



CENTRAL DISTRICT CHAMPIONSHIP
February 19-21, 2010
SANCTION NO. VS-10-50



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| SANCTION: | Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-50 |
| LOCATION: | NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23238, (804) 754-3401 |
| FACILITY: | <ul style="list-style-type: none">• 10-lane 25-yard pool, 4.5 to 10.5 feet in depth with Kieffer Wave eater lanes, Daktronics Automatic Timing System.• 10 lanes will be used for competition with 2 warm-up/warm-down lanes available at all times in the adjacent pool located at the NOVA facility.• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). |
| MEET DIRECTOR: | Name: Lori Hopewell Email: hopewells@verizon.net Phone: (804) 754-3401 |
| ELIGIBILITY: | <ul style="list-style-type: none">• Open to all Virginia Swimming registered athletes 14 years old and younger registered by the first day of the meet in the Central District. Teams in the Central District are: BAC, DC, NOVA, PSDN, QSTS, RACE, VACS, and YGR• The qualifying period for this meet is January 1, 2009 through February 18, 2010• 8 & Younger swimmers may participate regardless of classification in 8 & younger events.• 8 & Younger swimmers entered in 10 and younger events may not have a 10&U "BB" or faster time in the event entered.• 9-14 year old swimmers may compete in any event and relay strokes in which they have a "B" or "C" Time.• 10 and 12 year-old swimmers aging up from February 20 and February 26, 2010 with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none">○ 10 or 12 year old swimmers who do not qualify in their new age group at Region Championships may enter those event(s).○ 10 and 12 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.• 2009-2012 NAG time standards are in effect.• Age on February 19, 2010 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">• Distance events for all age groups Friday evening• 10 and younger swimmers will swim on Saturday and Sunday morning.• 11 and older swimmers will swim on Saturday and Sunday afternoons.• All events will be timed finals |
| WARM-UP: | <ul style="list-style-type: none">• Friday distance session: General warm-up 4:00-5:30 pm. Competition begins at 5:45 pm.• Morning sessions: Warm-ups 7:00-8:30 am. Competition starts at 8:45 am.• Afternoon sessions: Warm-ups 12:45-2:15 pm. Competition begins at 2:30 pm.• Sunday distance session: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session with the 1650y freestyle competition starting five minutes thereafter.<ul style="list-style-type: none">○ The approximate start time for the distance sessions will be posted on the NOVA website no later than Wednesday, February 17, 2010 and will also be e-mailed to the contact person of |

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| | <p>the participating clubs.</p> <ul style="list-style-type: none"> ○ The distance session will begin no earlier than these estimated times. • Warm-up lane assignments and times for individual clubs will be posted on the NOVA website no later than Wednesday, February 17, 2010 and will also be e-mailed to the club contact person. • 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, FEBRUARY 9, 2010.</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 which is available at the VSI website www.virginiawimming.org. • Teams submit entries as an e-mail attachment. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawimming.org) 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. • “No Time” (NT) entries will not be accepted. If a swimmer does not have a time of record the swimmer must be entered with a Coach’s Time (CT). • Coaches’ times may not exceed a “B” time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>3 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. Relay entry times must be slower than the combined “B” times for the corresponding relay. See the “not faster than” relay times chart on page 4. • Entries will be processed in the order received. • 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 could require reseeding. • Email entries to: novaswim@comcast.net • Mail entries to: Scott Campbell 12207 Gayton Road Richmond, Va 23238 • 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. • Late entries will be accepted. 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: \$4.00 Relay events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) 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: NOVA OF VA AQUATICS Payment must be received by Tuesday, February 16, 2010 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. |
| AWARDS: | <ul style="list-style-type: none"> • Individual events will be awarded medals for first through fourth place and ribbons will be awarded for fifth through eighth place. <ul style="list-style-type: none"> ○ 8 & Under events will be given separate awards for 8 year olds and 7 & Under age groups. ○ The 12 & Under 500 freestyle will be given separate awards for 11-12 and 10 & Under age groups. ○ 11-14 events will be given separate awards for 11-12, and 13-14 age groups ○ Heat winner ribbons will be awarded for all individual events for 10 & Younger swimmers. |

