



TAC "October Fest"
Short Course A/BB/B/C/Mini
October 16-17
SANCTION NO. VS-11-09



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-11-09
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:	Colm Doherty Phone: (757) 288-8281 Email: colm7@mac.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 in SE-S District. Teams in SE-S District are: OBX, ODAC, TAC, TCAC, TIDE, and VYAC.• 2009-2012 NAG time standards are in effect.• Age on October 16, 2010 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 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 Girls 13 & Over 500 Free and Sunday Boys 13 & Over 500 Free will start 15 minutes after the conclusion of the afternoon session.• Events #54 and 105 are intentionally omitted.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 9:00 am; competition starts at 10:00 am.• Afternoon sessions: Warm-ups at 2:30 pm; competition starts at 3:30 pm.• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon session(s), 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, October 12, 2010 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 Friday, October 8, 2010.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 6, 2010. <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 as an e-mail attachment• 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

	<p>does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 4 individual events and 1 relay event 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 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 Relay events: \$12.00 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 Wednesday, October 13, 2010 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. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. ○ Heat winner ribbons will be awarded for all 10 & Under individual events. • Relay events: Ribbons will be awarded for first (1st) through fourth (4th) place.
SEEDING:	<ul style="list-style-type: none"> • All events except the 500 Free (events #53 & 106) will be pre-seeded. • Swimmers in all sessions should report directly to the blocks for their events. • The 500 Free require a positive check-in to swim. • Positive check-in will close at the start of the afternoon session each day. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The 500 Free will be swum fastest to slowest, Girls are on Saturday afternoon and Boys are on Sunday afternoon.
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 compliance is the responsibility of the swimmer or the swimmer's legal guardian.

	<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:	<ul style="list-style-type: none"> Meet Referee: Kim Schlimgen Email: kys1964@yahoo.com Phone: (757) 285-8754 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 12, 2010, 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. Drinks and 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.

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ORDER OF EVENTS

Saturday, October 16, 2010
Morning Session

Warm-up: 9:00am; Start: 10:00am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 100 Freestyle	2
3	10 & Under 50 Freestyle	4
5	11-12 200 Butterfly	6
7	10 & Under 100 Butterfly	8
9	8 & Under 25 Freestyle	10
11	11-12 100 IM	12
13	10 & Under 100 IM	14
15	11-12 50 Breaststroke	16
17	10 & Under 50 Breaststroke	18
19	8 & Under 25 Breaststroke	20
21	11-12 100 Backstroke	22
23	10 & Under 100 Backstroke	24
25	11-12 200 Breaststroke	26
27	10 & Under 200 Freestyle	28
29	11-12 50 Butterfly	30
31	8 & Under 200 Medley Relay	32
33	9-10 200 Medley Relay	34
35	11-12 200 Medley Relay	36

Sunday, October 17, 2010
Morning Session

Warm-up: 9:00am; Start: 10:00am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	11-12 200 Freestyle	56
57	10 & Under 100 Freestyle	58
59	8 & Under 25 Butterfly	60
61	11-12 100 Butterfly	62
63	10 & Under 50 Butterfly	64
65	11-12 200 IM	66
67	10 & Under 200 IM	68
69	11-12 50 Backstroke	70
71	8 & Under 25 Backstroke	72
73	10 & Under 100 Breaststroke	74
75	11-12 100 Breaststroke	76
77	10 & Under 50 Backstroke	78
79	11-12 200 Backstroke	80
81	11-12 50 Freestyle	82
83	8 & Under 200 Freestyle Relay	84
85	9-10 200 Freestyle Relay	86
87	11-12 200 Freestyle Relay	88

Afternoon Session

Warm-up: 2:30pm; Start: 3:30pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	13 & Over 400 IM	38
39	13 & Over 100 Freestyle	40
41	13 & Over 200 Butterfly	42
43	13 & Over 200 IM	44
45	13 & Over 200 Breaststroke	46
47	13 & Over 100 Backstroke	48
49	13-14 200 Medley Relay	50
51	15 & Over 200 Medley Relay	52

Afternoon Session

Warm-up: 2:30pm; Start: 3:30pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	13 & Over 400 IM	-
91	13 & Over 200 Freestyle	92
93	13 & Over 100 Butterfly	94
95	13 & Over 100 Breaststroke	96
97	13 & Over 200 Backstroke	98
99	13 & Over 50 Freestyle	100
101	13-14 200 Freestyle Relay	102
103	15 & Over 200 Freestyle Relay	104

Distance Session

Start 15 min after afternoon session ends

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	13 & Over Girls 500 Free	-

Distance Session

Start 15 min after afternoon session ends

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	13 & Over Boys 500 Free	106