



**11TH ANNUAL BLUE & YELLOW
Intrasquad Meet
April 24, 2010
SANCTION NO. VS-10-06D**

Hosted by:



Coast Guard Blue Dolphins

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-06D
LOCATION:	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573
FACILITY:	<ul style="list-style-type: none">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.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Oscar Alvarez Email: f2zoo@cox.net Phone: (757) 639-8042
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes on the Coast Guard Blue Dolphins Swim Team registered by the first day of the meet.No on deck Virginia Swimming athlete registration will be permittedAge on April 24, 2010 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">Single Session Format: All eligible swimmers will swim in one 4-hour session.All events will be timed finals.In-water starts will be required by facility management for shallow-ends starts for the 200 Relay events
WARM-UP:	<ul style="list-style-type: none">Single sessions: Warm-ups at 9:15 AM; competition starts at 10:00 AM.Warm Up Schedule: 9:15-9:45 AM; Blue Lanes 1-4; Yellow Lanes: 5-810-Minute warm-up/cool down periods will follow events #8, 24, & 30
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, APRIL 19, 2010 <ul style="list-style-type: none">Entries must be submitted in long course meters times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.Coaches Times (CT) and No Time (NT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition.Swimmers may enter a maximum of 4 individual events and 1 relay event per day.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.Submit entries using the CGBD Website meet entry page.
FEES:	Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)
AWARDS:	<ul style="list-style-type: none">Individual events: Ribbons for Personal Best Times - recognizing improvement - will be presented to all swimmers who better their entry times (No Times (NT) are not included.).Scoring Swimmers will be evenly divided into the Blue and Yellow Squads. All events will be scored to eighth place.<ul style="list-style-type: none">Individual Events: 9, 7, 6, 5, 4, 3, 2, and 1

	<ul style="list-style-type: none"> o Relay Events: 18, 14, 12, 10, 8, 6, 4, and 2
SEEDING:	All events will be pre-seeded.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded. • 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. • 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. • 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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • The overhead start procedure may be used at the discretion of the Referee. • 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 who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: John Warhol Email: jlmrwarhol@cox.net Phone: (757) 898-1555</p> <p>Officials at all positions will be required for this meet.</p>
SAFETY:	VSI Safety and Warm-up procedures will be in effect.
TIMERS:	CGBD will provide all timers
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: The Team is responsible for supervising the conduct of its swimmers / spectators. • Any swimmer / spectator who violate 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. • Team Areas: Team seating will be available in the pool 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). • Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. • Programs: Heat Sheets will be sold for \$2.00. • Snack Bar / Swim Supplies / Hospitality: None, this time.
FACILITY RULES:	<ul style="list-style-type: none"> • Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). • Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • 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. • No coolers in the pool area. • No spectator chairs in the pool area. Adequate seating is available and deck space is limited • 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 • No shaving anywhere in the venue. • No running or horseplay in the facility. • Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. • 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.

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| | <ul style="list-style-type: none"> • Officials only inside the ropes. • Coaches, officials, and meet staff only in the Hospitality Room. • The Aquatic Center will close during electrical storms. • NO SMOKING in the Aquatic Center (pool area) or the rest of the building. |
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COAST GUARD BLUE DOLPHINS
11th Annual Blue & Yellow Intrasquad Meet
APRIL 24, 2010
WARM-UPS: 9:15-9:45 AM
MEET STARTS: 10:00 AM

Girls	Event	Boys
1	200 meters Medley Relay*	2
3	Open 50 meters Free	4
5	11 & Over 400 meters IM	6
7	Open 200 meters Free	8
10 minute warm-up/cool down		
9	12 & Under 50 meters Fly	10
11	Open 100 meters Back	12
13	11 & Over 200 meters Breast	14
15	12 & Under 50 meters Back	16
17	Open 100 meters Breast	18
19	11 & Over 200 meters Fly	20
21	Open 100 meters Free	22
23	200 meters Free Relay*	24
10 minute warm-up/cool down		
25	Open 200 meters IM	26
27	12 & Under 50 meters Breast	28
29	Open 100 meters Fly	30
10 minute warm-up/cool down		
31	11 & Over 200 meters Back	32
33	9 & Over 400 meters Free	34
* Relays will have one swimmer from each age group (10 & Younger, 11-12, 13-14, 15 & Over)		