



TAC MONSTER BASH
A/BB/B/C
October 29 – October 30 2016
SANCTION NO. VS-17-13



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-13 USA Swimming, Inc., Virginia Swimming, Inc., TAC and the Old Dominion University JC Scrap Chandler Natatorium shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 						
LOCATION:	Old Dominion University JC Scrap Chandler Natatorium located in the Student Recreation Center at the corner of 48 th 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 USA Swimming Rules and Regulations, Article 104.2.2C (4). 						
MEET DIRECTOR:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">David Livsey</td> <td style="width: 50%;">Jessica Livsey</td> </tr> <tr> <td>Phone: (757) 763-9770</td> <td>Phone: (757) 373-0199</td> </tr> <tr> <td>Email: davidklivsey@gmail.com</td> <td>Email: jhm329@gmail.com</td> </tr> </table>	David Livsey	Jessica Livsey	Phone: (757) 763-9770	Phone: (757) 373-0199	Email: davidklivsey@gmail.com	Email: jhm329@gmail.com
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Email: davidklivsey@gmail.com	Email: jhm329@gmail.com						
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. Age on October 29, 2016 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 and younger swimmers will swim in the morning sessions on both Saturday and Sunday. ALL 13 and older swimmers will swim in the afternoon sessions on both Saturday and Sunday. All events will be timed finals. Breaks: There will be a 15-minute break following Event #34 (13 & Over Boys 200 IM) and Event #72 (13 & Over Boys 100 Breaststroke), this will include a 10-minute open warm-up then a 5-minute clear pool period. There will be a 10-minute break after Event #76, this will include a 5-minute open warm-up then a 5-minute clear pool period. Distance Sessions: Saturday (13 & Over 500 Freestyle) and Sunday (1000 Free) will start 15 minutes after the conclusion of the afternoon session. 						
WARM-UP:	<ul style="list-style-type: none"> Morning Session: Warm-ups start at 7:30 am; Competition starts at 8:45 am. Afternoon Session: Warm-ups start NOT BEFORE 12:30 pm; Competition starts NOT BEFORE 1:30 pm. Warm-up and meet start times may change based on the timeline of the meet after receiving all entries. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. Distance Session: The competition pool will be open for 10 minutes following the conclusion of the afternoon session, with the distance session competition starting 5 minutes thereafter. Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Wednesday, October 26, 2016. 						

	<ul style="list-style-type: none"> • Warm-up information will also be available on the TAC website, www.swimtac.com.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 19th 2016.</p> <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. • 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 must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • All 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. • 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: David Livsey, davidklivsey@gmail.com • 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 meet director.
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 • Mail payment to: Tidewater Aquatic Club P.O. Box 16304 Chesapeake, VA 23328 (757) 373 - 0199 • Payment must be received by Friday, October 28, 2016 for all entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
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"> ○ 12 & Under events will be given separate awards for 11-12, 9-10 and 8 & Under age groups. ○ Open events (79 & 80) will not be given awards. ○ 13 & Over events will not be given awards.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded except for Event #27 - 28 (12 & Under 500 Free), Event #39-40 (13 & Over 500 Free), Event #77-78 (13 & Over 400 Individual Medley) Event #79-80 (Open 1000 Free) which will be deck seeded. • A positive check-in is required to swim events #27-28 (12 & Under 500 Free), events #39-40 (13 & Over 500 Free), events #77-78 (13 & Over 400 Individual Medley), and events #79-80 (Open 1000 Free) • 12 & Under 500 Free check-in will be by 10:00 am on Saturday. • Open 500 Free check-in will be by 3:00 pm on Saturday. • 13 & Over 400 Individual Medley positive check-in will be by 2:00 pm on Sunday.

	<ul style="list-style-type: none"> • Open 1000 Free positive check-in will be by 3:00 pm on Sunday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE EVENT. • SWIMMERS WHO CHECK-IN AND FAIL TO SHOW UP TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING THEIR NEXT EVENT. • The 1000 Free (events 79-80) will be swum fastest to slowest, alternating 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 swum 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 before the first day of the meet may be fined \$100 per swimmer in each event(s) swum • 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. • Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • 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. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. • In accordance with VSI Best Practices, swimmers should shower before entering the pool. • 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 <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area
OFFICIALS:	<p>Meet Referee: Art Zachary Email: zacharyaa@gmail.com (757) 537-0945</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions 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 Ralph Ingraham, Tidewater Aquatic Club Officials Chairman, Phone: (901) 292-3958 or Email: ralph.ingraham@cox.net • 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 Wednesday, October 26, 2016, and will also be emailed

	<p>to the contact person of each of the individual clubs.</p> <ul style="list-style-type: none"> Swimmers MUST provide their own timers and lap counters for afternoon distance sessions.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Heat sheets and/or psych sheets will be sold for \$7.00 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. ODU policies prohibit 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. Parking: Parking will be available on the ODU campus in designated areas ONLY. Further details will be sent to team contact prior to the meet. Swimmer bags and equipment are only allowed on the deck and are 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 MONSTER BASH

ORDER OF EVENTS

Saturday, October 29, 2016

MORNING SESSION

Warm-up: 7:30 AM; Start: 8:45 AM

<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	11 - 12 100 Individual Medley	10
11	10 & Under 100 Individual Medley	12
13	11 - 12 50 Breaststroke	14
15	10 & Under 50 Breaststroke	16
17	11 - 12 100 Backstroke	18
19	10 & Under 100 Backstroke	20
21	11 - 12 200 Breaststroke	22
23	10 & Under 200 Freestyle	24
25	11 - 12 50 Butterfly	26
27	12 & Under 500 Freestyle	28

Sunday, October 30, 2016

MORNING SESSION

Warm-up: 7:30 AM; Start: 8:45 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	11 - 12 200 Freestyle	42
43	10 & Under 100 Freestyle	44
45	11 - 12 100 Butterfly	46
47	10 & Under 50 Butterfly	48
49	11 - 12 200 Individual Medley	50
51	10 & Under 200 Individual Medley	52
53	11 - 12 50 Backstroke	54
55	10 & Under 100 Breaststroke	56
57	11 - 12 100 Breaststroke	58
59	10 & Under 50 Backstroke	60
61	11 - 12 200 Backstroke	62
63	11 - 12 50 Freestyle	64
65	11 - 12 400 Individual Medley	66

Saturday, October 29, 2016

AFTERNOON SESSION

Warm-up: NB 12:30 PM; Start: NB 1:30 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13 & Over 100 Freestyle	30
31	13 & Over 200 Butterfly	32
33	13 & Over 200 Individual Medley	34
	10 Minute Warm-up Break	
	5 Minute Clear Pool	
35	13 & Over 200 Breaststroke	36
37	13 & Over 100 Backstroke	38

Sunday, October 30, 2016

AFTERNOON SESSION

Warm-up: NB 12:30 PM; Start: NB 1:30 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	13 & Over 200 Freestyle	68
69	13 & Over 100 Butterfly	70
71	13 & Over 100 Breaststroke	72
	10 Minute Warm-up Break	
	5 Minute Clear Pool	
73	13 & Over 200 Backstroke	74
75	13 & Over 50 Freestyle	76
	5 Minute Warm-up Break	
	5 Minute Clear Pool	
77	13 & Over 400 Individual Medley	78

DISTANCE SESSION

(15 Minute Warm-up Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
39	13 & Over 500 Freestyle	40

DISTANCE SESSION

(15 Minute Warm-up Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	Open 1000 Freestyle	80