



OBX JANUARY MEET
Southeast District Age Group Meet
January 16-18, 2009
SANCTION NO. VS-09-30



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-30
LOCATION:	Fort Eustis Aquatic Center, Building 641 Newport News, VA Phone: 757-878-1090
FACILITY:	<ul style="list-style-type: none">• Eleven (11) lane 25 yard indoor pool. All sessions will be run using an eight (8)-lane course for competition• Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C)
MEET DIRECTOR:	Craig Bialorucki Phone: (252) 599-7946 Email: Craig.bialorucki@gmail.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, NSD, OBX, ODAC, PRO, SEVA, TAC, TCAC, TIDE, US, VYAC, 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.• Age on January 16, 2009 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">• Swimmers of all ages entered into the 500 Free and 400 IM will swim Friday evening.• All 13-14 swimmers will swim in the on Saturday and Sunday morning.• All 10 & younger swimmers and 9-10 Girls will swim on Saturday and Sunday mid-day.• All 11-12 swimmers will swim Saturday and Sunday afternoon• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Friday night warm-ups are general from 4:00-4:45 pm; competition starts at 5:00 pm. There will be specific warm-ups the last 15 minutes of warm-ups (4:30-4:45 pm)• Morning session warm-ups: 7:00-7:50 am; competition starts: 8:00 am• Mid-day session warm-ups: 10:00-10:50 am; competition starts: Not earlier than 11:00 am• Afternoon session:<ul style="list-style-type: none">○ Saturday warm-ups: 3:00-3:50 pm; competition starts: Not earlier than 4:00 pm.○ Sunday warm-ups: 2:30-3:25 pm; competition starts: 3:30 pm.• Lane assignment and warm-up times for individual clubs will be posted on the OBX website no later than January 13, 2009, 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 TUESDAY, JANUARY 6, 2009</p> <ul style="list-style-type: none">• Entries must be submitted in short course yards 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Coaches Time (CT) and No Time (NT) entries will be accepted for events in which a swimmer

	<p>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.</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per day. • 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. This meet will be limited to a total of 650 swimmers. • 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: craig.bialorucki@gmail.com • Mail entries to: Craig Bialorucki 222 West Palmetto Street Kill Devil Hills, NC 27948 • 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: \$4.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: OBX Swim Club. • Payment must be received by January 13, 2009 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 • 10 & Younger individual events will be given separate awards for 9-10 and 8 & Younger age groups • Relay events will be awarded for first through fourth place
SEEDING:	<ul style="list-style-type: none"> • All events, except events 500 Free & 400 IM will be pre-seeded • Swimmers in all sessions should report directly to the blocks for their events. • Events 500 Free & 400 IM will require a positive check-in to swim. Positive check-in will close at the end of warm-ups • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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: Bob Hood Email: bob.hood@us.army.mil Phone: (757) 878-5777</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 Bob Hood.

SAFETY:	<ul style="list-style-type: none"> • 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. • Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.
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 www.swimobx.com no later than January 13, 2009 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	Heat Sheets will be on sale at the front door starting on Friday evening for \$10.00.
FACILITY RULES:	<p>PLEASE CONVEY THIS INFORMATION TO YOUR SWIMMERS AND PARENTS:</p> <ul style="list-style-type: none"> • Picture identification will be required to gain access to the base. You may also need Automobile Registration as well as proof of insurance to gain access to the base. Please allow plenty of time for base access due to security considerations. • Rules will be enforced by meet marshal, aquatic center staff and the Fort Eustis Fire Marshall. • 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/or 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. • Balcony: Swimmers and their bags will not be allowed to stay in the area. Spectator seating is limited and swimmers must stay on the competition or adventure pool deck. • Absolutely no parking on grass, at the MP station, or on the side by the trees in the Aquatic Center Parking Lot.
DIRECTIONS:	From the north/south, take Fort Eustis Blvd. from I-64 exit 250A, Route 17, Jefferson Avenue, Warwick Blvd. After passing through main gate, the road becomes Washington Blvd. In ½ mile you will come to a traffic circle. Go straight through it, DO NOT BEAR OFF. The first right will be Tyler Avenue. The Aquatic Center is on the left corner. Additional parking is available 50 yards past the entrance to the Center on both the right and left sides of Tyler Avenue.

**OBX AGE GROUP MEET
ORDER OF EVENTS**

Friday, January 16, 2009 Evening Session Warm-up: 4:00 pm; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 14 500 Freestyle	2
3	12&U 500 Freestyle	4
5	11-14 400 Individual Medley	6

Saturday, January 17, 2009

Morning Session Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	13-14 200 Freestyle	8
9	13-14 100 Backstroke	10
11	13-14 200 Breaststroke	12
13	13-14 50 Freestyle	14
15	13-14 100 Butterfly	16
17	13-14 200 Freestyle Relay	18
Mid-day Session Warm-up: 10:00 am; Start: 11:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	10 & Under 100 Individual Medley	20
21	8 & Under 25 Backstroke	22
23	9-10 50 Backstroke	24
25	8 & Under 50 Freestyle	26
27	9-10 50 Freestyle	28
29	8 & Under 25 Breaststroke	30
31	9-10 50 Breaststroke	32
33	8 & Under 50 Butterfly	34
35	10 & Under 100 Butterfly	36
37	10 & Under 200 Freestyle	38
39	10 & Under 200 Free Relay	40
Afternoon Session Warm-up: 3:00 pm; Start: 4:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	11-12 200 Freestyle	42
43	11-12 100 Individual Medley	44
45	11-12 50 Breaststroke	46
47	11-12 200 Breaststroke	48
49	11-12 100 Butterfly	50
51	11-12 50 Freestyle	52
53	11-12 100 Backstroke	54
55	11-12 200 Freestyle Relay	56

Sunday, January 18, 2009

Morning Session Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	13-14 200 Individual Medley	58
59	13-14 100 Breaststroke	60
61	13-14 200 Butterfly	62
63	13-14 100 Freestyle	64
65	13-14 200 Backstroke	66
67	13-14 200 Medley Relay	68
Mid-day Session Warm-up: 10:00 am; Start: 11:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	10 & Under 200 Individual Medley	70
71	8 & Under 50 Backstroke	72
73	10 & Under 100 Backstroke	74
75	8 & Under 25 Freestyle	76
77	10 & Under 100 Freestyle	78
79	8 & Under 25 Butterfly	80
81	9-10 50 Butterfly	82
83	8 & Under 50 Breaststroke	84
85	10 & Under 100 Breaststroke	86
87	10 & Under 200 Medley Relay	88
Afternoon Session Warm-up: 2:30 pm; Start: 3:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	11-12 200 Individual Medley	90
91	11-12 100 Freestyle	92
93	11-12 50 Butterfly	94
95	11-12 200 Butterfly	96
97	11-12 100 Breaststroke	98
99	11-12 50 Backstroke	100
101	11-12 200 Backstroke	102
103	11-12 200 Medley Relay	104