



**CGBD "FALL INVITATION"  
Southeast (SE) District 12&Y Meet  
November 4-5, 2006  
SANCTION NO. VS-07-11**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-07-11</b>
<b>LOCATION:</b>	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573
<b>FACILITY:</b>	8-lane, 50 meter indoor pool; configured for SC; 6 continuous warm-up / cool down lanes; overflow gutters; non-turbulent lane markers; Colorado Timing System.
<b>MEET DIRECTOR:</b>	Holly Crockett Phone: (757) 597-9618 Email: <a href="mailto:holly.r.crockett@smithbarney.com">holly.r.crockett@smithbarney.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered 12 year old and younger swimmers in Southeast District. Team in Southeast District are: CGBD, CYAT, NSD, ODAC, OBX, PRO, PYAC, SEVA, SSC, TAC, TCAC, TIDE, and WAC</li><li>• Swimmers with two "BB" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the BB+ session.</li><li>• Swimmers not qualified for the BB+ session can swim any event offered in the B/C session.</li><li>• <b>8 &amp; Younger swimmers may participate regardless of classification in the 8 &amp; Younger session.</b></li><li>• Swimmers may only swim relays in the session they are qualified to compete.</li><li>• All swimmers participating in this meet must be registered by the first day of the meet.</li><li>• No on deck registration will be permitted.</li><li>• 2005-2008 NAG top 16 based times are in effect.</li><li>• Age on November 4, 2006 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 8 &amp; Younger swimmers will swim Saturday and Sunday mid-day.</li><li>• All BB+ swimmers will swim on Saturday and Sunday mornings.</li><li>• All B/C swimmers will swim Saturday and Sunday Afternoon.</li><li>• All events will be timed finals.</li><li>• If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Saturday and Sunday am session: Warm-ups at 7:00 am to 7:40 am; competition starts at 7:50 am.</li><li>• Saturday and Sunday mid-day session: Warm-ups at 10:30 am to 11:10 am; competition starts at 11:20 am</li><li>• Saturday and Sunday pm session: Warm-ups at 1:20 pm to 2:00 pm; competition starts at 2:10 pm.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than November 1, 2006, and will also be emailed to the contact person of the participating clubs.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, OCTOBER 26, 2006</b> <ul style="list-style-type: none"><li>• 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.</li><li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>• 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.</li></ul>

	<ul style="list-style-type: none"> <li>Coaches 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 4 <i>individual events</i> and 1 <i>relay event</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.</li> <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:colleendb@cox.net">colleendb@cox.net</a></li> <li>Mail entries to: Colleen Beatovich 223 Clayton Drive Yorktown, VA 23693</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>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"> <li>Checks should be made payable to: CGBD.</li> <li>Payment must be received by November 1, 2006 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 through eighth place.</li> <li>12 &amp; Younger events will be given separate awards for 11-12 and 10 &amp; Younger age groups.</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 500 Free, which will be deck seeded.</li> <li>The 500 Free will require a positive check-in to swim.</li> <li>Positive check-in will close 30 minutes prior to the start of the session.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>Swimmers in all sessions should report directly to the blocks for their events.</li> <li>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.</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 disqualified from 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 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Mike Willard</b> Email: <a href="mailto:jefwilfam@cox.net">jefwilfam@cox.net</a> Phone: (757) 564-4480</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 Steve Romeo (<a href="mailto:sromeo@landmarkdg.com">sromeo@landmarkdg.com</a>) no later than November 1, 2006.</li> <li>• There will be an Officials' Meeting one (1) hour prior to each session in Room 104.</li> </ul>
<b>SAFETY:</b>	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.
<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 CGBD Web site no later than November 1, 2006 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>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 and included in the Programs) will be disqualified from the meet and escorted from the facility. 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, plastic containers.</li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats.</li> <li>• <b>Team Areas:</b> Team seating will be available in the pool and gym area. 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 (or sandals).</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.</li> <li>• <b>Team Banners:</b> Team Banners can not be hung from a water return pipe that runs over the team seating areas.</li> <li>• <b>Programs:</b> Meet Programs will be sold for \$5.00.</li> <li>• <b>Snack Bar:</b> CGBD will operate a Concessions Stand during the meet.</li> <li>• <b>Swim Supplies:</b> CGBD will operate a Swim Shop during the meet.</li> <li>• <b>First Aid:</b> A staffed First Aid Station is located at 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> <li>• <b>Hospitality:</b> CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> <li>• Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>• No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable.</li> <li>• No coolers in the pool area. They are allowed in the Gym.</li> <li>• No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym.</li> <li>• Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.).</li> <li>• No shaving anywhere in the venue.</li> <li>• No running or horseplay in the facility.</li> <li>• Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li> <li>• Clean up your area when you leave after each session. Trashcans are located throughout the facility. Lost and Found is located next to the Announcer.</li> </ul>

