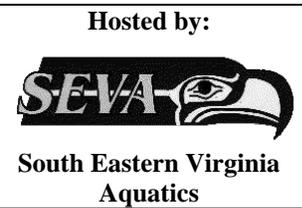




**12 & YOUNGER VIRGINIA CHRISTMAS
CHAMPIONSHIP**
December 10- 12, 2010
SANCTION NO. VS-11-29



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-29
LOCATION:	Fort Eustis Aquatic Center, Building 641 (corner of Washington Ave & Tyler Ave), Fort Eustis, VA 23604, Phone: (757) 878-1090 or 878-1091
FACILITY:	<ul style="list-style-type: none">• Eleven (11) lane 25 yard indoor pool, 9 feet deep in lane 1 progressing to 7 feet deep lanes 7-11. All sessions will be run using a ten (10) lane course for competition.• The Facility uses a Daktronics Automatic Timing System with a 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:	Dave Henderson Phone:(757) 897-6127 (cell) Email: SEVAseahawks@aol.com Barry & Elaine Ramsey Phone: (757) 850-3879 Email: rueetoo@cox.net
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming 12 & Younger athletes registered by the first day of the meet who have at least a "BB" time in each event entered.• Teams from outside the LSC may attend by requesting an invitation from the Meet Director.• Any team(s) not accepted into the meet, due to reaching the entry limit listed below (see entries section), will be notified within 24 hours of the entry deadline.• No on deck Virginia Swimming athlete registration will be permitted.• 2009-2012 NAG time standards are in effect.• Age on December 10, 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">• Prelims and Finals for all events except the 9-10 200 Freestyle, 11-12 200 Back, 200 Fly, 200 Breast 12 & Under 500 Free and all relays, which will be Timed Finals.• All heats of the 400 Free Relay and 400 Medley Relay will be swum during the Prelim session. All heats of the 200 Free Relay and 200 Medley Relay will be swum during the Finals session.• Finals are swum as single age groups (9 year olds, 10 year olds, 11 year olds and 12 year olds) with one heat (top ten) returning for finals.• 8 & younger swimmers will compete in the prelims only and will automatically be scratched from finals.
WARM-UPS:	<ul style="list-style-type: none">• Friday Timed Finals: Warm-ups: 4:00- 4:50 pm. Start 5:00 pm• Preliminaries - Saturday and Sunday:<ul style="list-style-type: none">○ 11-12 year olds: Warm-ups: 7:00-7:50 am. Competition starts at 8:00 am.○ 10 & Younger: Warm-ups: 11:00-11:50 am. Competition starts at 12:00 noon.• Finals:<ul style="list-style-type: none">○ Saturday:<ul style="list-style-type: none">▪ 11-12 year old Warm-ups 5:00-5:20 pm (NO DIVING WILL BE PERMITTED) at 5:20 pm Lanes 1, 2, 9, & 10 will be opened for Dive Starts/25's.▪ At 5:25 pm General Warm-ups will be open for 9 & 10 Year Olds ONLY in Lanes 3, 4, 5, 6, 7, & 8.▪ Sprint lanes listed above will continue to be available for ALL AGES until the pool is closed for warm-ups at 5:45 pm.

