



COAST GUARD BLUE DOLPHINS
8th Annual Blow-pop Meet
March 27, 2010
SANCTION NO. VS-10-01A

Hosted by:



Coast Guard Blue Dolphins

SANCTION:	Held under the approval of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-01A						
LOCATION:	Fort Eustis Aquatic Center, Building 641, Tyler Ave. Newport News, VA, Phone: (757) 878-1090						
FACILITY:	<ul style="list-style-type: none"> Eleven (11) lane 25 yard indoor pool, 7-9 feet in depth. All sessions will be run using a six (6) lane course for competition. Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2 (C). 						
MEET DIRECTOR:	<table border="0"> <tr> <td>Stephanie Wolfe</td> <td>Jihan Davis Minson</td> </tr> <tr> <td>Phone: (757) 450-0506</td> <td>Phone: 757 369-2202</td> </tr> <tr> <td>Email: stephieh2o@aol.com</td> <td>Email: cgbdteamadmin@cox.net</td> </tr> </table>	Stephanie Wolfe	Jihan Davis Minson	Phone: (757) 450-0506	Phone: 757 369-2202	Email: stephieh2o@aol.com	Email: cgbdteamadmin@cox.net
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes registered by the first day of the meet that are members of the Coast Guard Blue Dolphins Swim Team, Dolphin Stroke Team, or SwimAmerica Learn-to-swim program Swimmer may NOT enter the meet if they have a qualifying time in any event for Senior Champs or Age Group Champs. No on deck Virginia Swimming athlete registration will be permitted. Age on March 27, 20010 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:	All events will be timed finals.						
WARM-UP:	Warm-ups at 12:00; competition starts at 12:45 pm.						
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, MARCH 24, 2010</p> <ul style="list-style-type: none"> Swimmers must submit entry requests through the CGBD website meet entry request page. DST and SwimAmerica swimmers must submit the attached entry request form. Coaches Times (CT) 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 <i>3 individual events</i> and <i>2 relay event</i> per day. Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. 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. Email entries to: <ul style="list-style-type: none"> CGBD: Use the regular meet entry process through the CGBD website. DST and SA: Submit Entry form (see page 4) to Jihan Minson or Teri Doyon 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. 						
FEES:	<p>Swimmer surcharge: \$10.00 per person</p> <ul style="list-style-type: none"> Checks should be made payable to: Coast Guard Blue Dolphins Payment must be received by the start of the meet. 						

AWARDS:	<ul style="list-style-type: none"> All swimmers who improve their entry time will receive a Blow-Pop.
SEEDING:	<ul style="list-style-type: none"> 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 disqualified from 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 will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. 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.
OFFICIALS:	<p>Meet Referee: John Warhol Email: cgbd.officials@gmail.com Phone: (757) 254-6363</p> <ul style="list-style-type: none"> Officials at all positions will be required 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 John Warhol via email at cgbd.officials@gmail.com no later than March 25, 2010
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	CGBD will need volunteer timers for all lanes.
GENERAL:	There will be no hospitality, or concessions. Heat sheets will be for sale for \$1.00.
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 AND AUTOMOBILE REGISTRATION ARE REQUIRED TO ENTER FORT EUSTIS. 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. 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. 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. The Adventure Pool side of the building WILL be available for seating.

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WARM-UPS: 12:00-12:30 pm

MEET STARTS: 12:45 pm

1	11-Over	200 Medley Relay	2
3	9-10	200 Medley Relay	4
5	8-Under	100 Medley Relay	6
5 Minute Break			
7	13-Over	100 Freestyle	8
9	11-12	100 Freestyle	10
11	10-Under	100 Freestyle	12
13	8-Under	50 Freestyle	14
15	Open	100 Breaststroke	16
17	11-12	50 Breaststroke	18
19	10-Under	50 Breaststroke	20
21	8-Under	25 Breaststroke	22
23	Open	100 Backstroke	24
25	11-12	50 Backstroke	26
27	10-Under	50 Backstroke	28
29	8-Under	25 Backstroke	30
5 Minute Break			
31	Open	200 Individual Medley	32
33	11-12	100 Individual Medley	34
35	9-10	100 Individual Medley	36
37	8-Under	100 Individual Medley	38
39	Open	100 Butterfly	40
41	11-12	50 Butterfly	42
43	10-Under	50 Butterfly	44
45	8-Under	25 Butterfly	46
47	13-Over	50 Freestyle	48
49	11-12	50 Freestyle	50
51	10-Under	50 Freestyle	52
53	8-Under	25 Freestyle	54
55	Open	200 Freestyle	56
5 Minute Break			
57	11-over	200 Free Relay	58
59	9-10	200 Free Relay	60
61	8-Under	100 Free Relay	62



COAST GUARD BLUE DOLPHINS SWIM TEAM

DOLPHIN STROKE TEAM & SWIM AMERICA ENTRY FORM

Swimmers'
Legal Name:

_____ (Last) (First) (Middle Initial)

Swimmers Preferred Name: _____

Swimmers Birth Date: _____

Gender: **M** **F**

(Circle One)

EVENTS

Circle the number of the events you wish to swim. You may pick up to three (3) events

Girls	Event	Boys
9	11-12 100 Freestyle	10
11	10-Under 100 Freestyle	12
13	8-Under 50 Freestyle	14
17	11-12 50 Breaststroke	18
19	10-Under 50 Breaststroke	20
21	8-Under 25 Breaststroke	22
25	11-12 50 Backstroke	26
27	10-Under 50 Backstroke	28
29	8-Under 25 Backstroke	30
33	11-12 100 Individual Medley	34
35	9-10 100 Individual Medley	36
37	8-Under 100 Individual Medley	38
41	11-12 50 Butterfly	42
43	10-Under 50 Butterfly	44
45	8-Under 25 Butterfly	46
49	11-12 50 Freestyle	50
51	10-Under 50 Freestyle	52
53	8-Under 25 Freestyle	54

I want to participate in Relays:

Yes No

(Circle one)