



**AMENDED #2**  
**TIDE SPRING CHALLENGE**  
**Southeast (SE) District B/C Meet**  
**May 5-7, 2006**  
**SANCTION NO. VS-06-56**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-06-56</b>
<b>LOCATION:</b>	Fleet Recreation Park, Norfolk Naval Station, 90 <sup>th</sup> Street off of Hampton Blvd, Norfolk, VA, Phone: (757) 444-2134
<b>FACILITY:</b>	Seven (7) lane 50 meter pool. Colorado Automatic Timing System to be utilized
<b>MEET DIRECTOR:</b>	<div>Dan Sykes 4305 Delray Drive Virginia Beach, VA 23455</div> <div><b>Email:</b> <a href="mailto:dsykes@landmarked.com">dsykes@landmarked.com</a> <a href="mailto:jsykes@infionline.net">jsykes@infionline.net</a> <b>Home:</b> (757) 363-8553 <b>Work:</b> (757) 446-2710 <b>Cell</b> (757) 575-7253</div>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in Southeast District. Southeast District Teams are: CGBD, CYAT, NSD, OBX, ODAC, PRO, PYAC, SEVA, SSC, TAC, TCAC, TIDE, TPHN, WAC.</li><li>• All swimmers participating in this meet must be registered prior to the first day of the meet.</li><li>• No on deck registration will be permitted.</li><li>• <b>8 &amp; younger swimmers may participate regardless of classification.</b></li><li>• <b>Swimmers 9 &amp; older may compete in any event and relay strokes in which they have a "B", or "C" Time.</b></li><li>• 2005-2008 NAG top 16 based times are in effect.</li><li>• Age on May 5, 2006 will determine age for the entire meet.</li><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>FORMAT:</b>	<ul style="list-style-type: none"><li>• Friday afternoon is a single session. Saturday and Sunday will have two sessions.</li><li>• <b>All 12 &amp; Younger</b> swimmers will compete in the <b>AM</b> session.</li><li>• <b>All 13 &amp; Older</b> swimmers will compete in the <b>PM</b> session.</li><li>• All events will be timed finals.</li><li>• Friday afternoon (PM): Warm –ups at <b>4:00 pm</b> to 4:45 pm; competition starts at 5:00 pm.</li><li>• Morning sessions (AM): Warm-ups at 7:00 am to 8:00 am; competition starts at 8:15 am.</li><li>• Afternoon sessions (PM): <b>Warm-ups at 1:00 pm– 1:40 pm; competition starts at 1:50 pm.</b></li><li>• Lane assignment and warm-up times for individual clubs will be posted on the Tide Swim Team website <a href="http://www.tideswimming.com">www.tideswimming.com</a> no later than Wednesday Noon May 3, 2006 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 last event of the morning session.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, APRIL 26, 2006.</b></p> <ul style="list-style-type: none"><li>• Entries must be submitted in long course meter times using Hy-Tek Team Manager and CommLink-2 software, or on a VSI master entry sheet</li><li>• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, e-mail addresses, and phone number of the person to contact in case of questions, regardless of how they are submitted.</li><li>• Coaches Times (CT) or No Time (NT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition.</li><li>• Swimmers may enter a maximum of <b>one (1) individual event on Friday, and four (4) individual</b></li></ul>

