



# 2017 VSI REGIONAL SUMMER AWARDS

July 14-16, 2016  
SANCTION NO. VS-17-94

Hosted by:



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-17-94</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., the Brittingham-Midtown Community Center and East Coast Aquatic Team (ECAT) shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> </ul>						
<b>LOCATION:</b>	Brittingham-Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, Va. 23601. Phone: (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 USA Swimming Rules and Regulations, Article 104.2.2C (4)</li> </ul>						
<b>MEET DIRECTOR:</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Sonny Grissom</td> <td style="width: 50%;">Leigh Henniker</td> </tr> <tr> <td>Phone: (757) 633-7852</td> <td>Phone: (757) 553-0410</td> </tr> <tr> <td>Email: <a href="mailto:sonny.grissom@cox.net">sonny.grissom@cox.net</a></td> <td>Email: <a href="mailto:lhenniker@gmail.com">lhenniker@gmail.com</a></td> </tr> </table>	Sonny Grissom	Leigh Henniker	Phone: (757) 633-7852	Phone: (757) 553-0410	Email: <a href="mailto:sonny.grissom@cox.net">sonny.grissom@cox.net</a>	Email: <a href="mailto:lhenniker@gmail.com">lhenniker@gmail.com</a>
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams: <b>CGBD, DIG, ECAT, OBX, ODAC, SEVA, TAC, TIDE, WAC &amp; 757.</b></li> <li>The qualifying period for this meet is January 1, 2016 through July 13, 2017</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li><b>8 and younger swimmers may compete in any 8 and under event regardless of their time. 8 and younger swimmers may compete in any 10 and under event in which they have a time that is slower than the age group championship qualifying time.</b></li> <li><b>14 and younger swimmers may compete in any event in which they have a time that is slower than the age group championship qualifying time.</b></li> <li><b>15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time.</b></li> <li>Age on July 14, 2017 will determine age for the entire meet.</li> <li>10, 12 &amp; 14 year old swimmers aging up from July 14, 2017 to July 20, 2017, with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> <li>Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event.</li> <li>Any 14 year swimmer who does not qualify for Senior Champs may enter the event</li> <li>10, 12, &amp; 14 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.</li> </ul> </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 Events will be timed finals.</li> <li>12 &amp; Younger swimmers will swim in the morning sessions.</li> <li>13 and older swimmers will swim in the afternoon sessions.</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 8:10 am.</b></li> <li><b>Afternoon sessions: Warm-ups not before 11:30 pm; competition starts not before 12:40 pm.</b></li> <li>Distance sessions (800 Free): The pool will be opened for 15 min. of open warm-ups immediately following the finish of the afternoon session with competition starting 5 min. thereafter. <ul style="list-style-type: none"> <li>The approximate start time for the distance sessions will be posted on the ECAT</li> </ul> </li> </ul>						

	<p>website, <a href="http://www.swimecat.com">www.swimecat.com</a> , no later than Tuesday, July 11, 2017, and will also be emailed to the contact person of the participating clubs.</p> <ul style="list-style-type: none"> <li>○ The distance sessions will start no earlier than the estimated times.</li> <li>● Lane assignment and warm-up times for individual clubs will be posted on the ECAT website, <a href="http://www.swimecat.com">www.swimecat.com</a> , no later than Tuesday, July 11, 2017 and will also be emailed to the contact person of the participating clubs.</li> <li>● If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JULY 4, 2017.</b></p> <ul style="list-style-type: none"> <li>● Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>● Teams submit entries via email.</li> <li>● A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiawimming.org">www.virginiawimming.org</a>) 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> <li>● Swimmers may enter a maximum of 9 individual events, no more than 3 per day.</li> <li>● Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a “BB” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>● “No Time” (NT) entries will not be accepted.</li> <li>● The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>● Proof of Entry Time, if required, must be provided to the Age Group Chairman within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed.</li> <li>● Email entries to: Sonny Grissom at <a href="mailto:sonny.grissom@cox.net">sonny.grissom@cox.net</a></li> <li>● <b>Late entries will be accepted.</b> All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$7.50 Swimmer surcharge: \$7.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>○ Includes free access to Heat Sheets (\$10 Value)</li> <li>○ Meet Mobile</li> <li>○ PDF Files for each Session online: <a href="http://www.swimecat.com">www.swimecat.com</a></li> <li>○ Hard Copies onsite</li> <li>● <b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</li> <li>● <b>Checks should be made payable to: ECAT</b></li> <li>● <b>Mail payment to: East Coast Aquatic Team 732 Eden Way N, #125 Suite E Chesapeake, VA 23320</b></li> <li>● <b>Payment must be received by Tuesday, July 11, 2017, for all entries.</b> Failure to pay entry fees by this deadline will result in teams being barred from the meet.</li> <li>● <b>IMPORTANT:</b> If payment is 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>AWARDS:</b>	<ul style="list-style-type: none"> <li>● Individual events will be awarded medals for 1st through 3rd place and ribbons for 4<sup>th</sup> through 16<sup>th</sup> place.</li> <li>● 10 &amp; Under events will be awarded as 9 – 10 and 8 &amp; under.</li> <li>● 13 &amp; Older events will be awarded as 13-14 and 15 &amp; older.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>● All events, except the 400 and 800 freestyles and the 400 IM's will be pre-seeded.</li> <li>● The above events will require a positive check-in to swim.</li> <li>● Positive check-in will close at 8:45 am Friday, for events #17 &amp; 18.</li> </ul>

