



**SOUTHEAST DISTRICT 9-12 CHAMPIONSHIP**  
**February 16 - 18, 2024**  
**SANCTION NO. VS-24-67**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-24-67</b> .</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., and Coast Guard Blue Dolphins 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.</li> <li>• In applying for this sanction, the Host, Coast Guard Blue Dolphins agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and the City of Newport News.</li> </ul>
<b>LOCATION:</b>	<p>Brittingham-Midtown Aquatic Center  570 McLawhorne Drive  Newport News, Va, 23601  Phone: (757) 591-4573</p>
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 8-lane, 50-meter indoor pool 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li> <li>• 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.</li> <li>• 9 continuous warm-up / cool down lanes (4-6 feet in depth) in the non-competition portion of the pool.</li> <li>• The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li> <li>• There will be lifeguards and additional Aquatics staff along with 2 AED located on the opposite sides of the pool deck.</li> <li>• In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.</li> </ul>
<b>MEET DIRECTOR:</b>	<p>Name: Ray Jock  Email: meetdirector@CGBDswim.org  Phone: 803-468-0458</p>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all Virginia Swimming registered athletes 9 - 12 years old by the first day of the meet in the Southeast District which includes 757, CGBD, ECAT, ESY, HVAC, NSD, ODAC, SPAR, TIDE, VPYS, WAC, and YOBX</li> <li>• 8 &amp; U Virginia Swimming registered athletes in the Southeast District may enter the 10 &amp; U 500 Free.</li> <li>• Unattached athletes in the same geographical district are also eligible to attend.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• The qualifying period for this meet is November 1, 2022, through February 15, 2024.</li> <li>• Athletes <b>may compete in any individual event or relay leg in which they do NOT have a VSI Age Group Championship qualifying time.</b></li> <li>• 10 and 12 year old swimmers aging up from February 16 to March 7, 2024 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> <li>○ The swimmer does not qualify for the event in his/her new age group at Age Group Champs.</li> <li>○ The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or compete in the finals sessions.</li> </ul> </li> <li>• Age on February 16, 2024 will determine age for the entire meet.</li> </ul>

