



**AMENDED**  
(May 19, 2010)  
**OBX SWIMAROO 2010**  
**A/BB/B/C Meet**  
**June 5-6, 2010**  
**SANCTION NO. VS-10-71**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-10-71</b>						
<b>LOCATION:</b>	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573						
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>8-lane, 50 meter indoor pool 14 feet deep at the start end and 4 feet deep at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>						
<b>MEET DIRECTOR:</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Name: Debbie Gibbs</td> <td style="width: 50%;">Maria Wise</td> </tr> <tr> <td>Email: <a href="mailto:dbegibbs@embarqmail.com">dbegibbs@embarqmail.com</a></td> <td>Email: <a href="mailto:wisetchr@gmail.com">wisetchr@gmail.com</a></td> </tr> <tr> <td>Phone: (252) 202-5992</td> <td>Phone: (252) 441-0216</td> </tr> </table>	Name: Debbie Gibbs	Maria Wise	Email: <a href="mailto:dbegibbs@embarqmail.com">dbegibbs@embarqmail.com</a>	Email: <a href="mailto:wisetchr@gmail.com">wisetchr@gmail.com</a>	Phone: (252) 202-5992	Phone: (252) 441-0216
Name: Debbie Gibbs	Maria Wise						
Email: <a href="mailto:dbegibbs@embarqmail.com">dbegibbs@embarqmail.com</a>	Email: <a href="mailto:wisetchr@gmail.com">wisetchr@gmail.com</a>						
Phone: (252) 202-5992	Phone: (252) 441-0216						
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes registered by the first day of the meet.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>Age on June 5, 2010 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 12 &amp; Under swimmers will swim on Saturday and Sunday morning.</li> <li>All 13 &amp; Over swimmers will swim on Saturday and Sunday afternoon.</li> <li>Mid-day distance session for all swimmers will swim on Saturday and Sunday</li> <li>All events will be timed finals.</li> </ul>						
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li><b>Morning sessions: Warm-ups at: 7:00 am; competition starts at 8:00 am. There will be two 25 minute warm-up sessions.</b></li> <li><b>Distance sessions: A 10-minute warm-up will start no earlier than 11:30 am or immediately following the end of the morning session whichever is later with competition starting 5-minutes thereafter.</b></li> <li><b>Afternoon sessions: Warm-ups will not start earlier than 1:30 pm; competition will not start earlier than 2:30 pm. There will be two 25 minute warm-up sessions.</b></li> <li>Lane assignment and warm-up times for individual clubs will be posted on the <a href="http://www.swimobx.com">www.swimobx.com</a> website no later than June 3, 2010, 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, MAY 26, 2010</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>Teams submit entries as an e-mail attachment</li> <li>A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>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.</li> <li>Swimmers may enter a maximum of 3 <i>individual events</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 and <b>accepted to</b> the greatest extent possible</li> </ul>						

	<p>without exceeding the 4-hour/session timeline limit. An e-mail will be sent confirming receipt of the teams' entries.</p> <ul style="list-style-type: none"> <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:dbegibbs@embargmail.com">dbegibbs@embargmail.com</a></li> <li>Mail entries to: Debbie Gibbs OBX Swim Club PO Box 1028 Nags Head, NC 27959</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><b>Individual events: \$5.00</b> <b>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</b></p> <ul style="list-style-type: none"> <li>Checks should be made payable to: OBX Swim Club.</li> <li>Payment must be received by June 2, 2010 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(1<sup>st</sup>) through eighth(8<sup>th</sup>) place for BB &amp; Below Swimmers and first(1<sup>st</sup>) through eighth(8<sup>th</sup>) for A &amp; Above swimmers. <ul style="list-style-type: none"> <li>11 &amp; Over events will be given separate awards for 11-12, 13-14, and 15 &amp; Over age groups</li> <li>13 &amp; Over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>10 &amp; Under events will be given separate awards for 9-10 and 8 &amp; Younger age groups.</li> <li>Heat winner ribbons will be awarded for individual events.</li> </ul> </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 distance events 13, 14 (12&amp;U 400 Free), 15, 16 (13&amp;O 400 Free), 41, 42 (11&amp;O 400 IM), and 43, 44 (11&amp;O 800 Free).</li> <li>Swimmers should report directly to the blocks for their events</li> <li>Events 13, 14, 15, 16, 41, 42, 43, &amp; 44 will require a positive check-in to swim. <ul style="list-style-type: none"> <li>Positive check in for the event 13 will close at the start of event #9</li> <li>Positive check in for the event 14 will close at the start of event #10</li> <li>Positive check in for events 15, 16, 41, 42, 43, &amp; 44 will close at the start of warm ups for the Mid-day session.</li> </ul> </li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>Events 43 &amp; 44 (11&amp;O 800 Freestyle ) will be swum fastest to slowest alternating girls than boys</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 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 morning sessions at the discretion of the Referee.</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. Coaches who do not possess these credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bob Hood</b> <b>Email: <a href="mailto:bob.hood@us.army.mil">bob.hood@us.army.mil</a></b></p>

