



**AMENDED**  
**TIDE SPRING CHALLENGE**  
**A/BB/B/C Meet**  
**May 11-13, 2007**  
**SANCTION NO. VS-07-56**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS- 07-56</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>	Dan Sykes <b>Email:</b> <a href="mailto:dsykes@landmarked.com">dsykes@landmarked.com</a> <b>Home:</b> (757) 363-8553 <a href="mailto:jsykes@infionline.net">jsykes@infionline.net</a> <b>Work:</b> (757) 446-2710 <b>Cell:</b> (757) 575-7253
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming/VSI registered swimmers.</li> <li>• All swimmers participating in this meet must be registered by the first day of the meet.</li> <li>• No on deck registration will be permitted.</li> <li>• Age on May 11, 2007 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>FORMAT:</b>	<ul style="list-style-type: none"> <li>• <b>Friday afternoon has three sessions with a separate warm-up prior to the start of each session. Saturday and Sunday will have three sessions. Sunday will also have a 400 Free session.</b></li> <li>• All <b>11-12</b> year old swimmers will compete in the <b>morning</b> session.</li> <li>• All <b>10 &amp; under</b> swimmers will compete in the <b>late-morning</b> session.</li> <li>• All <b>13 &amp; Older</b> swimmers will compete in the <b>afternoon</b> session.</li> <li>• All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• <b>Friday distance sessions:</b> <ul style="list-style-type: none"> <li>○ <b>13&amp;O 400 IM Warm-ups at 3:45 pm to 4:10 pm; competition starts at 4:25 pm.</b></li> <li>○ <b>The will be a 20 minute warm-up period immediately following the 13&amp;O 400 IM prior to the 12&amp;U 400 Free</b></li> <li>○ <b>The will be a 20 minute warm-up period immediately following the 12&amp;Y 400 Free prior to the 11&amp;O 800 Free</b></li> </ul> </li> <li>• <b>Morning sessions (11-12 swimmers): Warm-ups at 6:15 am to 6:55 am; competition starts at 7:10 am.</b></li> <li>• <b>Late Morning (10&amp;U Swimmers) sessions:</b> <ul style="list-style-type: none"> <li>○ <b>Saturday Warm ups at 10:25 am to 11:25 am; competition starts at 11:40 am</b></li> <li>○ <b>Sunday Warm-ups at 10:15 am to 11:15 am; competition starts at 11:30 am</b></li> </ul> </li> <li>• <b>Afternoon sessions (13&amp;O Swimmers):</b> <ul style="list-style-type: none"> <li>○ <b>Saturday Warm ups at 3:20 pm to 4:26 pm; competition starts at 4:40 pm</b></li> <li>○ <b>Sunday Warm-ups at 2:50 pm to 3:56 pm; competition starts at 4:10 pm</b></li> </ul> </li> <li>• <b>1500 Free Sessions (Saturday afternoon): This session is pending. Warm-ups no earlier than 7:30 pm for 20 minutes with competition starting 5 minutes later.</b></li> <li>• <b>400 Free Session (Sunday afternoon): Warm-ups no earlier than 7:30 pm for 20 minutes with competition starting 5 minutes later.</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 12:00 Noon, Wednesday, May 9, 2007 and will also be emailed to the contact person of the participating clubs.</li> <li>• If the earlier sessions run late, the next session warm-ups will begin immediately after the last event of the previous session.</li> </ul>

<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, MAY 2, 2007</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. All entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition.</li> <li>• <b>Swimmers may enter 1 event on Friday, 3 events on Saturday plus the 13&amp;O 1500 Free Saturday evening if eligible, and 3 events on Sunday.</b></li> <li>• Entries will be processed in the order received. This meet will be limited to a total of 650 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>• <b>IMPORTANT:</b> 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 \$3.25 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>• Payment must be received by Wednesday, May 9, 2007. Payment must be included with all mailed entries.</li> <li>• Meet entry fee summary report from Team Manager must accompany the payment.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</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 (7<sup>th</sup>) place.</li> <li>• 8 &amp; younger events will given separate awards for 7/8 and 6 &amp; younger</li> <li>• 10 &amp; younger events will be given separate awards for 9/10 and 8 &amp; younger.</li> <li>• 12 &amp; younger events will be given separate awards for 11/12, 9/10 and 8 &amp; younger</li> <li>• All 11 and older events will be given separate awards for 11/12, 13/14 and 15 &amp; older.</li> <li>• Heat winner ribbons will be awarded for all 10 &amp; Younger individual events.</li> <li>• The meet will not be scored.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events Friday evening will be deck seeded.</li> <li>• All events on Saturday and Sunday will be pre-seeded except Events <b>61 &amp; 62</b> (13 &amp; O 1500 Free), and <b>95 &amp; 96</b> (13&amp;O 400 Free).</li> <li>• <b>Positive check-in will close at the end of warm-ups for the corresponding session unless designated otherwise.</b></li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>Events #61 &amp; 62 (13&amp;O 1500m Free) is pending depending on the time the preceding sessions finish on Saturday. The 1500 free will be swum fastest to slowest and alternating heats of girls and boys</b></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</b></li> </ul>

