



	<p>to the start of the race.</p> <ul style="list-style-type: none"> <li>• “B” Final heats will report directly to their assigned lane.</li> <li>• All heats of the 11-12 year old 400 Free Relay will be swum during the preliminary session. All heats of the 11-12 and 9-10 year old 200 Free and 200 Medley Relays will be swum during the Finals sessions.</li> <li>• There will be a 5 minute break at the conclusion of relays swum in Finals before the start of individual events on Saturday and Sunday.</li> </ul>
<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li>• <b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 4, 2020</b></li> <li>• Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software.</li> <li>• Teams submit entries via e-mail.</li> <li>• A <b>Team Manager</b> printout of entries must be included 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>• “No Time” (NT) entries will be accepted for individual and relay events. Coach Times (CT) are <b>not allowed</b> for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet.</li> <li>• If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay with a NT.</li> <li>• Swimmers may enter a maximum of 8 individual events for the meet, no more than 3 per day and 1 relay event per day.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. Relay entry times must be slower than the combined “AG Championship” times for the corresponding relay. See the “slower than” relay times chart on page 4.</li> <li>• Entries will be processed in the order received.</li> <li>• The Meet Director reserves the right to combine heats and events, which may require reseeding.</li> <li>• Email entries to: <a href="mailto:sevaseahawks@aol.com">sevaseahawks@aol.com</a></li> <li>• Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$8.00</b>  <b>Relay Events: \$15.00</b>  <b>Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</b></p> <p><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.</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: SEVA Swim Team</li> <li>• Mail payment to: Dave Henderson 929 Edgewater Drive Newport News, VA 23602</li> <li>• Payment must be received by Tuesday, February 11, 2020 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.</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.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Friday Timed Finals Session: General warm-up starts at 3:45 pm; competition starts at 4:45 pm.</li> <li>• Saturday &amp; Sunday 11-12 Preliminary Sessions: Warm-ups start 7:00 am; Competition starts at 8:00 am.</li> <li>• Saturday &amp; Sunday 9-10 Preliminary Sessions: Warm-up start not before 10:30 am; Competition starts not before 11:30 am.</li> <li>• Saturday &amp; Sunday 9 to 12 year old Finals Sessions: Warm-ups start not before 5:00 pm; Competition begins not before 5:50 pm</li> <li>• Lane assignments and warm-up times for individual clubs will be posted on the SEVA website (<a href="http://www.sevaswimming.com">www.sevaswimming.com</a>) no later than Monday, Feb. 10, 2020 and will also be emailed to the contact person of the participating clubs.</li> </ul>

	<ul style="list-style-type: none"> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events, except the 10 &amp; U 500 Free, 11-12 500 Free, and 11-12 400 IM, will be pre-seeded.</li> <li>All swimmers should report directly to the blocks for all preliminary and “B” Final events.</li> <li>Positive check-in for the 10 &amp; U 500 free, 11-12 500 free and 11-12 400 IM will close 15 minutes prior to the end of warm-ups for the session in which the events will be swum. Positive check-in rosters will be located at the Administrative Official’s desk.</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.</b></li> <li><b>A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place.</li> <li>The 10 &amp; Under 500 Free will be award and scored separately for 8 &amp; Under and 9-10 age groups.</li> <li>Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place.</li> <li>Team Awards will be given. Total team points will be combined with scores from 8 &amp; Under District Championships. Teams placing first through third will receive a plaque.</li> <li>Scoring will be as follows: <ul style="list-style-type: none"> <li>Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1</li> <li>Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</li> <li>All events will be scored to 16 places</li> <li>Only the top two relay entries per team may score.</li> </ul> </li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>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"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athlete competed in the incorrect age group.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </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> <li>Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</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’s legal guardian to ensure compliance with this requirement.</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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet.</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>Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a</li> </ul>

	<p>licensed healthcare provider.</p> <ul style="list-style-type: none"> <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. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Ken Romney</b>  <b>Email: cletus.i.romney.civ@mail.mil</b>  <b>Phone: (757) 329-9258 (cell)</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook</li> <li>• Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Ken Romney (SEVA Officials Coordinator) at cletus.i.romney.civ@mail.mil no later than Tuesday, February 11, 2020.</li> <li>• Officials meetings will be held in the hospitality area one hour prior to the start of the meet.</li> <li>• If needed, a General Meeting for coaches and key officials will be held in the hospitality area 30 minutes prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• <b>Friday Evening Events: Two timers are needed per lane for all events. SEVA will assign one timer to each lane. Swimmers/Teams must supply one timer for their swimmers/relays. This person will be the second timer for each lane. Swimmers must supply a person to count laps for the 500 Free events.</b></li> <li>• Clubs may 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 SEVA web site (www.sevaswimming.com) no later than Monday, February 10, 2020 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• These assignments will also be posted throughout the venue.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Meet Programs: Free</li> <li>• Will be available Free on Meet Mobile</li> <li>• PDF files will be posted to the “Team Updates” section of the SEVA web site home page.</li> <li>• 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.</li> <li>• Hospitality: SEVA will provide a Hospitality Room for USA-S officials and coaches. Dinner on Friday, breakfast, lunch and dinner on Saturday and Sunday, and refreshments during each session, will be served.</li> <li>• Swim Shop: Swim &amp; Sports Stop will be operating a swim shop on Saturday and Sunday during the meet for your swimming related needs. Northwest Designs will be selling meet/swimming related apparel.</li> <li>• Snack Bar: SEVA will operate a concession to purchase food and drinks on Friday, Saturday and Sunday.</li> <li>• First Aid: a staffed First Aid Station is located at the end of the pool near the entrance to the locker rooms.</li> <li>• Lost and Found: will be located at the announcer’s table, the lifeguard room on the pool deck and at the entrance to the gym for items left in each area.</li> </ul>
<b>PARKING:</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 chaperone them closely.</li> <li>• No glass, food, chewing gum or open drinks are allowed in the pool area. Drinks with closed containers (e.g., sports bottles and 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.</li> </ul>

