



ODAC Rising Stars Meet
BB/B/C
November 16-17, 2024
SANCTION NO. VS-25-32

Hosted by



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-32 USA Swimming, Inc., Virginia Swimming, Inc., Old Dominion Aquatic Club and Midtown Aquatic Center 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. In applying for this sanction, the Host, Old Dominion Aquatic Club to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and City of Newport News.
LOCATION:	<p>Brittingham-Midtown Aquatic Center 570 McLawhorne Dr, Newport News, VA 23601 (757) 591-4573</p>
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. 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 9 continuous warm-up / cool down lanes (4-6 feet in depth) in the non-competition portion of the pool. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. Brittingham-Midtown Aquatic Center has an AED on site, lifeguards that will be staffed during the meet, and access to medical supplies should they be needed. 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.
MEET DIRECTOR:	<p>Name: Craig Bialorucki Email: Craig.bialorucki@gmail.com Phone: 757-693-1296</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. 2024-2028 NAG time standards are in effect. Age on November 16, 2024 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome 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.
ATHLETES WITH A SERIOUS MEDICAL CONDITION	<ul style="list-style-type: none"> 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. This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> All 8-Under swimmers will swim in the Morning Session on Saturday All 9-12 swimmers will swim in the Mid-day session on Saturday & Sunday All 13-Over swimmers will swim in the Afternoon session on Saturday and Morning session on

	<p>Sunday</p> <ul style="list-style-type: none"> All events will be timed finals.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Wednesday, November 6, 2024</p> <ul style="list-style-type: none"> Entries must be submitted in SCY (course) times using Commlink-2 software. Teams submit entries via email. A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. “No Time” (NT) entries will be accepted. Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. “No Time” (NT) entries will not be accepted. 8-Under swimmers may enter a maximum of 5 individual event(s). 9-Older swimmers may enter a maximum of 8 total individual event(s) with no more than 5 individual events per day. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. Email entries to: Craig Bialorucki, Craig.bialorucki@gmail.com Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
FEES:	<p>Individual events: \$5.50 for 8-Under events \$10.00 for all 9-Older events</p> <p>Relay events: \$20.00</p> <p>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p>Checks should be made payable to: Old Dominion Aquatic Club</p> <ul style="list-style-type: none"> Mail payment to: 5165 Stratford Chase Drive, Virginia Beach, VA 23464 Payment must be received by November 16, 2024. Failure to pay entry fees by this deadline could result in teams being barred from the meet. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> Swimmers in all sessions should report directly to the blocks for their events. All events will be pre-seeded.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:30 am competition starts at 8:30 am Saturday & Sunday Mid-day session: Warm-ups not before 12:00 pm; competition starts not before 1:30 pm. Saturday Afternoon session: Warmups at 4:00 pm competition starts at 5:15 pm Lane assignment and warm-up times for individual clubs will be posted on the ODAC website no later than November 11, 2024 and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS:	<p>Individual events: Ribbons will be awarded for first through 1st through 8th place (number of lanes)</p> <ul style="list-style-type: none"> 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. Heat winner gifts will be awarded for all 10-under individual events.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet. 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. Any swimmer entered in the meet must be certified by a USA-S member coach as being

	<p>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 or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> • 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) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. • 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>. • 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. • In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool. • An 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. • In accordance with Virginia Swimming 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.
PENALTIES:	<ul style="list-style-type: none"> • 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"> ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be rescored and re-awarded.
OFFICIALS:	<p>Meet Referee: Bonnie Johnson Email: kurt.bonniejohnson@cox.net Phone: 757-816-4518</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Lauren Matthaey, lauren.matthaey@gmail.com or (757) 572-4121 no later than November 16, 2024 • Officials meeting will start at 7:45 am
SAFETY:	<p>MEET SAFETY OFFICER: Steve Bialorucki Email: stevebialorucki@swimodac.com Phone: 757-374-2080</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
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 ODAC website no later than November 11, 2024 and will also be emailed to the contact person of each of the individual clubs.
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 violates Community/Aquatic Center rules (posted at the pool) will be disqualified from the meet and/or 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 strictly controlled prior to first warm-up session. Coaches, swimmers and spectators allowed on the pool deck no earlier than 15 minutes prior to first warmup session, and if deck Marshals and the Announcer is in place. • Everyone must stay behind the ropes on each side of the pool • Seating for all swimmers and coaches will be on the long bleacher side of the pool. Seating for

