



**1st ANNUAL CARL WARNER MEMORIAL
A/BB/B/C Meet
November 13-15, 2009
SANCTION NO. VS-10-17**

Hosted by:



Coast Guard Blue Dolphins

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-17
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 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System.<ul style="list-style-type: none">○ Configured for 8-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool into a bulkhead○ 6 continuous warm-up / cool down lanes (4-6 feet in depth) in the none competition portion of the pool;• 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:	Steve Suttle Phone: (757) 591-0340 Email: golfn61@aol.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/Virginia Swimming athletes registered by the first day of the meet.• No on deck USA Swimming/Virginia Swimming athlete registration will be permitted.• 11 & Older swimmers entering the 400y IM event must have at least a provable "BB" time in the 200 IM or a "B" time in the 400 IM in their respective age group.• 11 & Older swimmers entering the 1650y Free event must have at least a provable "BB" time in the 500 Free or a "B" time in the 1000 or 1650 Free in their respective age group.• 2009-2012 NAG times are in effect.• Age on November 13, 2009 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">• Swimmers of all ages entered into distance events will swim Friday evening.• All 12 and younger swimmers will swim on Saturday and Sunday mornings.• All 13 and older swimmers will swim Saturday and Sunday Afternoon.• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Friday night warm-ups are general from 4:00-4:45 pm; competition starts at 5:00 pm. There will be specific warm-ups the last 15 minutes of warm-ups (4:30-4:45 pm) with lanes 1 & 8 being pace lanes, and lanes 2 & 7 being on-way starts/sprints.0• Morning session warm-ups: 7:00 am; competition starts: 8:00 am. There will be two 25 minute warm-up sessions. Warm-up schedule will be assigned by team.• Afternoon session warm-ups: Not earlier than 12:00 pm; competition starts: Not earlier than 1:00 pm. There will be two 25 minute warm-up sessions. Warm-up schedule will be assigned by team.• Sunday Distance session: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions. The distance session competition will start 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than November 11, 2009, and will also be emailed to the contact person of the participating clubs.• If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 4, 2009</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 may submit entries as an e-mail attachment. • 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. • Coach's Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition • Swimmers may enter a maximum of 1 individual event on Friday and 4 individual events and 1 relay event per day. • Entries will be processed in the order received. This meet will be limited to a total of 600 swimmers • 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: cgbdswimming@cox.net • Mail entries to: Steve Hennessey 607 Lotz Drive Yorktown, VA 23692 • IMPORTANT: If entries are 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.
FEES:	<p>Individual Events: \$4.25 Relay Events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: CGBD. • Payment must be received by November 11, 2009 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups ○ 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. ○ 12 & Under events will be given separate awards for 11-12 and 10 & Under age groups ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups • Heat winner ribbons will be awarded for all 10 & Under individual events. • Separate awards will be given for BB+ and B/C swimmers.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except the 500 Free, 400 IM, and 1650 Free, which will be deck seeded. • The Events #1-2 (12&Y 500 Free), #3-4 (11&O 400 IM), #5-6 (11&O 1650 Free), and #109-110 (13&O 500 Free) will require a positive check-in to swim. • Positive check-in will close 20 minutes prior to the start of the session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Swimmers in all sessions should report directly to the blocks for their events. • Deck entries will be accepted in the order received 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.
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.

	<ul style="list-style-type: none"> • 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 morning and afternoon sessions, and may be used for the mid-day sessions at the discretion of the Referee. • In accordance with VSI Policy, only those coaches who can provide, upon request, current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches unable to demonstrate they have current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: John Warhol Email: jlmrwarhol@cox.net 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 jlmrwarhol@cox.net no later than November 11, 2009 • There will be an Officials' Meeting one (1) hour prior to each session in Room 102
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the CGBD Web site no later than November 11, 2009 and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in the 1650 Free are responsible for providing their own lap counters and timers.
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club 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. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats. • Team Areas: Team seating will be available in the pool and gym 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. • Team Banners: Team Banners can not be hung from a water return pipe that runs over the team seating areas. • Programs: Meet Programs will be sold for \$8.00. • Snack Bar: CGBD will operate a Concessions Stand during the meet. • Swim Supplies: CGBD will operate a Swim Shop during the meet. • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms. • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.
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

	<p>containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable.</p> <ul style="list-style-type: none"> • No coolers in the pool area. They are allowed in the Gym. • No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym. • 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 (adjacent to the WU/CD end of the pool or in the Gym.). • 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. Trash cans and recycle bins are located throughout the facility. Lost and Found is located next to the Announcer. • 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.
DIRECTIONS:	<p>From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.</p>

**1ST ANNUAL CARL WARNER MEMORIAL MEET
ORDER OF EVENTS**

Friday, November 13, 2009

Evening Session		
Warm-up: 4:00 pm; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 500 Freestyle	2
3	11 & Over 400 Ind. Medley	4
5	11 & Over 1650 Freestyle	6

Saturday, November 14, 2009

Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	10 & Under 200 Medley Relay	8
9	11-12 200 Medley Relay	10
11	10 & Under 100 Freestyle	12
13	11-12 100 Freestyle	14
15	10 & Under 100 Butterfly	16
17	11-12 100 Butterfly	18
19	10 & Under 200 Ind. Medley	20
21	11-12 200 Ind. Medley	22
23	10 & Under 50 Breaststroke	24
25	11-12 50 Breaststroke	26
27	11-12 200 Breaststroke	28
29	10 & Under 100 Backstroke	30
31	11-12 100 Backstroke	32
33	10 & Under 200 Freestyle	34

Sunday, November 15, 2009

Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	11-12 200 Freestyle Relay	58
59	10 & Under 200 Freestyle Relay	60
61	11-12 200 Freestyle	62
63	10 & Under 50 Butterfly	64
65	11-12 50 Butterfly	66
67	11-12 200 Butterfly	68
69	10 & Under 100 Ind. Medley	70
71	11-12 100 Ind. Medley	72
73	10 & Under 100 Breaststroke	74
75	11-12 100 Breaststroke	76
77	10 & Under 50 Backstroke	78
79	11-12 50 Backstroke	80
81	11-12 200 Backstroke	82
83	10 & Under 50 Freestyle	84
85	11-12 50 Freestyle	86

Afternoon Session		
Warm-up: 12:00 noon; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	13 & Over 200 Medley Relay	36
37	13-14 100 Freestyle	38
39	15 & Over 100 Freestyle	40
41	13-14 200 Butterfly	42
43	15 & Over 200 Butterfly	44
45	13-14 200 Ind. Medley	46
47	15 & Older 200 Ind. Medley	48
49	13-14 200 Breaststroke	50
51	15 & Older 200 Breaststroke	52
53	13-14 100 Backstroke	54
55	15 & Over 100 Backstroke	56

Afternoon Session		
Warm-up: 12:00 noon; Start: 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
87	13 & Over 200 Freestyle Relay	88
89	13-14 200 Freestyle	90
91	15 & Over 200 Freestyle	92
93	13-14 100 Butterfly	94
95	15 & Over 100 Butterfly	96
97	13-14 100 Breaststroke	98
99	15 & Over 100 Breaststroke	100
101	13-14 200 Backstroke	102
103	15 & Over 200 Backstroke	104
105	13-14 50 Freestyle	106
107	15 & Over 50 Freestyle	108

Distance Session		
(15 minute break)		
109	13 & Over 500 Free	110