



**SOUTHEAST DISTRICT 8 & Y CHAMPIONSHIP**  
**February 6-7, 2021**  
**SANCTION NO. VS**

Hosted by:



*We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Suffolk YMCA Camp Arrowhead/ODAC. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-</b> .</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., and Old Dominion Aquatic Club, the Suffolk YMCA and Camp Arrowhead 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>USA Swimming, Inc., Virginia Swimming, Inc., Old Dominion Aquatic Club, the Suffolk YMCA and Camp Arrowhead cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.</li> </ul>
<b>LOCATION:</b>	Camp Arrowhead, 275 Kenyon Rd, Suffolk VA 757-923-3303
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>8-Lane, 25-Yard pool, 5 feet deep at the start end and 3 ½ feet deep at the turn end, equipped with Swim-Quip non-turbulent land markers. One timer will be used for each of the 25 yard races while the Automatic Timing System (2 buttons and 2 watches) will be used for all 50s and 100s. Lanes 2,4,6,8 will be used for the 50s and 100s.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).</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>	Name: Steve Bialorucki Phone: (757) 471-1828 Email: <a href="mailto:stevebialorucki@swimodac.com">stevebialorucki@swimodac.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming registered athletes 8 years old and younger prior to the first day of the meet in the Southeast District which includes CVAC, ECAT, ODAC, and TIDE</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><b>Athletes may compete in any event offered regardless of classification.</b></li> <li>Age on February 6, 2021 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</li> </ul>

	disability prior to the competition.
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• Events will be swum in two sessions. <b>Girls will be in session one. Boys will be in session two.</b></li> <li>• All events will be timed finals.</li> <li>• <b>No relays will be swum.</b></li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JANUARY 29, 2021.</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. 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>• Swimmers may enter a maximum of 8 individual events for the meet, no more than 4 per day.</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:stevebialorucki@swimodac.com">stevebialorucki@swimodac.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: \$5.50</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: ODAC Meets</li> <li>• Mail payment to: Steve Bialorucki  5165 Stratford Chase Drive  Virginia Beach, VA 23464  Phone: (757) 471-1828</li> <li>• Payment must be received by Tuesday, February 2, 2021 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>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> <li>• Swimmers will report to Clerk of Course prior to swimming their events.</li> <li>• All events will be pre-seeded.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• First (Girls) Session: Warmups start at 8:00 am; competition starts at 8:40 am.</li> <li>• Second (Boys) Session warmups start at 10:40am; competition starts at 11:20am or 15 mins after the girls session is completed.</li> <li>• Each team will be assigned a 15 min warmup.</li> <li>• Warmups will be assigned by lane and will be limited to 6 swimmers per lane, providing 10 feet of social distance in the lanes when practicable.</li> <li>• Lane assignments and warm-up times for individual clubs will be posted on the ODAC website no later than Tuesday, February 2, 2021 and will also be emailed to the contact person of the participating clubs.</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>• Team Awards will be given at the 9-12 District meet. Total team points will be combined with scores from 9 - 12 District Championships. Teams placing first through third will receive a plaque.</li> <li>• Scoring will be as follows:</li> </ul>

	<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>○ All events will be scored to 16 places</li> </ul>
<b>COVID RULES</b>	<ul style="list-style-type: none"> <li>● <b>Athletes must arrive in their RACING suits. Restroom facilities are for EMERGENCY USE ONLY for all. Disinfecting products will be available at the sink area and must be used on any touched surface by each user.</b></li> <li>● <b>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b></li> <li>● <b>Swimmers will be staged by heat assignment utilizing Social Distance markings before each swim with two volunteers from each team acting as chaperones.</b></li> <li>● <b>Coaches, officials, swimmers and spectators must wear masks.</b></li> <li>● <b>Athletes and families are to maintain proper social distancing. Participants and family members not adhering to this standard will be asked to leave the premises immediately.</b></li> <li>● <b>No parents are allowed inside the facility unless in a volunteer or officials capacity.</b></li> <li>● The meet will be live streamed and information will be emailed out to all teams and posted at the facility.</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>● 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 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>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>OFFICIALS:</b>	<p><b>Meet Referee: Tim Gleim</b>  <b>tgleim@gmail.com</b>  <b>Phone: (757) 689-3130</b></p> <ul style="list-style-type: none"> <li>● Officials will be needed for all positions and all sessions for this meet.</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 Tim Gleim at <a href="mailto:tgleim@gmail.com">tgleim@gmail.com</a> no later than Tuesday, February 2, 2021.</li> <li>● Officials meetings will be held in the hospitality area one hour prior to the start of the meet.</li> </ul>

	<ul style="list-style-type: none"> <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>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will 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 ODAC website no later than Tuesday, February 2, 2021, 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> <li>• All timers and counters must wear a mask.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>NO SMOKING</b> on the pool deck or in the spectator gallery.</li> <li>• Each Team is encouraged to ensure the good conduct of swimmers in all areas of the building, including but not limited to locker rooms and hallways.</li> <li>• <b>NO GLASS</b> containers are permitted in or around the pool area.</li> </ul>

**2021 Southeast District  
8 & U Championships  
Order of Events**

**Saturday February 6, 2021**

**Session 1 Girls Warm up 8:00am; Competition 8:40 am  
Session 2 Boys Warmup 10:40am; Competition 11:20am**

<b>Girls</b>		<b>Boys</b>
1	50 Breaststroke	2
3	100 Freestyle	4
5	25 Butterfly	6
7	100 Individual Medley	8
9	25 Freestyle	10
11	50 Butterfly	12
13	200 Freestyle	14
15	100 Backstroke	16

**Sunday February 7, 2021**

**Session 1 Girls Warm up 8:00am; Competition 8:40 am  
Session 2 Boys Warmup 10:40am; Competition 11:20am**

<b>Girls</b>		<b>Boys</b>
17	25 Breaststroke	18
19	50 Freestyle	20
21	100 Butterfly	22
23	25 Backstroke	24
25	100 Breaststroke	26
27	200 Individual Medley	28
29	50 Backstroke	30