



**TAC Winter
Area 1S BB/B/C Meet
January 8-9, 2005
SANCTION NO. VS-05-29**

Hosted by:
TAC

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-05-29
HOST CLUB:	Tidewater Aquatic Club
LOCATION:	Fort Eustis Aquatic Center Building 64 (corner of Washington Ave. and Tyler Ave.) Fort Eustis, VA 23604 (757) 878-1090/1091
FACILITY:	Eleven (11) lane 25 yard indoor pool. Facility uses a Daktronics Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines.
MEET DIRECTOR:	Mark Miller 1012 Grantham Lane Chesapeake, VA 23322 Phone: (757) 482-8429 Email: millerem@siminctw.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered swimmers in Area 1-Southside. Teams in Area 1-Southside are: CYAT, NSD, ODAC, OBX, PRO, PYAC, SSC, TAC, TCAC, & TIDE.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• 8 & younger swimmers may participate regardless of classification.• Swimmers 9-18 years old may compete in any event and relay strokes in which they have a "BB", "B", or "C" Time.• 15-18 year old swimmers may swim one event per session in which they have an "A" time or better as long as they are entered in another event in which they have a "BB", "B", or "C" time.• Exceptions: Because of the length of time necessary to run the 1650 Free, 15-18 swimmers with an "A" time will not be allowed to enter that event as their "bonus" event. 11/12 swimmers with an "A" in the 400 IM and 1650 Free may be entered in those events.• 2005-2008 NAG top 16 based times are in effect.• Age on January 8, 2005 will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">• All 10 & Younger swimmers will swim on Saturday and Sunday morning.• All 11 & Older swimmers will swim on Saturday and Sunday afternoon.• All events will be timed finals.• Morning sessions: Warm-ups at 7:30 – 8:20 AM; competition starts at 8:30 AM.• Afternoon sessions: Warm-ups at 12:00 – 12:50 PM; competition starts at 1:00 PM.• All sessions will be run using an eight (8)-lane course for competition.• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon sessions, with the distance session competition starting 5 minutes thereafter. The approximate start time for the distance sessions will be posted on the TAC website no later than Thursday, January 6, and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.• Lane assignment and warm-up times for individual clubs will be posted on the TAC website no later than Thursday, January 6, 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.• Two continuous warm-up/cool-down lanes will be provided, but the meet director reserves the right to use nine (9) or ten (10) lanes for competition during any session or individual event.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, DECEMBER 29, 2004. <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 may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.

	<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. • Non-conforming times will be converted to short course yard times prior to seeding. • Coaches Times (CT) and No Times (NT) will be accepted for events in which a swimmer does not have a time of record. Coaches' times may not exceed a "B" time. All other entry times must have been achieved in USA Swimming sanctioned or approved competition. • Swimmers may enter a maximum of four (4) individual events and one (1) relay event per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • The Meet Director reserves the right to limit entries in any event, 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 • Send entries to: Carl "Sonny" Grissom 629 Herron Drive Chesapeake, VA 23320 Phone: (H) 757-547-4499; (W) 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.
FEES:	<p>Individual events: \$3.10 Relay events: \$12.00 Swimmer surcharge: \$2.00 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, January 5 for email entries. Payment must be included with all mailed entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. • 13-18 events will be given separate awards for 13-14 and 15-18 age groups. • 11-18 events will be given separate awards for 11-12, 13-14, and 15-18 age groups. • 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. • 8 & Younger events will be given separate awards for 7-8 and 6 & Younger age groups. • Heat winner ribbons will be awarded for all 10 & Younger individual events. • Relay events: Ribbons will be awarded for first through fourth place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except the 11-18 400 IM, 11-18 500 Free, 11-18 1650 Free, and all relays. A Clerk of Course will be available to assist with 10 & Younger swimmers in the morning. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • Events #33/34 (400 IM), #59/60 (500 Free), #109/110 (1650 Free), and all relays will require a positive check-in to swim. • Positive check-in will close at the end of warm-ups for each session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided form, and approved by the meet referee.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from 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 2004 USA Swimming Rules and Regulations will apply. • 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 display 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: Cathy Rudolph Email: clrtarheel@yahoo.com Phone: (757)496-3622</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 Bill Bond, whiskeyf14@aol.com, no later than Wednesday, January 5. • There will be an officials' meeting one hour prior to the start of each session.
SAFETY:	VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
TIMERS:	Clubs may 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 no later than Thursday, January 6, and will also be emailed to the contact person for each of the individual clubs.
GENERAL:	<p>SNACK BAR: There will be a variety of refreshments at the snack bar sponsored by the Tidewater Aquatic Club families. Breakfast and lunch items will be available on Saturday and Sunday.</p> <p>HEAT SHEETS: Available for purchase during the meet for \$5.00.</p>
FACILITY RULES:	<ul style="list-style-type: none"> • Fire Marshal Requirements. Each club is responsible for the conduct of their swimmers and 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. • No food of any kind is permitted in the pool area. All permissible beverages must be in closed plastic containers. Swimmers are not allowed in the balcony. Spectators are not allowed on any pool deck, and are required to remain in the balcony or snack bar area. • No swimmers or spectators will be allowed to set up their area on the Fun Pool deck. It is closed for this event.
DIRECTIONS:	From the north/south, take Fort Eustis Blvd. from I-64 exit 250A, Route 17, Jefferson Avenue, Warwick Blvd. After passing through main gate, the road becomes Washington Blvd. In ½ mile you will come to a traffic circle. Go straight through it, DO NOT BEAR OFF. The first right will be Tyler Avenue. The Aquatic Center is on the left corner. Additional parking is available 50 yards past the entrance to the Center on both the right and left sides of Tyler Avenue.

