



**OLD DOMINION AQUATIC CLUB**  
**SE District 13 & Older Meet**  
**November 10-12, 2006**  
**SANCTION NO. VS-07-14**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-07-14</b>
<b>LOCATION:</b>	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA Phone:(757)878-1090
<b>FACILITY:</b>	The pool is an 8 lane indoor 25 yd. Short Course facility with non-turbulent lane lines. Two additional lanes will be used for warm-up/warm-down during the meet. The automatic Daktronics timing system will be used.
<b>MEET DIRECTOR:</b>	Michele Burns Phone: (757) 427-0754 Email: <a href="mailto:mburns01@cox.net">mburns01@cox.net</a> Erin Thomas Phone: (757) 495-2779 Email: <a href="mailto:thomasfor4@aol.com">thomasfor4@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in Southeastern District. The Teams in the District are: CGBD, CYAT, NSD, ODAC, OBX, PRO, PYAC, SEVA, SSC, TAC, TCAC, TIDE, and WAC.</li><li>• Swimmers with two "A" times at any distance one each in different strokes including IM as the fifth stroke can swim any event offered in the A+ session.</li><li>• Swimmers not qualified for the A+ session can swim any event offered in the BB/B/C session.</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>• Age on November 10, 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 A+ swimmers will swim on Friday evening and Saturday and Sunday morning.</li><li>• All BB, B &amp; C swimmers will swim on Friday evening and Saturday and Sunday afternoon.</li><li>• All events will be timed finals.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Friday's session: Warm-ups at 5:00 pm; competition starts at 6:00 pm.</li><li>• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:15 am.</li><li>• Afternoon sessions: Warm-ups at 12:00 pm; competition starts at 1:15 pm.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li><li>• Lane assignment and warm-up times for individual clubs will be posted on the ODAC website no later than Wednesday, November 8, 2006, and will also be emailed to the contact person of the participating clubs.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 1, 2006</b></p> <ul style="list-style-type: none"><li>• 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.</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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><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></ul>

	<ul style="list-style-type: none"> <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>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:swimodac@msn.com">swimodac@msn.com</a></li> <li>Mail entries to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464</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: Old Dominion Aquatic Club.</li> <li>Payment must be received by November 7, 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>13 &amp; Older events will be given separate awards for 13-14 and Senior 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 400 IM and the 500 Free, which will be deck seeded.</li> <li>The 400 IM and 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 should report directly to the blocks for their events.</li> <li>The 400 IM and the 500 Free will be swum fastest to slowest and alternating heats of girls and boys.</li> <li>Deck entries will be accepted in the order received for swimmers already entered in the meet, 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: Janet Law</b> <b>Email: <a href="mailto:janetlaw56@cox.net">janetlaw56@cox.net</a></b> <b>Phone: (757)482-5146</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</li> </ul>

	officials, as well as the names and session availability of trainees to Janet Law.
<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>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• <b>PLEASE READ THOROUGHLY. THE MEET MARSHALS, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL WILL ENFORCE RULES.</b></li> <li>• <b>FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE, AUTOMOBILE REGISTRATION AND PROOF OF INSURANCE ARE REQUIRED TO ENTER THE FORT.</b></li> <li>• 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 in the meet program will be disqualified from the meet and escorted from the facility.</li> <li>• <b>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.</b></li> <li>• 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.</li> <li>• The Pool Decks have been recently resurfaced and the Aquatic Center prohibits any street shoes on the deck.</li> <li>• <b>SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA IS FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK.</b></li> <li>• <b>THE ADVENTURE POOL DECK IS NOT TO BE USED EXCEPT AS ACCESS BETWEEN THE SNACK BAR, LOCKER ROOMS AND THE COMPETITION POOL.</b></li> <li>• <b>NO TEAM AREA SET UP OR SPECTATORS, PARENTS AND FAMILIES ARE PERMITTED IN THIS AREA. THE AQUATIC CENTER STAFF WILL MARK APPROPRIATE TRANSIT AREAS.</b></li> </ul>
<b>DIRECTIONS:</b>	From Southside: I64 WEST through the Hampton Roads Bridge Tunnel to Exit 250A, Fort Eustis Blvd. After passing through the main gate, the road becomes Washington Blvd. At ½ mile, go through the traffic circle by going 180 degrees around the circle. After the circle, take your first right on Tyler Avenue. The Aquatic Center entrance is on your left immediately after you turn onto Tyler Avenue. There is a drop off point in the front of the Aquatic Center. Additional parking is available 50 yards past the entrance to the Aquatic Center on the both the right and left sides of Tyler Avenue.

**Friday November 10<sup>th</sup>,**

**Warm-up: 5:00 pm    Start: 6:00 pm**

Girls	Events	Boys
1	13 and Over 400 IM	2
3	13 and Over 500 Free	4

**Saturday, November 11, 2006**

<b>Morning Session</b>			<b>Afternoon Session</b>		
<b>Warm-up: 7:00 am; Start: 8:15 am</b>			<b>Warm-up: 12:00 noon; Start: 1:15 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
5	13-14 200 IM	6	29	13-14 200 IM	30
7	Senior 200 IM	8	31	Senior 200 IM	32
9	13-14 200 Back	10	33	13-14 200 Back	34
11	Senior 200 Back	12	35	Senior 200 Back	36
13	13-14 100 Fly	14	37	13-14 100 Fly	38
15	Senior 100 Fly	16	39	Senior 100 Fly	40
17	13-14 200 Breast	18	41	13-14 200 Breast	42
19	Senior 200 Breast	20	43	Senior 200 Breast	44
21	13-14 100 Free	22	45	13-14 100 Free	46
23	Senior 100 Free	24	47	Senior 100 Free	48
25	13-14 200 Free Relay	26	49	13-14 200 Free Relay	50
27	Senior 200 Free Relay	28	51	Senior 200 Free Relay	52

**Sunday, November 12, 2006**

<b>Morning Session</b>			<b>Afternoon Session</b>		
<b>Warm-up: 7:00 am; Start: 8:15 am</b>			<b>Warm-up: 12:00 noon; Start: 1:15 pm</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
53	13-14 100 Back	54	77	13-14 100 Back	78
55	Senior 100 Back	56	79	Senior 100 Back	80
57	13-14 200 Fly	58	81	13-14 200 Fly	82
59	Senior 200 Fly	60	83	Senior 200 Fly	84
61	13-14 100 Breast	62	85	13-14 100 Breast	86
63	Senior 100 Breast	64	87	Senior 100 Breast	88
65	13-14 200 Free	66	89	13-14 200 Free	90
67	Senior 200 Free	68	91	Senior 200 Free	92
69	13-14 50 Free	70	93	13-14 50 Free	94
71	Senior 50 Free	72	95	Senior 50 Free	96
73	13-14 200 Medley Relay	74	97	13-14 200 Medley Relay	98
75	Senior 200 Medley Relay	76	99	Senior 200 Medley Relay	100