



**TAC "SPRING FLING"
A/BB/B/C Meet
April 29-May 1, 2011
SANCTION NO. VS-11-58**



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-58USA Swimming/Virginia Swimming, Inc. is not liable for any actions by or consequences of such actions of athletes, coaches, officials, volunteers, and other venue participants. Furthermore, USA-S/VSI is not liable for any injury incurred on the above named swim venue participants.
LOCATION:	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573
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.The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)
MEET DIRECTOR:	Jim Harvey Phone: (757) 446-8518 Email: crocrunner@gmail.com Sonny Grissom Phone: (757) 286-8640 Email: sonny.grissom@cox.net
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes registered by the first day of the meet.No on deck USA Swimming athlete registration will be permitted.Age on April 29, 2011 will determine age for the entire meet.
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.
FORMAT:	<ul style="list-style-type: none">Swimmers of all ages will swim Friday evening.All 10 & Under swimmers and 11-12 Girls will swim on Saturday and Sunday morning.All 13 & Over swimmers and 11-12 Boys will swim Saturday and Sunday Afternoon.All events will be timed finals.Friday evening Session: 11-12 200 Fly, 11 & Over 400 IM, and 400 Freestyle for all ages.The 400 IM, 400 Freestyle, 1500 Freestyle, and 800 Freestyle events will be swum fastest to slowest, alternating heats of Girls and Boys.Distance Sessions: Saturday 11 & Over 1500 Freestyle and Sunday 11 & Over 800 Freestyle will start 15 minutes after the conclusion of the PM session.Event numbers: 10, 14, 18, 22, 26, 30, 31, 35, 39, 43, 47, 51, 56, 60, 64, 58, 72, 76, 77, 81, 85, 89, 93, and 97 are intentionally not used.
WARM-UP:	<ul style="list-style-type: none">Friday night warm-ups are general from 4:00-4:45 pm, there will be specific warm-ups the last 15 minutes of warm-ups from 4:30-4:45 pm, and competition starts at 5:00 pm.Morning session warm-ups: 7:00 am, competition starts: 8:10 am.Afternoon session warm-ups: Not earlier than 12:45 pm; competition starts: Not earlier than 2:00 pm.Distance session warm-ups: Saturday 11 & Over 1500 Free and Sunday 11 & Over 800 Free will have a 10 minute general warm-up; the session will start 5 minutes thereafter.Lane assignment and warm-up times for individual clubs will be emailed to participating clubs.If any session runs late, the following session warm-ups will begin immediately after the earlier session ends.Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Tuesday, April 26, 2011.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, APRIL 19, 2011. <ul style="list-style-type: none">Entries must be submitted in Long Course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.Teams submit entries as an e-mail attachment

	<ul style="list-style-type: none"> • A Team Manager 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, regardless of how they are submitted. • Coach's Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "BB" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 2 individual events on Friday, 3 individual events per session on Saturday and Sunday and no more than 4 individual events per day total. • Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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, which actions may require reseeding. • Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer after the meet has been seeded, there must be room in an existing heat. No new heats will be added. • Email entries to: sonny.grissom@cox.net • Mail entries to: Sonny Grissom 629 Herron Drive Chesapeake, VA 23320 • 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: \$5.00 Swimmer surcharge: \$2.50 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 Tuesday, April 26, 2011 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 <ul style="list-style-type: none"> ○ 13 & Older events will be given separate awards for 13-14 and 15 & Over age groups. ○ 12 & Under events will be given separate awards for 8 & Under, 9-10 and 11-12 age groups. ○ 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. ○ 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except the 400 IM, 400 Freestyle, 1500 Freestyle, and 800 Freestyle which will be deck seeded and require a positive check-in to swim. <ul style="list-style-type: none"> ○ Positive check-in for the 400 IM will close 20 minutes prior to the start of the session. ○ Positive check-in for the 400 Freestyle events will close at the start of the session. ○ Positive check-in for the 1500 Freestyle will close at the start of event #49. ○ Positive check-in for the 800 Freestyle will close at the start of event #95. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 400 IM, 400 Freestyle, 1500 Freestyle, and 800 Freestyle will be swum fastest to slowest and alternating heats of girls and boys.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for 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 current USA Swimming Rules and Regulations will apply. • Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring

