

**12 & YOUNGER VIRGINIA CHRISTMAS
CHAMPIONSHIP**
December 7 - 9, 2018
SANCTION NO. VS-19-55

Hosted by:



South Eastern Virginia
Aquatics

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-55 USA Swimming, Inc., Virginia swimming, Inc., and the Fort Eustis Aquatic Center 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. 			
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 sloping 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 104.2.2C(4) 			
MEET DIRECTORS:	<table border="0"> <tr> <td>Dave Henderson Phone:(757) 897-6127 (cell) Email: sevaseahawks@aol.com</td> <td>Mark Mayo Phone: (757) 329-0885 mlopmayo@gmail.com</td> <td>Steve Fannin Phone: (757) 715-0683 Email: g.fannin@cox.net</td> </tr> </table>	Dave Henderson Phone:(757) 897-6127 (cell) Email: sevaseahawks@aol.com	Mark Mayo Phone: (757) 329-0885 mlopmayo@gmail.com	Steve Fannin Phone: (757) 715-0683 Email: g.fannin@cox.net
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming 12 & Younger athletes registered before 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. 2017-2020 NAG time standards are in effect. Age on December 7, 2018 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"> All events on Friday will be swum as Timed Finals. All individual events on Saturday and Sunday will be swum in a Prelim/Final format. All Relays will be swum as Time 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 start at 4:00 pm; Competition starts at 5:00 pm Preliminaries - Saturday and Sunday: <ul style="list-style-type: none"> 11-12 year olds: Warm-ups start at 7:00 am; Competition starts at 8:00 am. 10 & Younger: Warm-ups start not before 11:00 am; Competition starts not before 12:00 noon. Finals: <ul style="list-style-type: none"> Saturday: <ul style="list-style-type: none"> 5:00 pm to 5:20 pm: 11-12 year old General Warm-ups (NO DIVING PERMITTED) 			

	<ul style="list-style-type: none"> ▪ 5:20 pm to 5:30 pm: 11–12 year old Dive Starts/25'S in lanes 1 thru 10. Lane 11 is for General Warm-up. ▪ 5:30 pm to 5:33 pm: 3 MINUTE BREAK (11-12's are out of the pool, 10 & Unders get ready for their warm-up. ▪ 5:33 pm to 5:50 pm: 10 & Unders General Warm-ups (NO DIVING PERMITTED) ▪ 5:50 pm TO 6:00 pm: 10 & Unders Dive Starts/25's in lanes 1 thru 10. Lane 11 is for General Warm-up. ▪ Competition does not start before 6:10 pm. ○ Sunday: <ul style="list-style-type: none"> ▪ 4:30 pm to 4:50 pm: 11-12 year old General Warm-ups (NO DIVING PERMITTED) ▪ 4:50 pm to 5:00 pm: 11-12 year old Dive Starts/25's in lanes 1 thru 10. Lane 11 is for General Warm-up. ▪ 5:00 pm to 5:03 pm: 3 MINUTE BREAK (11-12's are out of the pool, 10 & Unders get ready to warm-up ▪ 5:03 pm to 5:20 pm: 10 & Unders General Warm-ups (NO DIVING PERMITTED). ▪ 5:20 pm TO 5:30 pm: 10 & Unders Dive Starts/25's in lanes 1 thru 10. Lane 11 is for General Warm-up. ▪ Competition does not start before 5:40 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 4, 2018 				
ENTRIES:	<p>DEADLINE FOR RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 28, 2018.</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 via e-mail. • 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, approved, or observed competition. • Entries will be processed in the order received and <u>accepted to the greatest extent possible without exceeding the 3 ½ 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. If the time line for a session has not reached 3 ½ hours (Friday), 3 hour (Saturday and Sunday), the session will be reseeded after receiving the additional entries. If any session has reach the time line previously stated, there must be room in an existing heat. In this case, 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. • Teams may enter a maximum of three (3) relay teams per event. Relay teams must be designated A, B, C, 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. This may include combining heats and events, which actions may require reseeding. Relays may be eliminated and relay fees refunded. • E-Mail Entries To: SEVAseahawks@aol.com • If the meet is not full, additional entries will be accepted from the B/C meets taking place on December 1 – 2, 2018 until 9:00 pm on Monday, December 3, 2018. <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:	<table border="0"> <tr> <td>Individual Events:</td> <td>\$6.50</td> </tr> <tr> <td>Relay Events:</td> <td>\$14.00</td> </tr> </table>	Individual Events:	\$6.50	Relay Events:	\$14.00
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	<p>Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Make Checks payable to: SEVA Swim Team • Mail payment to: Dave Henderson 929 Edgewater Drive Newport News, Va. 23602 Cell (757) 897-6127 • Payment must be received by Wednesday, December 5, 2018 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • Payment of entries added from December B/C meets must be paid to the meet director before the start of 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. • 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, girls and boys, 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 the 500 Free are 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. A maximum of 14 heats will be swum (At least 7 heats of girls and 7 heats of boys). <ul style="list-style-type: none"> ○ The fastest fifteen (15) 9 year old and 11 year old boys and girls will be seeded. The fastest twenty (20) 10 year old and 12 year old boys and girls will be seeded. ○ If any age group/girls/boys has less swimmers entered than the numbers listed above, additional swimmers will be added in other age groups at the discretion of the Meet Director and Meet Referee. • This event will be swum fast to slow, alternating girls and 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.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as: <ul style="list-style-type: none"> ★ Entries using fraudulent or non-verifiable times. ★ Athlete competed in the incorrect age groupers. ★ Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be re-scored and re-awarded
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • 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. • The overhead start procedure will be used at the discretion of the Meet Referee. • The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6 section D and E only will be in effect for events on Saturday and Sunday excluding the relays. • 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>. • 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.

