET MARSHALS, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL WILL ENFORCE RULES.</b></li> <li><b>FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE, AUTOMOBILE REGISTRATION AND PROOF OF INSURANCE ARE REQUIRED TO ENTER THE FORT.</b></li> <li>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 and in the meet program will be disqualified from the meet and escorted from the facility.</li> <li><b>The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.</b></li> <li>Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition.</li> <li>The Pool Decks have been recently resurfaced and the Aquatic Center prohibits any street shoes on the deck.</li> <li><b>SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA IS FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK.</b></li> <li><b>THE ADVENTURE POOL DECK IS NOT TO BE USED EXCEPT AS ACCESS BETWEEN THE SNACK BAR, LOCKER ROOMS AND THE COMPETITION POOL.</b></li> <li><b>NO TEAM AREA SET UP OR SPECTATORS, PARENTS AND FAMILIES ARE PERMITTED IN THIS AREA. THE AQUATIC CENTER STAFF WILL MARK APPROPRIATE TRANSIT AREAS.</b></li> </ul>
<b>DIRECTIONS:</b>	<p>From Southside: I64 WEST through the Hampton Roads Bridge Tunnel to Exit 250A, Fort Eustis Blvd. After passing through the main gate, the road becomes Washington Blvd. At ½ mile, go through the traffic circle by going 180 degrees around the circle. After the circle, take your first right on Tyler Avenue. The Aquatic Center entrance is on your left immediately after you turn onto Tyler Avenue. There is a drop off point in the front of the Aquatic Center. Additional parking is available 50 yards past the entrance to the Aquatic Center on the both the right and left sides of Tyler Avenue.</p>

**ORDER OF EVENTS**  
**ODAC Southeast District February Meet**  
**February 3-4, 2007**

<b>Saturday, February 3, 2007</b>					
<b>Saturday AM BB+ Session</b> <b>Warm-up: 7:00 am; Start: 8:00am</b>			<b>Saturday PM B/C Session</b> <b>Warm-up: 2:15 noon; Start: 3:15pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	11- Older 200 Free	2	45	11-Older 200 Free	46
3	10-under 100 IM	4	47	10-under 100 IM	48
5	11-12 100 IM	6	49	11-12 100 IM	50
7	10-under 50 Free	8	51	10-under 50 Free	52
9	11-Older 50 Free	10	53	11-Older 50 Free	54
11	10-under 100 Breast	12	55	10-under 100 Breast	56
13	11-12 50 Breast	14	57	11-12 50 Breast	58
15	11-Older 200 Breast	16	59	11-Older 200 Breast	60
17	10-under 50 Fly	18	61	10-under 50 Fly	62
19	11-Older 100 Fly	20	63	11-Older 100 Fly	64
21	10-under 100 Back	22	65	10-under 100 Back	66
23	11-12 50 Back	24	67	11-12 50 Back	68
25	11-Older 200 Back	26	69	11-Older200 Back	70
27	10-under 200 Free Relay	28	71	10-under 200 Free Relay	72
29	11-Older 200 Free Relay	30	73	11-Older 200 Free Relay	74
<b>Saturday Mid-day Session</b> <b>Warm-up: 12:00pm Start: 12:50</b>					
31	8-under 100 IM	32			
33	8- under 25 Free	34			
35	8-under 50 Back	36			
37	8-under 100 Back	38			
39	8-under 25 Breast	40			
41	8-under 50 Fly	42			
43	8-under 100 Free Relay	44			

**Sunday, February 4, 2007**

<b>Morning Session</b> <b>Warm-up: 7:00 am; Start: 8:00 am</b>			<b>Afternoon Session</b> <b>Warm-up: 2:15pm; Start: 3:15 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
75	9-10 200 Free	76	121	9-10 200 Free	122
77	11-Older 200 IM	78	123	11-Older 200 IM	124
79	9-10 200 IM	80	125	9-10 200 IM	126
81	11-Older 100 Free	82	127	11-Older 100 Free	128
83	10-under 100 Free	84	129	10-under 100 Free	130
85	11-12 50 Fly	86	131	11-12 50 Fly	132
87	11-Older 200 Fly	88	133	11-Older 200 Fly	134
89	10-under 100 Fly	90	135	10-under 100 Fly	136
91	11-Older 100 Back	92	137	11-Older 100 Back	138
93	10-under 50 Back	94	139	10-under 50 Back	140
95	11-Older 100 Breast	96	141	11-Older 100 Breast	142
97	10-under 50 Breast	98	143	10-under 50 Breast	144
99	Open 500 Free	100	145	Open 500 Free	146
101	10-under 200 Medley Relay	102	147	10-under 200 Medley Relay	148
103	11-Older 200 Medley Relay	104	149	11-Older 200 Medley Relay	150
<b>Sunday Mid-day Session</b> <b>Warm-up: 12:00pm Start: 12:50pm</b>					
105	8-under 50 Free	106			
107	8-under 100 Free	108			
109	8-under 25 Fly	110			
111	8-under 100 Fly	112			
113	8-under 50 Breast	114			
115	8-under 100 Breast	116			
117	8-under 25 Back	118			
119	8-under 100 Medley Relay	120			