	<p>compliance is the responsibility of the swimmer or the swimmer's legal guardian.</p> <ul style="list-style-type: none"> The overhead start procedure will be used for sessions. 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 who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Bob Hood Email: bob.hood@us.army.mil Phone: (757) 878-5777</p> <p>Ron Kloster Email: ronaldkloster@cox.net Phone: (757) 423-1825</p> <ul style="list-style-type: none"> Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Ron Kloster, Tidewater Aquatic Club Officials Chairman, Phone: (757) 423-1825 or Email: ronaldkloster@cox.net. Official's Uniform is white polo shirt, blue pants/shorts/skirt, white socks, and white shoes. We ask all officials be on the pool deck at least one (1) hour prior to the start of the session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
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 emailed to the contact person of each of the individual clubs. Please be prepared to time your own swimmers in the distance sessions.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Meet Programs will be sold for \$5.00. Snack Bar: TAC will operate a Concessions Stand during the meet. Swim Shop: A swim shop will be open during the meet for your apparel and equipment needs. Hospitality: TAC will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and lunch will be served. Drinks and snacks will be provided during the day. First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms. Lost and Found: Lost and Found will be located next to the Announcer's Table.
FACILITY RULES:	<ul style="list-style-type: none"> Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that violates Aquatic Center rules posted at the pool will be disqualified from the meet and 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 containers (e.g. sports and plastic bottles with screw-on caps). Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff are the only people permitted behind the blocks. Spectators are asked to remain behind the ropes setup on the sides of the pool. Please stay in the seating area as much as possible and not view the meet from the deck during warm-ups and the competition. Team Areas: Team seating will be available in the gymnasium and limited space in the pool area. No swim bags will be allowed in the pool area. Swimmers should keep their bags in the gym. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (sandals/flip-flops). Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. They are allowed in the gym. Parking: Please note that there is a one-way traffic pattern that circles the building. Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). Parents are responsible for any siblings brought to the meet. Please chaperon them closely. No glass, food, chewing gum. No shaving anywhere in the venue.
DIRECTIONS:	From the North/South, follow I-64 to exit 261A. Take Hampton Roads Parkway west. Follow approximately 2 ½ miles (Hampton Roads Parkway will turn into Harpersville Road). Turn left onto Jefferson Avenue. Go Approximately 1 mile to McLawhorne Drive. Turn right at the light. The Newport News Midtown Community/Aquatic Center will be on your left.

**2011 TAC "Spring Fling"
Long Course A/BB/B/C Meet
ORDER OF EVENTS**

Friday, April 29, 2011

Evening Session		
Warm-up: 4:00 pm; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200 Butterfly	2
3	11 & Over 400 Ind. Medley	4
5	12 & Under 400 Freestyle	6
7	13 & Over 400 Freestyle	8

Saturday, April 30, 2011

Morning Session		
Warm-up: 7:00 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	11-12 100 Freestyle	-
11	10 & Under 200 Freestyle	12
13	11-12 100 Butterfly	-
15	10 & Under 50 Butterfly	16
17	11-12 200 IM	-
19	10 & Under 200 IM	20
21	11-12 200 Breaststroke	-
23	10 & Under 100 Backstroke	24
25	11-12 100 Backstroke	-
27	10 & Under 50 Breaststroke	28
29	11-12 50 Breaststroke	-

Sunday, May 1, 2011

Morning Session		
Warm-up: 7:00 am; Start: 8:10am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	11-12 50 Butterfly	-
57	10 & Under 100 Freestyle	58
59	11-12 200 Freestyle	-
61	10 & Under 100 Butterfly	62
63	11-12 200 Backstroke	-
65	10 & Under 100 Breaststroke	66
67	11-12 100 Breaststroke	-
69	10 & Under 50 Freestyle	70
71	11-12 50 Freestyle	-
73	10 & Under 50 Backstroke	74
75	11-12 50 Backstroke	-

Afternoon Session		
Warm-up: 12:45 pm; Start: 2:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 100 Freestyle	32
33	13 & Over 100 Freestyle	34
-	11-12 100 Butterfly	36
37	13 & Over 100 Butterfly	38
-	11-12 200 IM	40
41	13 & Over 200 IM	42
-	11-12 200 Breaststroke	44
45	13 & Over 200 Breaststroke	46
-	11-12 100 Backstroke	48
49	13 & Over 100 Backstroke	50
-	11-12 50 Breaststroke	52

Afternoon Session		
Warm-up: 12:45 pm; Start: 2:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	11-12 50 Butterfly	78
79	13 & Over 200 Freestyle	80
-	11-12 200 Freestyle	82
83	13 & Over 200 Butterfly	84
-	11-12 200 Backstroke	86
87	13 & Over 200 Backstroke	88
-	11-12 100 Breaststroke	90
91	13 & Over 100 Breaststroke	92
-	11-12 50 Freestyle	94
95	13 & Over 50 Freestyle	96
-	11-12 50 Backstroke	98

Distance Session		
Start 15 min after afternoon session ends		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11 & Over 1500 Free	54

Distance Session		
Start 15 min after afternoon session ends		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
99	11 & Over 800 Free	100