	<ul style="list-style-type: none"> Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. In accordance with VSI Best Policies, swimmers should shower before entering the pool. 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 with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Ken Romney E-mail: cletus.i.romney.civ@mail.mil Phone: (757) 329-9258</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Officials Training will be available during Timed Finals and Preliminary Sessions ONLY. Team Officials Chair should submit names and session availability of certified officials as well as name and session availability of any trainees to Ken Romney/SEVA Officials Chair at cletus.i.romney.civ@mail.mil or (757) 329-9258 (c) no later than Wednesday, December 5, 2018. Thank you for your help in advance. Officials' briefings will be held in the hospitality room one hour prior to the start of each session. Officials' attire for Saturday and Sunday Finals Session will be Red or Green Polo Shirts with Blue Pants or skirt.
SAFETY:	<ul style="list-style-type: none"> VSI Safety and Warm-up procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Clubs may need to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers per club and their lane assignments will be posted on the SEVA web site at www.sevaswimming.com no later than Tuesday, December 4, 2018. Please see the "Team Update" section of the home page for this information. This information will also be e-mailed to the contact person listed for each club. All teams may be responsible for providing timers and counters for their swimmers competing in the 500 Free on Friday evening. This information will be announced at the meet.
GENERAL:	<ul style="list-style-type: none"> Heat Sheets: Free <ul style="list-style-type: none"> Will be available Free on Meet Mobile. PDF files will be posted to the "Team Updates" section of the SEVA web site home page. A small number of hard copies, printed by session, will be available at the announcers table on the pool deck. If these copies run out and you would like one, see the Meet Director at the announcers table. Snack Bar: A snack bar MAY be in operation at the meet. In either case, food can be brought into the Aquatic Center but only consumed in the lobby or above deck seating area. NO COOLERS can be brought into the Aquatic Center. NO FOOD IS ALLOWED ON ANY POOL DECK. Swim Shop: Swim & Sports Stop will be operating a swim shop during the meet on Saturday and Sunday for your apparel needs. Hospitality: SEVA will provide a Hospitality Room for coaches and officials. Dinner on Friday, and breakfast, lunch and dinner on Saturday and Sunday 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

	<p>pool and in the meet program, will be disqualified from the meet and escorted from the facility.</p> <ul style="list-style-type: none"> • The Aquatic Center prohibits food of any kind on any pool deck. 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. • If meet entry numbers warrant it, the Adventure Pool side of the building WILL be available for seating on Friday, Saturday and Sunday.
DIRECTIONS:	<p>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.</p>

ORDER OF EVENTS

Friday, December 7, 2018

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
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	9 - 12 Year Old 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 8, 2018

11-12 Session

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

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
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: not before 11:00 am; Start: not before 12:00 noon

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
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: not before 5:00 pm; Start: not before 6:10 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
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.

ORDER OF EVENTS

Sunday, December 9, 2018

11-12 Session

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
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: not before 11:00 am; Start: not before 12:00 noon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
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: not before 4:30 pm; Start: not before 5:40 pm

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

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