	<p>spectators and swimmers will be on the short bleacher side of the pool. THE GYM WILL NOT BE AVAILABLE FOR SEATING.</p> <ul style="list-style-type: none"> • SWIM BAGS will be allowed on the pool deck. • The City of Newport News prohibits eating food inside Aquatic Center, therefore coolers must be left in lobby or vehicles • Spectators can sit in bleachers, no outside chairs allowed inside Aquatic Center Rev. 8/2/23 4 • The City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes or sandals. • Team Banners: not allowed for this meet • Heat Sheets: Heat Sheets will be made available to everyone on the Meet Mobile app and will be posted on the ODAC website in a pdf format that can be viewed or printed. • Results: The meet results will be available on Meet Mobile, posted to the ODAC website and will be posted to the Virginia Swimming website after the conclusion of the meet. • Snack Bar: There will NOT be a concession at this meet. • Swim Supplies: There will NOT be an apparel vendor at this meet. All food and coolers must be kept outside Aquatic Center, lobby area or left inside vehicles • First Aid: There is a First Aid room on the pool deck and will be staffed by facility lifeguards. If assistance is needed anywhere other than the pool deck, see a Meet Marshall or Facility Staff Member. • Lost and Found: There will be a lost and found next to the announcer's table. • Hospitality: Bottled water will be available for coaches, officials and volunteers on the pool deck in coolers near the Administration table. Officials and coaches will be served a light breakfast on both Saturday and Sunday and lunch at the end of the 8 & Under session and before the 9 to 12year-old session starts on Saturday.
FACILITY RULES:	<ul style="list-style-type: none"> • 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) • Parents are responsible for the conduct of their children. • 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 personal chairs on the pool deck. • 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. • The Aquatic Center will be closed during electrical storms. • NO SMOKING in the Aquatic Center (pool area) or the rest of the building.
DIRECTIONS:	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.
HOTELS:	N/A

MEET TITLE

ORDER OF EVENTS

Saturday, November 16, 2024

Morning Session Warm-up: 7:30 am; Start: 8:30 am			Mid-day Session Warm-up: 12:00 pm; Start: 1:30 pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8-Under 100 Medley Relay	2	19	9-10 200 Free Relay	20
3	8-Under 25 Free	4	21	11-12 200 Free Relay	22
4	8-Under 25 Breast	6	23	9-10 50 Free	24
7	8-Under 25 Back	8	25	11-12 50 Free	26
9	8-Under 25 Fly	10	27	9-10 100 Back	28
11	8-Under 50 Free	12	29	11-12 100 Back	30
13	8-Under 50 Breast	14	31	9-10 50 Breast	32
15	8-Under 100 IM	16	33	11-12 50 Breast	34
17	8-Under 100 Free Relay	18	35	9-10 100 Fly	36
			37	11-12 100 Fly	38
			39	9-10 100 IM	40
			41	11-12 100 IM	42
			43	9-10 200 Free	44
			45	11-12 200 Free	46

Saturday, November 16, 2024

Afternoon Session Warm-up: 4:00 pm; Start: 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	13&Over 200 Medley "Mixed" Relay	48
49	13&Over 50 Free	50
51	13&Over 100 Fly	52
53	13&Over 50 Breast	54
55	13&Over 200 Free	56
57	13&Over 100 Back	58
59	13&Over 100 IM	60
61	13&Over 200 Breast	62
63	13&Over 200 Free Relay	64

Sunday, November 17, 2024

Morning Session Warm-up: 7:30 am; Start: 8:30 am			Mid-day Session Warm-up: 12:00 pm; Start: 1:30 pm <small>(Times are approximate)</small>		
Girls	Events	Boys	Girls	Events	Boys
65	9-10 200 Medley Relay	66	89	13&Over 200 Free “Mixed” Relay	90
67	11-12 200 Medley Relay	68	91	13&Over 100 Free	92
69	9-10 50 Fly	70	93	13&Over 200 Fly	94
71	11-12 50 Fly	72	95	13&Over 50 Back	96
73	9-10 100 Free	74	97	13&Over 100 Breast	98
75	11-12 100 Free	76	99	13&Over 50 Fly	100
77	9-10 50 Back	78	101	13&Over 200 Back	102
79	11-12 50 Back	80	103	13&Over 200 IM	104
81	9-10 100 Breast	82			
83	11-12 100 Breast	84			
85	9-10 200 IM	86			
87	11-12 200 IM	88			