<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 free which will be swum as timed finals. The top 16 swimmers in the 11-12 age group from prelims will come back to compete in finals, except for the 200 fly, 200 back, and 200 breast where only the top 8 swimmers will compete in finals.</li> <li>9-10 year old swimmers will swim prelim/finals in all individual events with the exception of the 200 IM and 500 Free which will be contested as timed finals. The top 8 swimmers in the 9/10 age group from prelims will come back to compete in finals. The fastest heat of the 200 IM will be swum in finals.</li> <li>Ready Room: A Ready Room will be used at this Championship prior to each "A" final heat. Each Swimmer in the "A" Final (Final heat) should report to the Ready Room 10 minutes preceding the event and participate in the "A" Final parade. <ul style="list-style-type: none"> <li>"A" Final swimmers will be presented with music and their names will be announced prior to the start of the race.</li> </ul> </li> <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 Friday distance 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>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 6, 2024</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in Short Course Yards times using Commlink-2 software.</li> <li>Teams submit entries via e-mail.</li> <li>A 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><u>not allowed</u></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 5.</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:meetdirector@CGBDswim.org">meetdirector@CGBDswim.org</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: \$10.50</b>  <b>Relay Events: \$20.00</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: CGBD</li> <li>• Mail payment to: 35 Stratford Road Newport News, VA 23601</li> <li>• Payment must be received by Tuesday, February 13, 2024, for all entries. Failure to pay entry fees by this deadline may 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>• Morning / Preliminary sessions: Warm-ups start 7:00a; Competition starts at 8:00a</li> <li>• Midday / Preliminary sessions: Warm-up start not before 11:00a; Competition starts not before 12:00p</li> <li>• Afternoon or Finals sessions: Warm-ups start not before 5:00p; Competition begins not before 6:00p</li> <li>• Lane assignments and warm-up times for individual clubs will be posted on the CGBD website no later than Monday, Feb. 12, 2024, and will also be emailed to the contact person of the participating clubs.</li> <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 9-10 500 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 9-10 500 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>• Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place.</li> <li>• The 10 &amp; Under 500 Free will be awarded and scored separately for 8 &amp; Under and 9-10 age groups.</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>○ All events will be scored to 16 places.</li> <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>○ 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 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 MAAPP 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>• <b>Any swimmer initially announced as qualifying for an event in finals who fails scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed.</b></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>• In accordance with VSI best practices, all athletes should shower before entering the pool.</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 licensed healthcare provider.</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: Tommy Lovell</b>  <b>Email: <a href="mailto:scoutmastertommy@gmail.com">scoutmastertommy@gmail.com</a></b>  <b>Phone: 757-532-4378</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 Chris LaFlamme @ <a href="mailto:cflafl@gmail.com">cflafl@gmail.com</a>, no later than Tuesday, February 6, 2024.</li> <li>• Officials meetings will be held in the hospitality area one hour prior to the start of the meet.</li> <li>• 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>	<p><b>MEET SAFETY OFFICER: Ray Jock</b>  <b>Email: <a href="mailto:meetdirector@CGBDswim.org">meetdirector@CGBDswim.org</a></b>  <b>Phone: 803-468-0458</b></p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmers supply their own timers and lap counters for the 500 Freestyle</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 CGBD website no later than Monday, Feb. 12, 2024 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>• <b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Community/Aquatic Center rules (posted at the pool) will be disqualified from the meet and/or escorted from the facility. <ul style="list-style-type: none"> <li>○ 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.</li> <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>○ The Aquatic Center will be closed during electrical storms.</li> <li>○ NO SMOKING in the Aquatic Center (pool area) or the rest of the building.</li> </ul> </li> <li>• <b>Deck Access:</b> Access to the pool deck is strictly controlled prior to the first warm-up session. Coaches, swimmers and spectators will be allowed on the pool deck no earlier than 15 minutes prior to the first warmup session, and not until two Marshals and the Announcer are in place. <ul style="list-style-type: none"> <li>○ Seating for coaches/swimmers will be in the bleachers on the long side of the pool and spectators will be in the bleachers on the short side of the pool with additional seating available in the gym. No outside chairs allowed inside Aquatic Center; however, they are allowed in the gym.</li> <li>○ Everyone must stay behind the ropes on each side of the pool.</li> <li>○ <b>SWIM BAGS WILL NOT</b> be allowed on the pool deck.</li> <li>○ The City of Newport News prohibits eating food inside Aquatic Center; therefore, coolers must be left in the gym or vehicles.</li> <li>○ The City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes or sandals.</li> </ul> </li> <li>• <b>Team Banners: <u>Not allowed</u></b> for this meet.</li> <li>• <b>Heat Sheets:</b> Heat Sheets will be made available to everyone on the Meet Mobile app and will be posted on the CGBD website in a pdf format that can be viewed or printed.</li> <li>• <b>Results:</b> The meet results will be available on Meet Mobile, posted to the CGBD website and will be posted to the Virginia Swimming website after the conclusion of the meet.</li> <li>• <b>Snack Bar:</b> A concession stand <b>WILL NOT</b> be operated during the meet. • <b>Swim Supplies:</b> Aquawear will operate a Swim Shop during the meet.</li> <li>• <b>First Aid:</b> There is a First Aid room on the pool deck and will be staffed by facility lifeguards. If assistance is needed anywhere off of the pool deck, see a Meet Marshall or Facility Staff Member.</li> <li>• <b>Lost and Found:</b> Lost and found will be located next to the announcer's table.</li> <li>• <b>Hospitality:</b> CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast, Lunch and Dinner and light snacks will be provided. Bottled water will be available for coaches, officials and volunteers on the pool deck in a cooler near the administrative table. <b>Only Coaches, Officials, and meet staff are allowed in the Hospitality Room,</b></li> </ul>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>• Park only in designated (marked) parking spots. Parents must park in the main lots. The Staff parking lot on the pool side of the building is off limits. Overflow parking is available at Hines Middle School (next door)</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• 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 McLawhorne Drive. Turn right at the light. Pool is on the left.</li> </ul>