	<p><b>events</b> per day on Saturday and Sunday. Swimmers may enter <b>one (1) relay</b> per day.</p> <ul style="list-style-type: none"> <li>Relay teams must be designated A, B, C, etc., if a team enters more than one relay in that event.</li> <li>Entries will be processed in the order received and date and time of receipt will be used in the event the meet is limited to a total number of swimmers.</li> <li>The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session, or to combine events in which there are insufficient entries. This may include combining heats and events, which actions may require reseeding.</li> <li>Email entries to: <a href="mailto:jsykes@infionline.net">jsykes@infionline.net</a></li> <li>Mail entries to: Dan Sykes 4305 Delray Drive Virginia Beach, VA 23455</li> <li>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.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$3.00 Relay events: \$12.00 Swimmer surcharge: \$2.00 (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: Tide Swim Team, Inc.</li> <li>An entry fee summary printout from Team Manager and a check for the full amount must be received by Wednesday May 3, 2006.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first (1<sup>st</sup>) through seventh (7th) place.</li> <li>10 &amp; younger events will be given separate awards for 9/10 and 8 &amp; younger.</li> <li>All 13 and older events will be given separate awards for 13/14 and 15 &amp; older.</li> <li>Heat winner ribbons will be awarded for all 10 &amp; Younger individual events.</li> <li>Relay events: Ribbons will be awarded for first (1<sup>st</sup>) through third (3rd) place.</li> <li>The meet will not be scored.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li><b>All events Friday evening will be deck seeded. Scratches must be turned are due by 4:30 pm</b></li> <li><b>All events on Saturday and Sunday will be pre-seeded except Event #5, 6 (10&amp;U 200 IM), 7, 8 (11-12 200 IM), 29, 30 (13&amp;O 400 IM), 53, 54 (10&amp;U 200 Free), 55, 56 (11-12 200 Free), and 79, 80 (13&amp;O 400 Free).</b></li> <li><b>Scratches due by the following day/times:</b> <ul style="list-style-type: none"> <li><b>Events #5, 6, 7, 8 (200 IM) Saturday, 7:45 am</b></li> <li><b>Events #29 &amp; 30 Saturday, 1:30 pm</b></li> <li><b>Events #53, 54, 55, 56 (200 Free) Sunday, 7:45 am</b></li> <li><b>Events #79 &amp; 80 Sunday, 1:30 pm</b></li> </ul> </li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li><b>Swimmer shall be disqualified from the event entered illegally and the event re-awarded.</b></li> <li><b>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.</b></li> <li><b>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.</b></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> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The 2005 USA Swimming Rules and Regulations will apply.</li> <li>The overhead start procedure will be used for all sessions.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Cathy Rudolph</b> <b>Email: <a href="mailto:clrtarheel@yahoo.com">clrtarheel@yahoo.com</a></b> <b>Phone: (757) 496-3622</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required for this meet. We ask for your team's help in supplying</li> </ul>

	<p>officials for the meet.</p> <ul style="list-style-type: none"> <li>• Anyone in the process of achieving certification through on deck training is welcome.</li> <li>• Team Officials Chairpersons should submit separate lists of the names and session availability of certified officials, as well as the names and session availability of trainees to: Tom Colasurdo, Tide Swim Team Officials Chairman @ 757-424-3943 or <a href="mailto:colasurdo_tirjh@netzero.net">colasurdo_tirjh@netzero.net</a>.</li> <li>• We ask all officials be on the pool deck NLT one (1) hour prior to the start of the session.</li> </ul>
<b>SAFETY:</b>	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.
<b>TIMERS:</b>	Tide Swim Team plans to provide all timers necessary to run the meet. We may seek volunteers from other teams on the day of the meet.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Meet Programs: Psych sheets will be sold for \$5.00</li> <li>• Snack Bar: A snack bar will be open during the meet</li> <li>• Swim Shop: A Swim Shop will be open during the meet</li> <li>• Hospitality: Tide Swim Team will provide a Hospitality Room for coaches, officials and officials in training. Breakfast and lunch will be served. Drinks and snacks will be provided during the day.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• <b>PLEASE READ THOROUGHLY.</b></li> <li>• <b>THE MEET MARSHALS, AQUATIC CENTER STAFF AND NORFOLK NAVAL STATION FIRE MARSHAL WILL ENFORCE RULES</b></li> <li>• <b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool will be disqualified from the meet and escorted from the facility.</li> <li>• Swimmer and spectators are not allowed to wander the fields at Fleet Recreation Park.</li> <li>• <b>The outdoor pool adjacent to the facility can not be used for any type of swimming or seating during the meet.</b></li> <li>• No radios, stereos, or boom boxes are permitted in the pool area. Walkmans are permitted.</li> <li>• <b>Balls, skateboards, roller blades and squirt guns are not permitted anywhere within the facility and WILL BE CONFISCATED.</b></li> <li>• <b>NO RUNNING, SMOKING or GLASS permitted in the building.</b></li> <li>• <b>Teams are responsible for policing trash in the areas where they congregate. We ask everyone to please help keep the facility clean by using the trash receptacles located throughout the building.</b></li> </ul>
<b>DIRECTIONS:</b>	Take I-64 to I-564 Exit toward the Norfolk Naval Base. Exit immediately onto Terminal Blvd (there is only one way to go here). Follow Terminal Blvd. until it intersects with Hampton Blvd. in front of the Norfolk International Terminals. Take a right onto Hampton Blvd. Go approximately one mile and turn right onto 90th Street. The pool is visible from Hampton Blvd, but it is about 200 meters from the road. You enter the pool from the right side of the building.