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| | <ul style="list-style-type: none"> Relay events will be awarded ribbons for first through fourth place |
| SEEDING: | <ul style="list-style-type: none"> All events, except events 1, 2, 3, 4, 5, 6, 27, 28, 107, 108 will be pre-seeded. 8 & Younger swimmers in the morning sessions must report to the Clerk of Course. They will be escorted to the blocks from that point by staff. Swimmers 10 and older will report to the blocks in time for their events. Swimmers in the afternoon sessions should report directly to the blocks for their events. Events 1, 2, 3, 4 (500 Free), 5, 6 (400 IM), 27, 28 (10&U 200 Free), 107, & 108 (1650 Free) will require a positive check-in to swim. Positive check-in will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Recorder's desk. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 107 and 108 will be swum fastest to slowest and alternate 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 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 have 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: Kathy Nunn Phone: (804) 364-0656 Email: kgnunn@verizon.net</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 Will Bassett at William.Bassett@hdrinc.com no later than Monday, February 15, 2010. General meeting for coaches and officials will be held in the hospitality room 45 minutes prior to the start of the meet. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> Swimmers are required to supply their own timers and lap counters for the 1650 Freestyle (Sunday). 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 (host team website) no later than Wednesday, February 17, 2010, and will also be emailed to the contact person of each of the individual clubs. These assignments will also be posted throughout the venue. |
| GENERAL: | <ul style="list-style-type: none"> Heat sheets and t-shirts will be available for purchase Bleacher seating for 280 Hospitality room will be open to coaches and certified officials The Virginia Swim Shop will be open for swimming accessories and shopping. Please inform swimmers and parents that spectator deck space may be extremely tight. Any help in reducing the number of spectators and their carry in possessions would be greatly |

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| | <p>appreciated</p> <ul style="list-style-type: none"> Swim bags should be placed under the seats <p>No glass containers, smoking or alcohol is permitted in the pool area</p> |
| FACILITY RULES: | <p>PLEASE DO NOT PARK AT THE APARTMENT BUILDING</p> <ul style="list-style-type: none"> The NOVA Aquatics Center has parking available. Additional parking is available in the lot next door, and in several lots one block east of the pool at the intersection of Gayton and Cambridge. |
| DIRECTIONS: | <ul style="list-style-type: none"> SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Rd. south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Rd. (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. NORTH – 95 South to 64 West to the Gaskins Road South exit. Then follow the directions above. WEST – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Rd. Take a left at that light. Follow Pump Rd. to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield to Gayton (2 lights); take a left on to Gayton. Pool is less than ½ mile on your left. SOUTHSIDE – Take Chippenham Parkway North which will turn into Parham Rd. Follow Parham to Quiocasin/Gayton Rd. (Regency Mall on left); take a left at that light. Proceed for 4-5 miles. The pool will be on your right. |
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RELAY “NOT FASTER THAN TIMES” CHART

| Age Group | Gender | Free | Medley |
|------------------|---------------|-------------|---------------|
| 8&U | Girls | No Standard | No Standard |
| | Boys | No Standard | No Standard |
| 9-10 | Girls | 2:23.96 | 2:50.26 |
| | Boys | 2:20.76 | 2:48.76 |
| 11-12 | Girls | 2:07.56 | 2:24.66 |
| | Boys | 2:03.96 | 2:23.46 |
| 13-14 | Girls | 2:03.96 | No Standard |
| | Boys | 1:53.96 | No Standard |

**Central District Championships
ORDER OF EVENTS**

Friday, February 19, 2010

| Evening Session | | |
|--|-----------------------------|-------------|
| Warm-up: 4:00-5:30 pm; Start: 5:45 pm | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 1 | 13-14 500 Freestyle | 2 |
| 3 | 12 & Under 500 Freestyle | 4 |
| 5 | 13-14 400 Individual Medley | 6 |

