



TIDE SPEEDO SPRING CHALLENGE
A/BB/B/C Meet
May 14-15, 2011
SANCTION NO. VS-11-63



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO. VS-11-63• USA 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/VS is not liable for any injury incurred on the above named swim venue participants.
LOCATION:	Fleet Recreation Park, Norfolk Naval Station, 90 th Street off of Hampton Blvd, Norfolk, VA, Phone: (757) 444-2134
FACILITY:	<ul style="list-style-type: none">• Seven (7) lane 50 meter indoor pool. 10 feet in depth at the start end and 3 ½ feet in depth at the turn end. All sessions will be run using the seven (7) lane course for competition.• Colorado Automatic Timing System to be utilized• 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:	Bill Dickinson Email: tideadmin@cox.net Cell: (757) 652-8839
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.• Age on May 14, 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 13 & Older swimmers will swim on Saturday and Sunday morning.• 12 & Younger swimmers will swim Saturday & Sunday afternoon.• 9 & Older Distance Session will follow the Saturday morning mid-day session• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions: Warm-up at 6:30 am; Competition starts at 7:30 am.• Midday sessions: Warm-up at 11:30 pm; Competition starts at 12:30 pm.• Afternoon sessions: Warm-up at 4:30 pm; Competition starts at 5:30 pm.• Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs and will be posted on the Tide Swim Team website www.tideswimming.com no later than Noon, Wednesday, May 11, 2011.• 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 Wednesday, May 10, 2011
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, MAY 4, 2011.</p> <ul style="list-style-type: none">• 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.• 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 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

	<p>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 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. • We request that teams who intend to have swimmers entered in the distance session support the entire meet. • 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: tideadmin@cox.net • Mail entries to: Jennie Carder 726 10th Street Virginia Beach, VA 23451 • 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: \$4.50 Swimmer surcharge: \$2.50 (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Tide Swim Team, Inc. • Payments must be received by May 11, 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 seventh (7th) place. <ul style="list-style-type: none"> ○ 10 & Under swimmers will be given separate awards for 8 & under and 9-10 age groups ○ All 13 & Over events will be given separate awards for 13-14 and 15 & over age groups. • Heat winner ribbons will be awarded for all 12 & Under events.
SEEDING:	<ul style="list-style-type: none"> • All events, except those in the Distance Session 37 through 40, will be seeded prior to the start of the meet. • Swimmers report directly to the blocks for their events. • Distance events (37-40) will be swam fastest to slowest, alternating girls and boys. Meet referee reserves the right to make a change of heat order based on meet entries • Positive check-in for events 37 through 40 will close at the start of warm-ups for their respective session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
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 USA 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. • 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: Bill Gill Email: wcgiii67@verizon.net Phone: (757) 631-6185</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. We ask for your team's help in supplying officials for the meet. • Anyone in the process of achieving certification through on deck training is welcome. • 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: George Fuhs, Officials Chair Phone: (757) 490-0217 or Email: hqfuhs@verizon.net • We ask all officials be on the pool deck NLT 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"> • Tide Swim Team will require volunteers from other teams to time on the day of the meet. • Swimmers in the distance session will need to be prepared to provide counters and timers.
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: 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.
FACILITY RULES:	<ul style="list-style-type: none"> • PLEASE READ THOROUGHLY. • THE MEET MARSHALS, AQUATIC CENTER STAFF AND NORFOLK NAVAL STATION FIRE MARSHAL WILL ENFORCE RULES • Swimmer/Spectator Conduct: 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. • Swimmer and spectators are not allowed to wander the fields at Fleet Recreation Park. • The outdoor pool adjacent to the facility cannot be used for any type of swimming or seating during the meet. Please keep off of the deck • The baseball and athletic fields adjacent to the pool cannot be used at any time during the meet. • No radios, stereos, or boom boxes are permitted in the pool area. Walkmans, Ipods, and Mp3 players are permitted. • Balls, skateboards, roller blades and squirt guns are not permitted anywhere within the facility and WILL BE CONFISCATED. • NO RUNNING, SMOKING or GLASS permitted in the building. • 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.
DIRECTIONS:	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. Parking lot is currently under construction and updated parking directions will be provided with timer and lane assignments.

ORDER OF EVENTS
TIDE Speedo Spring Challenge A/BB/B/C Meet
May 14-15, 2011

Saturday, May 14, 2011

Morning Session Warm-Up 6:30 am; Start: 7:30		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13 & Over 50 Freestyle	2
3	13 & Over 200 Breaststroke	4
5	13 & Over 100 Freestyle	6
7	13 & Over 200 Individual Medley	8
9	13 & Over 100 Backstroke	10
11	13 & Over 200 Butterfly	12

Sunday, May 15, 2011

Morning Session Warm-Up 6:30 am; Start: 7:30 am		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
41	13 & Over 100 Butterfly	42
43	13 & Over 200 Freestyle	44
45	13 & Over 100 Breaststroke	46
47	13 & Over 200 Backstroke	48
49	13 & Over 400 Individual Medley	50

Afternoon Session Warm-up 11:30 pm; Start 12:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	10 & Under 50 Backstroke	14
15	11-12 50 Backstroke	16
17	9-10 200 Individual Medley	18
19	11-12 200 Individual Medley	20
21	10 & Under 100 Freestyle	22
23	11-12 100 Freestyle	24
25	9-10 100 Butterfly	26
27	11-12 100 Butterfly	28
29	10 & Under 50 Freestyle	30
31	11-12 50 Breaststroke	32
33	9-10 200 Backstroke	34
35	11-12 200 Backstroke	36

Afternoon Session Warm-up 11:30 am; Start: 12:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	10 & Under 50 Butterfly	52
53	11-12 50 Butterfly	54
55	9-10 200 Freestyle	56
57	11-12 200 Freestyle	58
59	9-10 100 Breaststroke	60
61	11-12 100 Breaststroke	62
63	10 & Under 50 Breaststroke	64
65	11-12 50 Freestyle	66
67	10 & Under 100 Backstroke	68
69	11-12 100 Backstroke	70
71	9-10 200 Butterfly	72
73	11-12 200 Butterfly	74

Distance Session Warm-up 4:30 pm; Start 5:30 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
37	11 & Over 800 Freestyle	38
39	9 & Over 400 Freestyle	40