	<p><b>day of the meet may be fined \$100 per swimmer in each event so entered.</b></p> <ul style="list-style-type: none"> <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 current 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 officials for the meet.</li> <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: Ron Kloster, Tide Swim Team Officials Chairman, Phone: (757) 285-7155, Email: <a href="mailto:ronaldkloster@cox.net">ronaldkloster@cox.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>	<p>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.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li><b>Tide Swim Team plans to provide all timers necessary to run the meet except the Friday Distance sessions, the Saturday 1500 Free session, and the Sunday 400 Free session.</b></li> <li>We may seek volunteers from other teams in advance or on the day of the meet for the other sessions.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Meet Programs: Meet programs 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>Embroidery Service available on Saturday only</li> <li><b>Hospitality: Tide Swim Team will provide a Hospitality Room for coaches, officials and officials in training. Breakfast, lunch, and dinner will be served. Drinks and snacks will be provided during the day.</b></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>	<p>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.</p>

**ORDER OF EVENTS**  
**TIDE Spring Challenge A/BB/B/C Meet**  
**May 11-13, 2007**

<b>Friday, Distance Session</b>		
<b>Warm-up: 3:45-4:10 pm Start: 4:25 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Older 400 Individual Medley	2
3	12 & Under 400 Freestyle	4
5	11 & Older 800 Freestyle	6

<b>Saturday, Morning Session</b>			<b>Sunday, Morning Session</b>		
<b>Warm-up: 6:15-6:55 am; Start: 7:10 am</b>			<b>Warm-up: 6:15-6:55 am; Start: 7:10 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	11-12 200 Individual Medley	10	65	11-12 200 Freestyle	66
13	11-12 50 Butterfly	14	69	11-12 50 Breaststroke	70
15	11-12 200 Butterfly	16	71	11-12 200 Breaststroke	72
19	11-12 100 Breaststroke	20	75	11-12 100 Backstroke	76
23	11-12 50 Backstroke	24	79	11-12 100 Butterfly	80
25	11-12 200 Backstroke	26	83	11-12 50 Freestyle	84
29	11-12 100 Freestyle	30			

  

<b>Saturday, Late Morning Session</b>			<b>Sunday, Late Morning Session</b>		
<b>Warm-up: 10:25-11:25 am; Start: 11:40 am</b>			<b>Warm-up: 10:15-11:15 am; Start: 11:30 am</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
<b>7</b>	<b>9-10 200 Individual Medley</b>	<b>8</b>	<b>63</b>	<b>9-10 200 Freestyle</b>	<b>64</b>
31	8&U 200 Individual Medley	32	85	8&U 200 Freestyle	86
<b>11</b>	<b>9-10 50 Butterfly</b>	<b>12</b>	<b>67</b>	<b>9-10 50 Breaststroke</b>	<b>68</b>
33	8&U 50 Butterfly	34	87	8&U 50 Breaststroke	88
<b>17</b>	<b>9-10 100 Breaststroke</b>	<b>18</b>	<b>73</b>	<b>9-10 100 Backstroke</b>	<b>74</b>
35	8&U 100 Breaststroke	36	89	8&U 100 Backstroke	90
<b>21</b>	<b>9-10 50 Backstroke</b>	<b>22</b>	<b>77</b>	<b>9-10 100 Butterfly</b>	<b>78</b>
37	8&U 50 Backstroke	38	91	8&U 100 Butterfly	92
<b>27</b>	<b>9-10 100 Freestyle</b>	<b>28</b>	<b>81</b>	<b>9-10 50 Freestyle</b>	<b>82</b>
39	8&U 100 Freestyle	40	93	8&U 50 Freestyle	94

  

<b>Saturday, Afternoon Session</b>			<b>Sunday, Afternoon Session</b>		
<b>Warm-up: 3:20-4:26 pm; Start: 4:40 pm</b>			<b>Warm-up: 2:50-3:56 pm; Start: 4:10 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	13-14 200 Freestyle	42	97	13-14 200 Breaststroke	98
43	15&O 200 Freestyle	44	99	15&O 200 Breaststroke	100
45	13-14 200 Backstroke	46	101	13-14 100 Backstroke	102
47	15&O 200 Backstroke	48	103	15&O 100 Backstroke	104
49	13-14 100 Breaststroke	50	105	13&O 200 Butterfly	106
51	15&O 100 Breaststroke	52	107	13-14 100 Freestyle	108
53	13-14 100 Butterfly	54	109	15&O 100 Freestyle	110
55	15&O 100 Butterfly	56	111	13-14 200 Individual Medley	112
57	13-14 50 Freestyle	58	113	15&O 200 Individual Medley	114
59	15&O 50 Freestyle	60			

  

<b>Saturday 1500m Freestyle Session</b>			<b>Saturday 400m Freestyle Session</b>		
<b>Tentative Warm-up: 7:30-7:50 pm; Start: 7:55 pm</b>			<b>Tentative Warm-up: 7:30-7:50 pm; Start: 7:55 pm</b>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	13&O 1500 Freestyle	62	<b>95</b>	<b>13&amp;O 400 Freestyle</b>	<b>96</b>