	<ul style="list-style-type: none"> <li>• Positive check-in will close at 1:30 pm Friday, for events #25 &amp; 26.</li> <li>• Positive check-in will close at 8:45 am Saturday, for events #47 &amp; 48.</li> <li>• Positive check-in will close at 1:30 pm Saturday, for events #57 &amp; 58.</li> <li>• Positive check-in will close at 1:30 pm Sunday, for events #87 &amp; 88.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events #87 &amp; 88 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• Penalties for entries using fraudulent and/or non-verifiable entry times: <ul style="list-style-type: none"> <li>○ Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</li> <li>○ 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.</li> <li>○ Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event so entered.</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> </li> <li>• <b>Any swimmer who positively checks in and declares their intent to swim a distance event and does not show up to compete will not be allowed to swim his/her next event.</b></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>• Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</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. <ul style="list-style-type: none"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director.</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: John Squires</b>  <b>Email: <a href="mailto:jpswmm1@yahoo.com">jpswmm1@yahoo.com</a></b>  <b>Phone: (757) 642-4113</b></p> <p>Officials will be needed for all positions and all sessions 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: Megan Parker (ECAT Officials Coordinator), at <a href="mailto:meganparker65@gmail.com">meganparker65@gmail.com</a> no later than <b>Tuesday, July 11, 2017</b>.  There will be an officials' meeting approximately 1 hour prior to the start of each session.</p>
<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 ECAT website, <a href="http://www.swimecat.com">www.swimecat.com</a> no later than Tuesday, July 11, 2017, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers are expected to provide their own timers and lap counters for Events 87 &amp; 88 (13 &amp; Over 800 Freestyle)</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality will be available for coaches and officials</li> </ul>

	<ul style="list-style-type: none"> <li>• Concessions will be provided on site.</li> <li>• Aquawear will be on-site for your swimming gear needs.</li> <li>• Commemorative meet T-shirts will be available for sale by Northwest Designs.</li> <li>• Heat sheets will be available online for the entire meet at no additional cost. Printed copies may be requested by session at the entrance to the spectator area.</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 that 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 must 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 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>• <b>Parents are responsible for any sibling brought to the meet. Please chaperone them closely.</b></li> <li>• <b>No glass, food or chewing gum in the pool area.</b></li> <li>• <b>No shaving anywhere in the venue.</b></li> <li>• <b>In accordance with VSI best practices, swimmers should shower before entering the pool.</b></li> </ul>
<b>DIRECTIONS:</b>	<p>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 one mile to McLawhorne Drive. Turn right at the light. The Brittingham-Midtown Community/Aquatic Center will be on your left.</p>

# 2017 VSI REGIONAL SUMMER AWARDS

## ORDER OF EVENTS

Friday, July 14, 2017

Morning Session Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200m Backstroke	2
3	9-10 50m Breaststroke	4
5	11-12 50m Breaststroke	6
7	8 & U 50m Breaststroke	8
9	11-12 200m Freestyle	10
11	10 & U 200m Freestyle	12
13	11-12 100m Butterfly	14
15	10 & U 100m Butterfly	16
17	11-12 400m Individual Medley	18

Afternoon Session Warm-up: 11:30 PM; Start: 12:40 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	13&O 200m Freestyle	20
21	13&O 100m Breaststroke	22
23	13&O 100m Butterfly	24
25	13&O 400m Individual Medley	26

Saturday, July 15, 2017

Morning Session Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 200m Butterfly	28
29	8& U 50m Freestyle	30
31	9-10 50m Freestyle	32
33	11-12 50m Freestyle	34
35	10&U 100m Breaststroke	36
37	11-12 100m Breaststroke	38
39	8 & U 50m Backstroke	40
41	9-10 50m Backstroke	42
43	11-12 50m Backstroke	44
45	10&U 400m Freestyle	46
47	11-12 400m Freestyle	48

Afternoon Session Warm-up: 11:30 PM; Start: 12:40 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	13&O 200m Butterfly	50
51	13&O 50m Freestyle	52
53	13&O 200m Breaststroke	54
55	13&O 100m Backstroke	56
57	13&O 400m Freestyle	58

Sunday, July 16, 2017

Morning Session Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	11-12 200m Breaststroke	60
61	10 & U 100m Backstroke	62
63	11-12 100m Backstroke	64
65	8 & U 100m Freestyle	66
67	9-10 100m Freestyle	68
69	11-12 100m Freestyle	70
71	8&U 50m Butterfly	72
73	9-10 50m Butterfly	74
75	11-12 50m Butterfly	76
77	10&U 200m Individual Medley	78
79	11-12 200m Individual Medley	80

Afternoon Session Warm-up: 11:30 PM; Start: 12:40 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	13&O 200m Backstroke	82
83	13&O 100m Freestyle	84
85	13&O 200m Individual Medley	86
	<b>15 min warm-up</b>	
87	13&O 800m Freestyle	88