



AMENDED #2
TAC WINTER BASH
SE District A/BB Meet
January 14-15, 2006
SANCTION NO. VS-06-32



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-32
LOCATION:	Old Dominion University, J.C. "Scrap" Chandler Natatorium 49th Street & Powhatan Avenue, Norfolk, VA
FACILITY:	8-Lane, 25-Yard pool. Equipped with Swim-Quip non-turbulent land markers. Automatic timing by Colorado Systems
MEET DIRECTOR:	Carl "Sonny" Grissom Phone: (C) 757-286-8640; (W) 757-201-7526 Email: sonny.grissom@cox.net
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming/VSI registered swimmers in Southeastern District. The Teams in the District are: CGBD, CYAT, NSD, ODAC, OBX, PRO, PYAC, SEVA, SSC, TAC, TCAC, TIDE, TPHN, and WAC.All swimmers may compete in any event and relay strokes in which they have a "BB" or "A" Time (AA times and higher are ineligible).Swimmers with 1 "BB" or "A" Time in a session may swim as many events in which they have "B" times in that same session up to the per session limit of events.All swimmers participating in this meet must be registered by the first day of the meet.No on deck registration will be permitted.2005-2008 NAG top 16 based times are in effect.Age on January 14, 2006 will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">All 12 & Younger swimmers will swim on Saturday and Sunday morning.All 13 & Older swimmers will swim on Saturday and Sunday afternoon.All events will be timed finals.Morning sessions: Warm-ups at 7:15 AM; competition starts at 8:30 AM.Afternoon sessions: Warm-ups at 12:00 PM; competition starts at 1:15 PM.The meet director reserves the right to adjust warm-up times once entries are received.Distance sessions:<ul style="list-style-type: none">The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter.The approximate start time for the distance sessions will be posted on the TAC website, www.swimtac.com, no later than Thursday, January 12, and will also be emailed to the contact person of the participating clubs.The distance sessions will start no earlier than the estimated times.Lane assignment and warm-up times for individual clubs will be posted on the TAC website no later than Thursday, January 12, 2006, 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.
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.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 4, 2006 <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 (preferred) or on a 3 ½" computer disk.A Team Manager printout of entries must be included or the meet checklist/summary sheet with

	<p>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.</p> <ul style="list-style-type: none"> • All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of <i>4 individual events</i> and <i>1 relay event</i> per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received. • 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, actions which may require reseeding. • Email entries to: sonny.grissom@cox.net • Send entries to: Carl "Sonny" Grissom 629 Herron Drive Chesapeake, VA 23320 Phone: (C) 757-286-8640; (W) 757-201-7526 • 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: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Tidewater Aquatic Club. • Payment must be received by January 11, 2006 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. • 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups. • 12 & Younger events will be given separate awards for 11-12 and 10 & Younger age groups. • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All individual events, except the 400 IM, 500 Free, 1650 Free, will be pre-seeded. • Swimmers in all sessions should report directly to the blocks for their events. • Events 25-28 (Relays), 29-30 (12&U 500 Free), 53-54 (Relays), 55-56 (13&O 1650 Free), 83-86 (Relays), 107-108 (Relays), and 109-110 (13&O 500 Free) will require a positive check-in to swim. • Positive check-in will close at 10:00 AM (Morning Sessions) and 2:30 PM (Afternoon Session). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 1650 Free (events 55 and 56) will be swum fastest to slowest and alternating heats of girls and boys. • 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.
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 2005 USA Swimming Rules and Regulations will apply. • The overhead start procedure will be used for the afternoon sessions, and may be used for the

	<p>morning sessions at the discretion of the Referee.</p> <ul style="list-style-type: none"> 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: Cathy Rudolph Phone: (757) 496-3622 Email: clrtarheel@yahoo.com</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 Jill Stewart, email: jillbstewart@cox.net, phone: (757) 410-2073, no later than Monday, January 9, 2006. There will be an officials' meeting one hour prior to the start of each session.
SAFETY:	VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
TIMERS:	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 TAC website no later than Wednesday, January 11, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	Heat sheets will be available for \$5.00.
FACILITY RULES:	<ul style="list-style-type: none"> Virginia Swimming Inc is permitted to use this facility due to the generosity of the athletic department of Hampton University. We ask that you take proper care of the facilities, and please observe the following rules so that we may maintain this beneficial relationship. Each club is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. <u>Do not allow your children to roam around the building freely. Please chaperone them closely.</u> No radios, stereos, or boom boxes are permitted in the pool area. Walkmans are permitted. Balls, skateboards, roller blades, and squirt guns are not permitted in the building <u>AND WILL BE CONFISCATED.</u> No running. No glass anywhere in the building. Smoking is not permitted in the building. Clubs are responsible for policing trash in areas they congregate. We ask everyone to please help keep the facility clean by using the trash receptacles located through out the building.
DIRECTIONS:	Take I-64 to Exit 267, stay straight and go left at the 2nd stoplight. On this road, make your way toward the large, blue coliseum and take a right turn into the parking lot for the coliseum. The coliseum is on one side of the parking lot (the far side) and Holland Hall (the pool) is on the near side of the parking lot.

TAC Winter Bash Order of Events

Saturday, January 14, 2006

Morning Session
Warm-up: 7:30 am; Start: 8:30 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Breast	2
3	10&U 100 Breast	4
5	11-12 50 Fly	6
7	10&U 50 Fly	8
9	11-12 200 Back	10
11	10&U 100 IM	12
13	11-12 100 IM	14
15	10&U 200 Free	16
17	11-12 200 Free	18
19	10&U 50 Back	20
21	11-12 50 Back	22
23	11-12 200 Fly	24
25	10&U 200 Free Relay	26
27	11-12 200 Free Relay	28

Distance Session

(15 minute break)

29	12&U 500 Free	30
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Afternoon Session
Warm-up: 12:00 noon; Start: 1:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	11&O 400 IM	32
33	13-14 100 Breast	34
35	15&O 100 Breast	36
37	13-14 200 Free	38
39	15&O 200 Free	40
41	13-14 100 Fly	42
43	15&O 100 Fly	44
45	13-14 200 IM	46
47	15&O 200 IM	48
49	13-14 200 Back	50
51	15&O 200 Back	52
53	13&O 200 Free Relay	54

Distance Session

(15 minute break)

55	13&O 1650 Free	56
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Sunday, January 15, 2006

Morning Session
Warm-up: 7:30 am; Start: 8:30 am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	11-12 100 Back	58
59	10&U 100 Back	60
61	11-12 50 Breast	62
63	10&U 50 Breast	64
65	11-12 100 Free	66
67	10&U 100 Free	68
69	11-12 200 IM	70
71	10&U 200 IM	72
73	11-12 100 Fly	74
75	10&U 100 Fly	76
77	11-12 50 Free	78
79	10&U 50 Free	80
81	11-12 200 Breast	82
83	10&U 200 Medley Relay	84
85	11-12 200 Medley Relay	86

Afternoon Session
Warm-up: 12:00 noon; Start: 1:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
87	13-14 200 Fly	88
89	15&O 200 Fly	90
91	13-14 50 Free	92
93	15&O 50 Free	94
95	13-14 200 Breast	96
97	15&O 200 Breast	98
99	13-14 100 Back	100
101	15&O 100 Back	102
103	13-14 100 Free	104
105	15&O 100 Free	106
107	13&O 200 Medley Relay	108

Distance Session

(15 minute break)

109	13&O 500 Free	110
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