



TAC "WINTER BLAST"
A/BB/B/C Meet
January 21-23
SANCTION NO. VS-11-41



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-41
LOCATION:	Old Dominion University JC "Scrap" Chandler Natatorium located in the Health & Physical Education Building at the corner of 48th Street and Powhatan Avenue, Norfolk, VA 23508
FACILITY:	<ul style="list-style-type: none">• Eight (8) lane 25 yard indoor pool, 15 feet in depth at the start end and 4 feet in depth at the turn end. All sessions will be run using an eight (8) lane course for competition. Facility uses a Colorado Timing System.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTORS:	Jim Harvey Phone: (757) 446-8518 Email: jharvey@vanblk.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 Virginia Swimming athlete registration will be permitted.• 2009-2012 NAG time standards are in effect.• Age on January 21, 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">• All swimmers will swim on the Friday afternoon session.• All 12 & Younger swimmers will swim on the Saturday and Sunday morning sessions.• All 13 & Older swimmers will swim on the Saturday and Sunday afternoon sessions.• Distance Sessions: Saturday 11 & Over 1650 Free and Sunday 11 & Over 1000 Free will start 15 minutes after the conclusion of the afternoon session.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Friday afternoon session: Warm-ups at 4:30 pm; competition starts at 5:15 pm.• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 am.• Afternoon sessions: Warm-ups at 12:30 pm; competition starts at 1:40 pm.• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon session(s) on Saturday and Sunday, with the distance session competition starting 5 minutes thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the TAC website www.swimtac.com no later than Tuesday, January 18, 2011 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.• 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, January 18, 2011.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 12, 2011. <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 submit entries via e-mail.• 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.

	<ul style="list-style-type: none"> 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 3 individual events per session and no more than 4 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. 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. Email entries to: sonny.grissom@cox.net Mail entries to: Sonny Grissom 629 Herron Drive Chesapeake, VA 23320 (757) 286-8640 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. Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available and they have not reached the maximum per day event limit. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
FEES:	<p>Individual events: \$4.00 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 Thursday, January 20, 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 (1st) through eighth (8th) place. <ul style="list-style-type: none"> 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. 11 & Over events will be given separate awards for 11-12, 13-14 and 15 & Over age groups. 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded except all 400 IM, 500 Free, 1000 Free, and 1650 Free which will be deck seeded. A positive check-in is required to swim the 400 IM, 500 Free, 1000 Free, and 1650 Free. Positive check-in for the 500 Free will close at 4:45 pm on Friday. Positive check-in for the 400 IM close at 5:15 pm on Friday. Positive check-in for the 1650 Free will close at the start of event #39 on Saturday afternoon. Positive check-in for the 1000 Free will close at the start of event #75 on Sunday afternoon. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. The 1650 Free and the 1000 Free (events #43, 44, 79, and 80) 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

	<p>as proficient in performing a racing start or must start each race from within the water. Ensuring 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 the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. 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> <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 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 posted on the TAC website www.swimtac.com no later than Tuesday, October 18, 2011, and will also 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: Heat sheets and/or psych sheets will be sold for \$5.00 Snack Bar/food: A snack bar/food vendors will be available during the meet. Swim Shop: A Swim Shop will be open during the meet. Hospitality: Tidewater Aquatic Club will provide a Hospitality Room for coaches, officials and officials in training. Breakfast and lunch will be served. Snacks will be provided during the day.
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 and in the meet program will be disqualified from the meet and escorted from the facility. The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. The Pool Decks have been recently resurfaced and the Aquatic Center prohibits any street shoes on the deck. Parking will be available on the Old Dominion University Campus in designated areas. Further details will be sent to team contact prior to the meet. Swimmer bags and equipment is only allowed on the deck and not permitted to be left in the athletic locker-rooms.
DIRECTIONS:	<ul style="list-style-type: none"> From Southside: Take 264 to Norfolk and exist Waterside Drive. Waterside drive becomes Boush Street and you will make a left onto Brambleton Avenue. Follow Brambleton Avenue you see signs for Hampton Boulevard/ODU. Bear right onto Hampton Boulevard. Follow Hampton Boulevard to 43rd Street (approximately 3 miles) and make a right follow down 48th Street facility is on your right. From Peninsula: I-64 E until you reach exit 276, VA-406/NAVAL Base/Terminal Boulevard. Once on the exit ramp, stay right as it splits. Once on I-564, stay right again, following the first exit for Terminal Boulevard. Continue straight through two traffic lights, and at the third light, turn left onto Hampton Boulevard. Follow Hampton Boulevard. to 48th Street and make a right. Follow to 1520 West 48th Street.

**TAC "Winter Blast"
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ORDER OF EVENTS**

Friday, January 21, 2011, Evening Session		
Warm-up: 4:30 pm; Start: 5:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & Over 500 Freestyle	2
3	10 & Under 500 Freestyle	4
5	11 & Over 400 Ind. Medley	6

Saturday, January 22, 2011		
Morning Session		
Warm-up: 7:00 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 100 Freestyle	8
9	10 & Under 50 Freestyle	10
11	11-12 50 Butterfly	12
13	10 & Under 100 Butterfly	14
15	11-12 100 IM	16
17	10 & Under 100 IM	18
19	11-12 50 Breaststroke	20
21	10 & Under 50 Breaststroke	22
23	11-12 100 Backstroke	24
25	10 & Under 100 Backstroke	26
27	11-12 200 Breaststroke	28
29	10 & Under 200 Freestyle	30
31	11-12 200 Butterfly	32

Sunday, January 23, 2011		
Morning Session		
Warm-up: 7:00am; Start: 8:10am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	11-12 200 Freestyle	46
47	10 & Under 100 Freestyle	48
49	11-12 100 Butterfly	50
51	10 & Under 50 Butterfly	52
53	11-12 200 IM	54
55	10 & Under 200 IM	56
57	11-12 50 Backstroke	58
59	10 & Under 100 Breaststroke	60
61	11-12 100 Breaststroke	62
63	10 & Under 50 Backstroke	64
65	11-12 200 Backstroke	66
67	11-12 50 Freestyle	68

Saturday, January 22, 2011		
Afternoon Session		
Warm-up: 12:30pm; Start: 1:40pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	13 & Over 100 Freestyle	34
35	13 & Over 200 Butterfly	36
37	13 & Over 200 IM	38
39	13 & Over 200 Breaststroke	40
41	13 & Over 100 Backstroke	42

Sunday, January 23, 2011		
Afternoon Session		
Warm-up: 12:30pm; Start: 1:40pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	13 & Over 200 Freestyle	70
71	13 & Over 100 Butterfly	72
73	13 & Over 100 Breaststroke	74
75	13 & Over 200 Backstroke	76
77	13 & Over 50 Freestyle	78

Saturday, January 22, 2011		
Distance Session		
Start 15 min after afternoon session ends		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	11 & Over 1650 Free	44

Sunday, January 23, 2011		
Distance Session		
Start 15 min after afternoon session ends		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	11 & Over 1000 Free	80