	<ul style="list-style-type: none"><li>• Officials only inside the ropes.</li><li>• Coaches, officials, and meet staff only in the Hospitality Room.</li><li>• The Aquatic Center will close during electrical storms.</li><li>• NO SMOKING in the Aquatic Center (pool area) or the rest of the building.</li></ul>
<b>DIRECTIONS:</b>	From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.

# Order of Events

## CGBD 12 & Younger Meet

### November 4-5, 2006

<b>Saturday AM BB+ Session</b>			
Warm-up: 7:00 am; Start:7:50 am			
<u>Girls</u>	<u>Events</u>		<u>Boys</u>
1	11-12	200 Free	2
3	10&U	100 IM	4
5	11-12	100 IM	6
7	9-10	50 Free	8
9	11-12	50 Back	10
11	11-12	200 Back	12
13	10&U	100 Back	14
15	11-12	100 Breast	16
17	9-10	50 Breast	18
19	11-12	50 Fly	20
21	11-12	200 Fly	22
23	10&U	100 Fly	24
25	11-12	50 Free	26
27	10&U	200 Free Relay	28
29	11-12	200 Free Relay	30

<b>Sunday AM BB+ Session</b>			
Warm-up: 7:00 am; Start:7:50 am			
<u>Girls</u>	<u>Events</u>		<u>Boys</u>
75	9-10	200 IM	76
77	11-12	200 IM	78
79	9-10	200 Free	80
81	11-12	100 Free	82
83	10&U	100 Free	84
85	11-12	100 Back	86
87	9-10	50 Back	88
89	11-12	50 Breast	90
91	11-12	200 Breast	92
93	10&U	100 Breast	94
95	11-12	100 Fly	95
97	9-10	50 Fly	98
99	12&U	500 Free	100
101	10&U	200 Medley Relay	102
103	11-12	200 Medley Relay	104

<b>Saturday Mid-day Session</b>			
Warm-up: 10:30 am; Start:11:20 pm			
<u>Girls</u>	<u>Events</u>		<u>Boys</u>
31	8&U	100 IM	32
33	8&U	25 Free	34
35	8&U	50 Back	36
37	8&U	100 Back	38
39	8&U	25 Breast	40
41	8&U	50 Fly	42
43	8&U	100 Free Relay	44

<b>Sunday Mid-day Session</b>			
Warm-up: 10:30 am; Start: 11:20 pm			
<u>Girls</u>	<u>Events</u>		<u>Boys</u>
105	8&U	50 Free	106
107	8&U	100 Free	108
109	8&U	25 Fly	110
111	8&U	100 Fly	112
113	8&U	50 Breast	114
115	8&U	100 Breast	116
117	8&U	25 Back	118
119	8&U	100 Medley Relay	120

<b>Saturday PM B/C Session</b>			
Warm-up: 1:20 pm; Start: 2:10 pm			
<u>Girls</u>	<u>Events</u>		<u>Boys</u>
45	11-12	200 Free	46
47	9-10	100 IM	48
49	11-12	100 IM	50
51	9-10	50 Free	52
53	11-12	50 Back	54
55	11-12	200 Back	56
57	9-10	100 Back	58
59	11-12	100 Breast	60
61	9-10	50 Breast	62
63	11-12	50 Fly	64
65	11-12	200 Fly	66
67	9-10	100 Fly	68
69	11-12	50 Free	70
71	9-10	200 Free Relay	72
73	11-12	200 Free Relay	74

<b>Sunday PM B/C Session</b>			
Warm-up: 1:20 pm; Start: 2:10 pm			
<u>Girls</u>	<u>Events</u>		<u>Boys</u>
121	9-10	200 IM	122
123	11-12	200 IM	124
125	9-10	200 Free	126
127	11-12	100 Free	128
129	9-10	100 Free	130
131	11-12	100 Back	132
133	9-10	50 Back	134
135	11-12	50 Breast	136
137	11-12	200 Breast	138
139	9-10	100 Breast	140
141	11-12	100 Fly	142
143	9-10	50 Fly	144
145	12&U	500 Free	146
147	9-10	200 Medley Relay	148
149	11-12	200 Medley Relay	150