	<ul style="list-style-type: none"> ▪ The Meet Director may open up additional sprint lanes if needed. Competition starts at 6:00 pm. ○ Sunday: <ul style="list-style-type: none"> ▪ 11-12 year old Warm-ups 4:30-4:50 pm (NO DIVING WILL BE PERMITTED) at 4:50 pm Lanes 1, 2, 9 & 10 will be opened for Dive Starts/25's. ▪ At 4:55 pm General Warm-ups will be open for 9 & 10 Year Olds ONLY in Lanes 3, 4, 5, 6, 7, & 8. ▪ Sprint lanes listed above will continue to be available for ALL AGES until the pool is closed for warm-ups at 5:15 pm. ▪ The Meet Director may open up additional sprint lanes if needed. Competition starts at 5:30 pm • Team warm-up information will be e-mailed out to all teams and available on the SEVA web site at www.sevaswimming.com on Tuesday, December 7th.
ENTRIES:	<p>DEADLINE FOR RECEIPT OF ENTRIES IS THURSDAY, DECEMBER 2, 2010.</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 submit entries as an e-mail attachment. • 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. • All entry times must have been achieved in USA Swimming sanctioned or approved competition. • Entries will be processed in the order received and <u>accepted to the greatest extent possible without exceeding the 4-hour/session time line on Friday and 3-hour/session time line on Saturday & Sunday preliminary sessions.</u> • Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer, there must be room in an existing heat. No new heats will be added. • Swimmers may enter 2 individual events on Friday and 3 individual events and 2 relays each day on Saturday and Sunday. • Relay teams must be designated A, B, C, etc. if a team enters more than one relay. • The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries. • E-Mail Entries To: SEVAseahawks@aol.com • Mail Entries To: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Cell (757) 897-6127 • 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 receipt of your entries. • If the meet is not full, additional entries will be accepted from the B/C meets taking place on December 3-5, 2010 until 10:00 pm on Monday, December 6, 2010. <ul style="list-style-type: none"> ○ DO NOT SEND A NEW ENTRY FILE. ○ Please list swimmer information, event number(s) and entry time and send to the e-mail address listed above.
FEES:	<p>Individual Events: \$4.00 Relay Events: \$12.00 Swimmer Fee: \$2.50</p> <ul style="list-style-type: none"> • Make Checks payable to: SEVA Inc. • Payment must be received by December 8, 2010 for email entries. Payment must be included with all mailed entries. An entry fee summary printout from Team Manager must accompany your payment. • 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 (1st) through tenth (10th) place. • Relay Events: Awards will be presented to first (1st) through third (3rd) place for each event.

	<ul style="list-style-type: none"> • Team High Point Trophies will be awarded to the top six teams scoring teams. • Individual High Point Awards will be presented to the top three scoring individuals in each single age group 9 thru 12 years old. • Scoring: Individual Events: 11,9,8,7,6,5,4,3,2,1 Relay Events: 22,18,16,14,12,10,8,6,4,2
SEEDING:	<ul style="list-style-type: none"> • All events, except 500 Free and all relays will be pre-seeded. Swimmers should report directly to the blocks for their events. • Events 9 & 10, 12 & Under 500 Free will require a positive check-in to swim. This event will be swum fast to slow alternating girls then boys heats. • Positive check-in will close at 4:30 pm on Friday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Scratches: The scratch procedures for finals, which are listed in the current USA Swimming Rules and Regulations, will apply.
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 day prior to the start 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. • Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • The overhead start procedure will be used on Friday evening and both preliminary sessions each day • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.12.6 will apply. • 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: Bob Hood E-mail: bob.hood@us.army.mil Phone: (757) 878-5777</p> <ul style="list-style-type: none"> • We ask for your teams help in supplying officials for the meet. • Anyone in the process of achieving certification through on-deck training is welcome • Contact: Freddie Persinger, SEVA Officials Chairman at (757) 897-0787 (cell) or officials@sevaswimming.com. Thank you for your help in advance.
SAFETY:	VSI Safety and Warm-up procedures will be in effect.
TIMERS:	Teams entered in the meet may be asked to provide timers for assigned lanes. The Meet Director will notify the person that receives meet invitations when timing assignments have been made.
GENERAL:	<ul style="list-style-type: none"> • Meet Programs: Meet programs will be sold for \$9.00. Finals programs will be free with purchase of a meet program other wise they are \$2.00 • Snack Bar: The Aquatic Center will operate a snack bar during the meet. • Swim Shop: Swim & Sports Stop will be operating a swim shop on the Adventure Pool deck during the meet on Saturday and Sunday for your apparel needs. • Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Breakfast, lunch and Dinner will be served. Drinks and snacks will be provided during the day.
RESULTS:	<ul style="list-style-type: none"> • All results will be announced and posted on the hallway wall near the locker room entrance • A copy of the meet results will be sent via e-mail to each team entering the meet. • The results will be posted on the Virginia Swimming web site www.virginiaswimming.org after the

	conclusion of the meet.
FACILITY RULES:	<ul style="list-style-type: none"> • PLEASE READ THOROUGHLY. RULES WILL BE ENFORCED BY MEET MARSHALL, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL. • FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE, AUTOMOBILE REGISTRATION, AND PROOF OF INSURANCE ARE REQUIRED TO ENTER FORT EUSTIS. • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that 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 competition 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. • SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA WILL BE FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK. • The Adventure Pool side of the building WILL be available for seating on Friday, Saturday and Sunday.
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.