	<p>Chairs are allowed in the gym.</p> <ul style="list-style-type: none"> <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. Trash cans and recycle bins are located throughout the facility.</li> <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>	<ul style="list-style-type: none"> <li>• From the north/south, follow I-64 to exit 261A. Take Hampton Roads Parkway west. Follow approximately 2 ½ miles (Hampton Roads Parkway turns into Harpersville Road). Turn left onto Jefferson Avenue. Go approximately 1 mile to McLawhorne Drive. Turn right at the light. The Newport News Brittingham-Midtown Community/Aquatics Center will be on your left.</li> </ul>

**RELAY "SLOWER THAN TIMES" CHART**

<b>Age Group</b>	<b>Gender</b>	<b>Free</b>	<b>Medley</b>
<b>9-10</b>	Girls	2:05.16	2:25.56
	Boys	2:03.96	2:23.86
<b>11-12</b>	Girls	1:49.96 (200) 4:01.96 (400)	2:05.56
	Boys	1:49.96 (200) 4:00.76 (400)	2:06.66

## 2020 Southeast District Short Course 9 to 12 & Year Old Championship

**Friday, February 14, 2020**

Girls	9 to 12 Year Old Timed Finals Warm Ups: 3:45pm Start: 4:45pm	Boys
1	11-12 400 Free Relay	2
3	9-10 200 IM	4
5	11-12 400 IM	6
7	10 & U 500 Free	8
9	11-12 500 Free	10

**Saturday, February 15, 2020**

Girls	11-12 Prelims Warm Ups: 7:00am Start: 8:00am	Boys
11	11-12 100 Free	12
15	11-12 50 Fly	16
19	11-12 200 Breast	20
21	11-12 100 Back	22
25	11-12 200 IM	26
29	11-12 50 Breast	30
33	11-12 200 Fly	34
35	11-12 200 Free Relay	36

Girls	9-10 Year Old Prelims Warm Ups: no earlier than 10:30am Start: no earlier than 11:30am	Boys
13	9-10 100 Free	14
17	9-10 50 Fly	18
23	9-10 100 Back	24
27	9-10 50 Breast	28
31	9-10 100 IM	32
37	9-10 200 Free Relay	38

Girls	Finals Warm Ups: 5:00pm Start: 5:50pm	Boys
11	11-12 100 Free	12
13	9-10 100 Free	14
15	11-12 50 Fly	16
17	9-10 50 Fly	18
19	11-12 200 Breast *	20
21	11-12 100 Back	22
23	9-10 100 Back	24
25	11-12 200 IM	26
27	9-10 50 Breast	28
29	11-12 50 Breast	30
31	9-10 100 IM	32
33	11-12 200 Fly *	34

\* Top 8 Only

**Sunday, February 16, 2020**

Girls	11-12 Prelims Warm Ups: 7:00am Start: 8:00am	Boys
39	11-12 200 Free	40
43	11-12 50 Back	44
47	11-12 100 Fly	48
51	11-12 100 IM	52
55	11-12 50 Free	56
59	11-12 100 Breast	60
61	11-12 200 Back	62
63	11-12 200 Medley Relay	64

Girls	9-10 Year Old Prelims Warm Ups: no earlier than 10:30am Start: no earlier than 11:30am	Boys
41	9-10 200 Free	42
45	9-10 50 Back	46
49	9-10 100 Fly	50
53	9-10 50 Free	54
57	9-10 100 Breast	58
65	9-10 200 Medley Relay	66

Girls	Finals Warm Ups: 5:00pm Start: 5:00pm	Boys
39	11-12 200 Free	40
41	9-10 200 Free	42
43	11-12 50 Back	44
45	9-10 50 Back	46
47	11-12 100 Fly	48
49	9-10 100 Fly	50
51	11-12 100 IM	52
53	9-10 50 Free	54
55	11-12 50 Free	56
57	9-10 100 Breast	58
59	11-12 100 Breast	60
61	11-12 200 Back *	62

\* Top 8 Only