



AMENDED #2
SPEEDO SPRING CHALLENGE
A/BB/B/C Meet
May 1-3, 2009
SANCTION NO. VS-09-54



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-55
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 pool. Colorado Automatic Timing System to be utilizedThe competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Bill Gill Email: wcgiii@cox.net Home: (757) 631-6185 Work: (757) 351-2248
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming/Virginia Swimming (and swimmers from teams invited from outside of VSI) registered swimmers registered prior to the first day of the meet.No on deck registration will be permitted.Age on May 1, 2009 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">Friday afternoon is a single session. Saturday and Sunday will have three sessions.All 10 & Younger swimmers will compete in the AM session.All 11-12 Year Old swimmers will compete in the Mid Day session.All 13 & Older swimmers will compete in the PM session.All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Friday afternoon: Warm-ups at 6:00 pm to 6:45 pm; competition starts at 7:00 pm.Morning sessions Warm-up: 6:15-7:15 am; Start: 7:25 am.Mid Day sessions: Warm-up: 11:30 am-12:20 pm; Start: 12:30 pm.Afternoon sessions: Warm-up: 3:30-4:20 pm; Start: 4:30 pm.Lane assignment and warm-up times for individual clubs will be posted on the Tide Swim Team website www.tideswimming.com no later than Wednesday, Noon, April 29, 2009, and will also be emailed to the contact person of the participating clubs.If a session runs late, the following session warm-ups will begin immediately after the last event of the previous session.The Meet Director reserves the right to adjust the schedule to shorten the competition days if possible. Notice will be given to all teams if this occurs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, APRIL 22, 2009. <ul style="list-style-type: none">Entries must be submitted in long course meter times using Hy-Tek Team Manager and Commlink-2 software.Teams may submit entries as an e-mail attachment (preferred) or on Compact Disk (CD) or Digital Video Disk (DVD).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.Coaches Times (CT) or No Time (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 entry times other than Coaches Times must have been achieved in USA Swimming sanctioned or approved competition.

	<ul style="list-style-type: none"> Swimmers may enter a maximum of one (1) individual event on Friday, and three (3) individual events per day on Saturday and Sunday. The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session, or to combine events in which there are insufficient entries. This may include combining heats and events, which actions may require reseeding. The Friday session will be limited to 3 hours. If the entries received create a session longer than 3 hours, swimmers with NT will be scratched first based on the order of entries received starting with the 800 Freestyle events followed by the 400 Freestyle events. If the session is still too long, we will scratch swimmers starting with the slowest seed times. Based on entries received, we WILL be scratching NT swimmers from events 1-4. We will also be limiting events 1, 3, & 4 to the fastest 5 heats and event 2 to the fastest 4 heats. We will post those entries on the TIDE website at www.tideswimming.com. Email entries (preferred & appreciated) to: wcgiii@cox.net Mail entries to: Bill Gill 1008 Downshire Chase Virginia Beach, VA 23452 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: \$3.00 Swimmer surcharge: \$2.50</p> <ul style="list-style-type: none"> Checks should be made payable to: Tide Swim Team, Inc. An entry fee summary printout from Team Manager and a check for the full amount must be received by Wednesday April 29, 2009. Failure to pay entry fees by the 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 & younger events will be given separate awards for 9/10, 7/8 and 6 & under. All 13 and older events will be given separate awards for 13/14 and 15 & older. Heat winner ribbons will be awarded for all 10 & Younger individual events.
SEEDING:	<ul style="list-style-type: none"> All events, except event #1-4, 37-44, 57-60, 97-98, 103-108, will be pre-seeded. Positive check-in is required for events 1, 2 (12&U 400 Free) and 3, 4 (13&O 800 Free) and all 200 Meter and longer afternoon session events. Positive check-in will close 20 minutes prior to the start of the 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 disqualified from the event entered illegally and the event re-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. The overhead start procedure will be used for all sessions. 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: John Roche Email: groches@cox.net Phone: (757) 508-4480</p> <ul style="list-style-type: none"> We ask for your team's help in supplying officials for the meet. 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: Ron Kloster, Tide

	<p>Swim Team Officials Chairman @ (757) 423-1825 or mailto:ronaldkloster@cox.net</p> <ul style="list-style-type: none"> We ask all officials be on the pool deck NLT one (1) hour prior to the start of the session.
SAFETY:	<ul style="list-style-type: none"> 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. Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet
TIMERS:	Timers from all teams will be needed to supplement Tide Swim Team timers. A list of timers needed based on entries per team will be sent to the teams in advance of the meet.
GENERAL:	<ul style="list-style-type: none"> Meet Programs will be sold for \$5.00 Snack Bar: A snack bar will be open 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.
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. 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.

SPEEDO SPRING CHALLENGE
A/BB/B/C MEET
Navy Fleet Recreation Park, Norfolk, VA
ORDER OF EVENTS
May 1-3, 2009

Friday, Distance Session		
Warm-up: 6:00-6:45 pm Start: 7:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 400 Freestyle	2
3	13 & Older 800 Freestyle	4

Saturday, Morning Session			Sunday, Morning Session		
Warm-up: 6:15-7:15 am; Start: 7:25 am			Warm-up: 6:15-7:15 am; Start: 7:25 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	9-10 200 Individual Medley	6	57	9-10 200 Freestyle	58
7	8&U 200 Individual Medley	8	59	8&U 200 Freestyle	60
9	9-10 50 Butterfly	10	61	9-10 50 Breaststroke	62
11	8&U 50 Butterfly	12	63	8&U 50 Backstroke	64
13	9-10 100 Breaststroke	14	65	9-10 100 Backstroke	66
15	8&U 100 Breaststroke	16	67	8&U 100 Backstroke	68
17	9-10 100 Freestyle	18	69	9-10 100 Butterfly	70
19	8&U 100 Freestyle	20	71	8&U 100 Butterfly	72
21	9-10 50 Backstroke	22	73	9-10 50 Freestyle	74
23	8&U 50 Breaststroke	24	75	8&U 50 Freestyle	76
Saturday, Mid Day Session			Sunday, Mid Day Session		
Warm-up: 11:30 am-12:20 pm; Start: 12:30 pm			Warm-up: 11:30 am-12:20 pm; Start: 12:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	11-12 200 Individual Medley	26	77	11-12 200 Freestyle	78
27	11-12 50 Butterfly	28	79	11-12 100 Butterfly	80
29	11-12 50 Backstroke	30	81	11-12 200 Breaststroke	82
31	11-12 100 Breaststroke	32	83	11-12 100 Backstroke	84
33	11-12 100 Freestyle	34	85	11-12 50 Freestyle	86
35	11-12 200 Backstroke	36	87	11-12 50 Breaststroke	88
Saturday, Afternoon Session			Sunday, Afternoon Session		
Warm-up: 3:30-4:20 pm; Start: 4:30 pm			Warm-up: 3:30-4:20 pm; Start: 4:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	13&O 200 Freestyle	38	89	13&O 200 Breaststroke	90
39		40	91		92
41	13&O 200 Backstroke	42	93	13&O 100 Backstroke	94
43		44	95		96
45	13&O 100 Breaststroke	46	97	13&O 200 Butterfly	98
47		48	99	13&O 100 Freestyle	100
49	13&O 100 Butterfly	50	101		102
51		52	103	13&O 200 Individual Medley	104
53	13&O 50 Freestyle	54	105		106
55		56	107	13&O 400 Freestyle	108