ORDER OF EVENTS

Friday, December 10, 2010

Warm-ups: 4:00 pm to 4:50 pm; Start 5:00 pm

Girls	Events	Boys
1	10 & Under 200 Free	2
3	11 - 12 200 Back	4
5	11 - 12 200 Fly	6
7	11 - 12 200 Breast	8
9	12 & Under 500 Free	10

There will be a 10-minute break before the start of the 500 Free event. This will allow the swimmers in this event to warm-up.

ORDER OF EVENTS

Saturday, December 11, 2010

11-12 Session

Warm-ups: 7:00 am to 7:50 am; Start: 8:00 am

Girls	Events	Boys
17	11 - 12 200 IM	18
21	11 - 12 50 Free	22
25	11 - 12 100 Back	26
29	11 - 12 50 Breast	30
33	11 - 12 100 Fly	34
37	11 - 12 400 Free Relay	38

10 & Younger Session

Warm-ups: 11:00 am to 11:50 am; Start: 12:00 am

Girls	Events	Boys
15	10 & Under 200 IM	16
19	10 & Under 50 Free	20
23	10 & Under 100 Back	24
27	10 & Under 50 Breast	28
31	10 & Under 100 Fly	32
35	10 & Under 400 Free Relay	36

Saturday Night Finals

Warm-ups: 5:00 pm to 5:45 pm; Start: 6:00 pm

Girls	Events	Boys
11	10 & Under 200 Free Relay	12
13	11 - 12 200 Free Relay	14
15	9 year old 200 IM	16
15	10 year old 200 IM	16
17	11 year old 200 IM	18
17	12 year old 200 IM	18
19	9 year old 50 Free	20
19	10 year old 50 Free	20
21	11 year old 50 Free	22
21	12 year old 50 Free	22
23	9 year old 100 Back	24
23	10 year old 100 Back	24
25	11 year old 100 Back	26
25	12 year old 100 Back	26
27	9 year old 50 Breast	28
27	10 year old 50 Breast	28
29	11 year old 50 Breast	30
29	12 year old 50 Breast	30
31	9 year old 100 Fly	32
31	10 year old 100 Fly	32
33	11 year old 100 Fly	34
33	12 year old 100 Fly	34

The order of the finals session will be the top heat of 9 year old girls, 10 year old girls, 9 year old boys, 10 year old boys, 11 year old girls, 12 year old girls, 11 year old boys, and 12 year old boys of each individual event.

Sunday, December 12, 2010

11-12 Session

Warm-up: 7:00 am to 7:50 am; Start: 8:00 am

Girls	Event	Boys
43	11 – 12 100 IM	44
47	11 - 12 200 Free	48
51	11 – 12 50 Back	52
55	11 - 12 100 Breast	56
59	11 – 12 50 Fly	60
63	11 - 12 100 Free	64
67	11 - 12 400 Medley Relay	68

10 & Younger Session

Warm-up: 11:00 am to 11:50 am; Start: 12:00 am

Girls	Event	Boys
45	10 & Under 100 IM	46
49	10 & Under 100 Free	50
53	10 & Under 50 Back	54
57	10 & Under 100 Breast	58
61	10 & Under 50 Fly	62
65	10 & Under 400 Medley Relay	66

Sunday Night Finals

Warm-up: 4:30 pm to 5:15 pm; Start: 5:30 pm

39	11-12 200 Medley Relay	40
41	10 & Under 200 Medley Relay	42
43	12 year old 100 IM	44
43	11 year old 100 IM	44
45	10 year old 100 IM	46
45	9 year old 100 IM	46
47	12 year old 200 Free	48
47	11 year old 200 Free	48
49	10 year old 100 Free	50
49	9 year old 100 Free	50
51	12 year old 50 Back	52
51	11 year old 50 Back	52
53	10 year old 50 Back	54
53	9 year old 50 Back	54
55	12 year old 100 Breast	56
55	11 year old 100 Breast	56
57	10 year old 100 Breast	58
57	9 year old 100 Breast	58
59	12 year old 50 Fly	60
59	11 year old 50 Fly	60
61	10 year old 50 Fly	62
61	9 year old 50 Fly	62
63	12 year old 100 Free	64
63	11 year old 100 Free	64

The order of the finals session will be the top heat of 12 year old girls, 11 year old girls, 12 year old boys, 11 year old boys, 10 year old girls, 9 year old girls, 10 year old boys, 9 year old boys of each event.