**RELAY "SLOWER THAN TIMES" CHART**

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

## 2024 Southeast District Short Course 9 – 12 Championships

### Friday February 16, 2024

Preliminary Session 11-12 Year Olds Warm-Up: not before 7:00 am Start: not before 8:00 am		
G		B
1	11-12 200 Free	2
3	11-12 50 Fly	4
5	11-12 200 Back	6
7	11-12 100 Breast	8
9	11-12 100 IM	10
11	11-12 400 Free Relay	12

Preliminary Session 9-10 Year Olds Warm-Up not before 11:00 am Start not before 12:00 pm		
G		B
13	9-10 200 Free	14
15	9-10 50 Fly	16
17	9-10 100 Breast	18
19	9-10 100 IM	20

Finals Session 9-12 Year Olds Warm-Up not before 5:00 pm Start not before 6:00 pm		
G		B
1	11-12 200 Free	2
13	* 9-10 200 Free	14
3	11-12 50 Fly	4
15	*9-10 50 Fly	16
5	*11-12 200 Back	6
17	*9-10 100 Breast	18
7	11-12 100 Breast	8
19	*9-10 100 IM	20
9	11-12 100 IM	10
*Top 8 Only		

### Saturday February 17, 2024

Preliminary Session 11-12 Year Olds Warm-Up not before 7:00 am Start not before 8:00 am		
G		B
23	11-12 100 Back	24
25	11-12 50 Breast	26
27	11-12 200 Fly	28
29	11-12 50 Free	30
31	11-12 200 IM	32
33	11-12 500 Free (TF)	34

Preliminary Session 9-10 Year Olds Warm-Up not before 11:00 am Start not before 12:00 pm		
G		B
37	9-10 100 Back	38
39	9-10 50 Breast	40
41	9-10 50 Free	42
43	**9-10 200 IM	44
**Timed Final Event w/ Top 8 Swimming in Finals		

Finals Session 9-12 Year Olds Warm-Up not before 5:00 pm Start not before 6:00 pm		
G		B
21	11-12 200 Free Relay	22
35	9-10 200 Free Relay	36
5-minute break		
23	11-12 100 Back	24
37	*9-10 100 Back	38
25	11-12 50 Breast	26
39	*9-10 50 Breast	40
27	*11-12 200 Fly	28
41	*9-10 50 Free	42
29	11-12 50 Free	30
43	**9-10 200 IM	44
31	11-12 200 IM	32
*Top 8 Only **Timed Final Event w/ Top 8 Swimming in Finals		

### Sunday February 18, 2024

Preliminary Session 11-12 Year Olds Warm-Up not before 7:00 am Start not before 8:00 am		
G		B
47	11-12 100 Fly	48
49	11-12 50 Back	50
51	11-12 200 Breast	52
53	11-12 100 Free	54
55	11-12 400 IM (TF)	56

Preliminary Session 9-10 Year Olds Warm-Up not before 11:00 am Start not before 12:00 pm		
G		B
59	9-10 100 Fly	60
61	9-10 50 Back	62
63	9-10 100 Free	64
65	10 & U 500 Free (TF)	66

Finals Session 9-12 Year Olds Warm-Up not before 5:00 pm Start not before 6:00 pm		
G		B
45	11-12 200 Medley Relay	46
57	9-10 200 Medley Relay	58
5-minute break		
47	11-12 100 Fly	48
59	*9-10 100 Fly	60
49	11-12 50 Back	50
61	*9-10 50 Back	62
51	*11-12 200 Breast	52
63	*9-10 100 Free	64
53	11-12 100 Free	54
*Top 8 Only		