TAC Winter BB/B/C Event Schedule

WARM-UP: AM Sessions 7:30 - 8:20 AM, Meet starts at 8:30 AM

PM Sessions 12:00 - 12:50 PM, Meet starts at 1:00 PM

SATURDAY MORNING

GIRLS			BOYS
1	9/10	50 Free	2
3	7/8	25 Free	4
5	6&U	25 Free	6
7	10&U	100 Fly	8
9	8&U	50 Fly	10
11	9/10	100 IM	12
13	8&U	100 IM	14
15	9/10	50 Breast	16
17	8&U	50 Breast	18
19	10&U	100 Back	20
21	7/8	25 Back	22
23	6&U	25 Back	24
25	10&U	200 Free	26
27	8&U	100 Fr Relay	28
29	9/10	200 Fr Relay	30

SATURDAY AFTERNOON

GIRLS			BOYS
31	11/12	200 IM	32
33	11-18	400 IM	34
35	11/12	50 Fly	36
37	13-18	100 Fly	38
39	11/12	200 Free	40
41	13-18	200 Free	42
43	11/12	50 Breast	44
45	13-18	100 Breast	46
47	11/12	100 Back	48
49	13-18	100 Back	50
51	11/12	50 Free	52
53	13-18	50 Free	54
55	11/12	200 Med Relay	56
57	13-18	200 Med Relay	58
59	11-18	500 Free	60

SUNDAY MORNING

GIRLS			BOYS
61	9/10	100 Free	62
63	8&U	50 Free	64
65	9/10	50 Fly	66
67	8&U	25 Fly	68
69	10&U	100 Breast	70
71	8&U	25 Breast	72
73	9/10	50 Back	74
75	8&U	50 Back	76
77	10&U	200 IM	78
79	8&U	100 Free	80
81	9/10	200 Med Relay	82
83	8&U	100 Med Relay	84

SUNDAY AFTERNOON

GIRLS			BOYS
85	11/12	100 Free	86
87	13-18	100 Free	88
89	11/12	100 Fly	90
91	11-18	200 Fly	92
93	11/12	100 IM	94
95	11-18	200 IM	96
97	11/12	100 Breast	98
99	11-18	200 Breast	100
101	11/12	50 Back	102
103	11-18	200 Back	104
105	11/12	200 Fr Relay	106
107	13-18	200 Fr Relay	108

SUNDAY LATE AFTERNOON

GIRLS			BOYS
109	11-18	1650 Free	110

IMPORTANT: There is a positive check-in for the 400 IM, 500 Free, 1650 Free, and all relays prior to the start of each session. There will be a separate 10-minute warm-up session after the relays, and before the 500 Free and 1650 Free.