	<p style="text-align: center;"><b>Phone: (757) 878-5777</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 Julie Ross, Email: <a href="mailto:julie.ross67@gmail.com">julie.ross67@gmail.com</a> or Phone: (252) 256-1417.</li> <li>• Officials are asked to be present no later than one (1) hour prior to the start of the session and attend an Officials' Meeting in Room 102.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the <a href="http://www.swimobx.com">www.swimobx.com</a> no later than June 3, 2010, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Meet Programs:</b> Heat sheets and/or psych sheets will be sold for \$5.00</li> <li>• <b>Snack Bar/food:</b> A snack bar/food vendors will be available during the meet</li> <li>• <b>Swim Shop:</b> Swim Shop provided by Aquawear will be open during the meet</li> <li>• <b>Hospitality:</b> OBX Swim Club will provide a Hospitality Room for coaches, officials and officials in training. Breakfast and lunch will be served. Drinks and snacks will be provided during the day</li> <li>• <b>First Aid:</b> A staffed First Aid Station is located at the end of the pool near the entrance to the locker rooms.</li> <li>• <b>Lost and Found:</b> Lost and Found will be located next to the announcer's table.</li> </ul>
<b>RESULTS:</b>	<ul style="list-style-type: none"> <li>• All results will be announced, and then posted on the wall in the hallway near the snack bar</li> <li>• Meet results will be e-mailed to all participating teams within 24 hours of the conclusion of the meet.</li> <li>• The results will be posted to the Virginia Swimming web site <a href="http://www.virginiawimming.com">www.virginiawimming.com</a> after the conclusion of the meet.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool, will be disqualified from the meet and escorted from the facility.</li> <li>• <b>Please note that the City of Newport News prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed containers (e.g. sports and plastic bottles with screw-on caps).</b></li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff are the only people permitted behind the blocks. Spectators are asked to remain behind the ropes setup on the sides of the pool. Please stay in the seating area as much as possible and not view the meet from the deck during warm-ups and the competition.</li> <li>• <b>Team Areas:</b> Team seating will be available in the gymnasium and limited space in the pool area. No swim bags will be allowed in the pool area. Swimmers should keep their bags in the gym. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (sandals/flip-flops)</li> <li>• <b>Spectator Seating:</b> Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. They are allowed in the gym.</li> <li>• <b>Parking:</b> Please note that there is a one-way traffic pattern that circles the building. Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> <li>• Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>• No glass, food, chewing gum.</li> <li>• No shaving anywhere in the venue.</li> </ul>
<b>DIRECTIONS:</b>	From the North/South, follow I-64 to exit 261A. Take Hampton Roads Parkway west. Follow approximately 2 ½ miles (Hampton Roads Parkway will turn into Harpersville Road). Turn left onto Jefferson Avenue. Go Approximately 1 mile to McLawhorne Drive. Turn right at the light. The Newport News Midtown Community/Aquatic Center will be on your left.

# OBX SWIMAROO 2010

A/BB/B/C Meet

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## ORDER OF EVENTS

**Saturday, June 5, 2010**

**Morning Session**

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 100 Freestyle	2
3	12 & Under 100 Butterfly	4
5	12 & Under 200 Individual Medley	6
7	11-12 200 Breaststroke	8
9	12 & Under 100 Backstroke	10
11	12 & Under 50 Breaststroke	12

**Sunday, June 6, 2010**

**Morning Session**

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	12 & Under 200 Freestyle	28
29	12 and Under 50 Butterfly	30
31	11-12 200 Butterfly	32
33	12 & Under 50 Backstroke	34
35	11-12 200 Backstroke	36
37	12 & Under 100 Breaststroke	38
39	12 & Under 50 Freestyle	40

**Midday Session**

**Warm-up: 11:30 am; Start: 11:45 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	12 & Under 400 Freestyle	14
15	13 & Over 400 Freestyle	16

**Midday Session**

**Warm-up: 11:30 am; Start: 11:45 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	11 & Over 400 Individual Medley	42
43	11 & Over 800 Freestyle	44

**Afternoon Session**

**Warm-up: 1:30 pm; Start: 2:30 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	13 & Over 100 Freestyle	18
19	13 & Over 200 Individual Medley	20
21	13 & Over 200 Backstroke	22
23	13 & Over 200 Breaststroke	24
25	13 & Over 100 Butterfly	26

**Morning Session**

**Warm-up: 1:30 pm; Start: 2:30 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	13 & Over 200 Freestyle	46
47	13 & Over 100 Backstroke	48
49	13 & Over 200 Butterfly	50
51	13 & Over 100 Breaststroke	52
53	13 & Over 50 Freestyle	54