



OLD DOMINION AQUATIC CLUB
Southeast District Age Group Meet
February 2-3, 2008
SANCTION NO. VS-08-34



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-34
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA Phone: (757)878-1090
FACILITY:	The pool is a 10 lane indoor 25 yd. Short Course facility with non-turbulent lane lines. ODAC reserves the right to use all 10 lanes. If 8 lanes are being used, 2 lanes will be used for warm-up and warm-down. The automatic Daktronics timing system will be used.
MEET DIRECTOR:	Michele Burns Phone: (757) 427-0754 Email: mburns01@cox.net Erin Thomas Phone: (757) 495-2779 Email: thomasfor4@aol.com
ELIGIBILITY:	<ul style="list-style-type: none">• 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, US, and WAC• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 2005-2008 NAG top 16 based times are in effect.• Age on February 2, 2008 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 9-10 year old swimmers will swim Saturday and Sunday mornings.• All 11-12 year old swimmers will swim on Saturday and Sunday mid-day.• All 13-14 year old and 8 years old and younger swimmers will swim on Saturday and Sunday afternoons.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Saturday and Sunday am session: Warm-ups at 7:00 am to 7:50 am competition starts at 8:00 am• Saturday and Sunday mid-day session: Warm-ups at 11:00 am competition starts at 12:00 pm• Saturday and Sunday afternoon session: Warm-ups at 3:00 pm competition starts at 4:00 pm• Lane assignment and warm-up times for individual clubs will be emailed no later than January 30, 2008 and will also be emailed to the contact person of the participating clubs.• If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 24, 2008</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 may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.• 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's 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• Swimmers may enter a maximum of 4 <i>individual events</i> and 1 <i>relay event</i> per day. On Saturday, you may swim the 1000 free or the 1650 free but not both.• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.• Entries will be processed in the order received.

	<ul style="list-style-type: none"> 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. Email entries to: swimodac@msn.com Mail entries to: Steve Bialorucki 5165 Stratford Chase Dr Virginia Beach, VA 23464 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 the receipt of your entries.
FEES:	<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"> Checks should be made payable to: Old Dominion Aquatic Club. Payment must be received by February 2, 2008 for email entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> Individual events: Ribbons will be awarded for first through eighth place. Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded, except the 500 Free, 400 IM, 1000 Free and the 1650 Free, which will be deck seeded. The 500 Free, 1000 Free, 1650 Free and the 400 IM will require a positive check-in to swim. Positive check-in will close 30 minutes prior to the start of the session. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Swimmers in all sessions should report directly to the blocks for their events. 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.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be disqualified from 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 United States 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.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. The overhead start procedure will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. 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.
OFFICIALS:	<p>Meet Referee: John Presgraves Email: fhs1981@cox.net Phone: (757) 599-4760</p> <ul style="list-style-type: none"> Officials at all positions will be required 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 Jeannine Bain, email: westbain@cox.net
SAFETY:	<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>

<p>FACILITY RULES:</p>	<ul style="list-style-type: none"> • PLEASE READ THOROUGHLY. THE MEET MARSHALS, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL WILL ENFORCE RULES. • FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE, AUTOMOBILE REGISTRATION AND PROOF OF INSURANCE ARE REQUIRED TO ENTER THE FORT. • 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. • 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. • 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. • The Pool Decks have been recently resurfaced and the Aquatic Center prohibits any street shoes on the deck. • 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. • THE ADVENTURE POOL DECK IS NOT TO BE USED EXCEPT AS ACCESS BETWEEN THE SNACK BAR, LOCKER ROOMS AND THE COMPETITION POOL. • NO TEAM AREA SET UP OR SPECTATORS, PARENTS AND FAMILIES ARE PERMITTED IN THIS AREA. THE AQUATIC CENTER STAFF WILL MARK APPROPRIATE TRANSIT AREAS.
<p>DIRECTIONS:</p>	<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

Saturday, February 2, 2008

Morning 9-10 Session

Warm-up: 7:00 am; Start: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-10 200 Free	2
3	9-10 100 IM	4
5	9-10 50 Free	6
7	9-10 50 Breast	8
9	9-10 100 Fly	10
11	9-10 100 Back	12
13	9-10 200 Free Relay	14

Mid-day 11-12 Session

Warm-up: 11:00am Start: 12:00pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
15	11-12 200 Free	16
17	11-12 100 IM	18
19	11-12 50 Free	20
21	11-12 50 Breast	22
23	11-12 200 Breast	24
25	11-12 100 Fly	26
27	11-12 100 Back	28
29	11-12 200 Free Relay	30

Afternoon 8&Y and 13-14 Session

Warm-up: 3:00 noon; Start: 4:00pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	13-14 400 IM	32
33	13-14 200 Free	34
35	8&Y 25 Free	36
37	13-14 100 Fly	38
39	8&Y 50 Back	40
41	8&Y 100 Back	42
43	13-14 200 Breast	44
45	8&Y 25 Breast	46
47	13-14 50 Free	48
49	8&Y 50 Fly	50
51	13-14 200 Back	52
53	8&Y 100 Free Relay	54
55	13 -14 200 Free Relay	56
57	13-14 1000 Free	58
59	13-14 1650 Free	60

Sunday, February 3, 2008

Morning 9-10 Session

Warm-up: 7:00 am; Start: 8:00 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	9-10 200 IM	62
63	9-10 100 Free	64
65	9-10 50 Fly	66
67	9-10 50 Back	68
69	9-10 100 Breast	70
71	9-10 500 Free	72
73	9-10 200 Medley Relay	74

Mid-day 11-12 Session

Warm-up: 11:00am Start: 12:00pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
75	11-12 200 IM	76
77	11-12 100 Free	78
79	11-12 50 Fly	80
81	11-12 200 Fly	82
83	11-12 50 Back	84
85	11-12 200 Back	86
87	11-12 100 Breast	88
89	11-12 500 Free	90
91	11-12 200 Medley Relay	92

Afternoon 8&Y and 13-14 Session

Warm-up: 3:00pm; Start: 4:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
93	13-14 500 Free	94
95	13-14 200 IM	96
97	8&Y 50 Free	98
99	8&Y 100 Free	100
101	13-14 100 Free	102
103	8&Y 25 Fly	104
105	8&Y 100 Fly	106
107	13-14 200 Fly	108
109	8&Y 50 Breast	110
111	8&Y 100 Breast	112
113	13-14 100 Back	114
115	8&Y 25 Back	116
117	13-14 100 Breast	118
119	8&Y 100 Medley Relay	120
121	13-14 200 Medley Relay	122