Tide Swim Team, Inc  
Tide Spring Challenge  
Southeast District (SE) B/C Meet  
Navy Fleet Recreation Park, Norfolk, VA  
ORDER OF EVENTS  
May 5-7, 2006

**Friday PM**    **Warm-ups 4:00-4:45**    Meet starts at 5:00 p.m.

<u>Girls</u>		<u>Boys</u>
1	12 & U 400 Freestyle	2
<b>3</b>	<b>12&amp;O 800 Freestyle</b>	<b>4</b>

**Saturday AM**    Warm-up 7:00-8:00    Start: 8:15

<u>Girls</u>		<u>Boys</u>
5	10 & U 200 Individual Medley	6
7	11& 12 200 Individual Medley	8
9	10 & U 50 Butterfly	10
11	11 & 12 50 Butterfly	12
13	10 & U 100 Breaststroke	14
15	11& 12 100 Breaststroke	16
17	10 & U 50 Backstroke	18
19	11 & 12 50 Backstroke	20
21	10 & U 100 Freestyle	22
23	11 & 12 100 Freestyle	24
25	10 & U 200 Freestyle Relay	26
27	11 & 12 200 Freestyle Relay	28

**Saturday PM**    **Warm-up 1:00-1:40 Start 1:50**

<u>Girls</u>		<u>Boys</u>
29	13 & O 400 Individual Medley	30
31	13 & 14 100 Breaststroke	32
33	15 & O 100 Breaststroke	34
35	13 & 14 200 Backstroke	36
37	15 & O 200 Backstroke	38
39	13 & 14 200 Freestyle	40
41	15 & O 200 Freestyle	42
43	13 & 14 100 Butterfly	44
45	15 & O 100 Butterfly	46
47	13 & 14 50 Freestyle	48
49	15 & O 50 Freestyle	50
51	13 & O 400 Medley Relay	52

**Sunday AM**    Warm-up 7:00-8:00    Start 8:15

<u>Girls</u>		<u>Boys</u>
53	10 & U 200 Freestyle	54
55	11 & 12 200 Freestyle	56
57	10 & U 50 Breaststroke	58
59	11 & 12 50 Breaststroke	60
61	10 & U 100 Backstroke	62
63	11 & 12 100 Backstroke	64
65	10 & U 100 Butterfly	66
67	11 & 12 100 Butterfly	68
69	10 & U 50 Freestyle	70
71	11 & 12 50 Freestyle	72
73	10 & U 200 Medley Relay	74
75	11 & 12 200 Medley Relay	76

**Sunday PM**    **Warm-up 1:00-1:40 Start 1:50**

<u>Girls</u>		<u>Boys</u>
77	13 & O 400 Freestyle Relay	78
79	13 & O 400 Freestyle	80
81	13 & 14 200 Breaststroke	82
83	15 & O 200 Breaststroke	84
85	13 & 14 100 Backstroke	86
87	15 & O 100 Backstroke	88
89	13 & O 200 Butterfly	90
91	13 & 14 100 Freestyle	92
93	15 & O 100 Freestyle	94
95	13 & 14 200 Individual Medley	96
97	15 & O 200 Individual Medley	98