Saturday, February 20, 2010

| Morning Session | | |
|--|---------------------------------|-------------|
| Warm-up: 7:00-8:30 am; Start: 8:45 am | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 7 | 9-10 50 Freestyle | 8 |
| 9 | 8 & Under 25 Freestyle | 10 |
| 11 | 9-10 100 Butterfly | 12 |
| 13 | 8 & Under 50 Butterfly | 14 |
| 15 | 9-10 100 Individual Medley | 16 |
| 17 | 8 & Under 100 Individual Medley | 18 |
| 19 | 9-10 50 Breaststroke | 20 |
| 21 | 8 & Under 25 Breaststroke | 22 |
| 23 | 9-10 100 Backstroke | 24 |
| 25 | 8 & Under 50 Backstroke | 26 |
| 27 | 10 & Under 200 Freestyle | 28 |
| 29 | 8 & Under 100 Freestyle Relay | 30 |
| 31 | 9-10 200 Freestyle Relay | 32 |

| Afternoon Session | | |
|---|-----------------------------|-------------|
| Warm-up: 12:45-2:15 pm; Start: 2:30 pm | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 33 | 11-12 100 Freestyle | 34 |
| 35 | 13-14 100 Freestyle | 36 |
| 37 | 11-12 50 Butterfly | 38 |
| 39 | 11-14 200 Butterfly | 40 |
| 41 | 11-12 200 Individual Medley | 42 |
| 43 | 13-14 200 Individual Medley | 44 |
| 45 | 11-12 50 Breaststroke | 46 |
| 47 | 11-14 200 Breaststroke | 48 |
| 49 | 11-12 100 Backstroke | 50 |
| 51 | 13-14 100 Backstroke | 52 |
| 53 | 11-12 200 Freestyle Relay | 54 |
| 55 | 13-14 200 Freestyle Relay | 56 |

Sunday, February 21, 2010

| Morning Session | | |
|--|----------------------------|-------------|
| Warm-up: 7:00-8:30 am; Start: 8:45 am | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 57 | 9-10 100 Freestyle | 58 |
| 59 | 8 & Under 50 Freestyle | 60 |
| 61 | 9-10 50 Butterfly | 62 |
| 63 | 8 & Under 25 Butterfly | 64 |
| 65 | 9-10 200 Individual Medley | 66 |
| 67 | 8 & Under 50 Breaststroke | 68 |
| 69 | 9-10 100 Breaststroke | 70 |
| 71 | 8 Under 25 Backstroke | 72 |
| 73 | 9-10 50 Backstroke | 74 |
| 75 | 8 & Under 100 Freestyle | 76 |
| 77 | 9-10 200 Medley Relay | 78 |
| 79 | 8 & Under 100 Medley Relay | 80 |

| Afternoon Session | | |
|---|-----------------------------|-------------|
| Warm-up: 12:45-2:15 pm; Start: 2:30 pm | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 81 | 11-12 200 Freestyle | 82 |
| 83 | 13-14 200 Freestyle | 84 |
| 85 | 11-12 100 Butterfly | 86 |
| 87 | 13-14 100 Butterfly | 88 |
| 89 | 11-12 100 Individual Medley | 90 |
| 91 | 13-14 100 Breaststroke | 92 |
| 93 | 11-12 100 Breaststroke | 94 |
| 95 | 11-14 200 Backstroke | 96 |
| 97 | 11-12 50 Backstroke | 98 |
| 99 | 13-14 50 Freestyle | 100 |
| 101 | 11-12 50 Freestyle | 102 |
| 103 | 13-14 200 Medley Relay | 104 |
| 105 | 11-12 200 Medley Relay | 106 |

| <u>Distance Session</u> | | |
|--------------------------------|----------------------|-----|
| (20 minute break) | | |
| 107 | 13-14 1650 Freestyle | 108 |