



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-05				
LOCATION:	Fort Eustis Aquatic Center, Building 641 (corner of Washington Ave & Tyler Ave), Fort Eustis, VA 23604, (757) 878-1090/1091				
FACILITY:	• Eleven (11) lane 25 yard indoor pool. All sessions will be run using an eight (8) lane course for competition. Facility uses a Daktronics Automatic Timing System with 10-lane scoreboard and Kiefer Wave Eater racing lane lines.				
	• The meet director reserves the right to use nine (9) or ten (10) lanes for competition during any session or individual event.				
MEET DIRECTOR:	Bill Gill Home: (757) 631-6185 Work: (757) 351-2248 Email: wcgiii@cox.net Cell: (757) 577-2990				
ELIGIBILITY:	Open to all USA Swimming registered swimmers.				
All swimmers participating in this meet must be registered by the first day of the					
	No on deck registration will be permitted.				
	Age on October 11, 2008 will determine age for the entire meet.				
DISABILITY SWIMMERS:	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:	All 10 & Younger swimmers will swim on Saturday and Sunday morning.				
	All 11 & Older swimmers will swim on Saturday and Sunday afternoon.				
	Distance Session will follow the Saturday afternoon session. Distance session events may be swum alternating heats of girls and boys based on the Referee's discretion.				
	All events will be timed finals.				
WARM-UPS:	• Morning sessions (AM): Warm-ups at 7:20 am to 8:10 am; competition starts at 8:30 am.				
	• Afternoon sessions (PM): Warm-ups at 10:55 am to 11:45 pm; competition starts at 12:00 pm .				
	If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.				
	Distance Session (Events 61-64 on Saturday afternoon):				
	 The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the Saturday afternoon session, with the distance session competition starting 5 minutes thereafter. 				
	• The approximate start time of the distance session will be posted on the Tide Swim Team website <u>www.tideswimming.com</u> no later than Wednesday Noon October 08, 2008 and will be e-mailed to the contact person of the participating clubs.				
	The distance session will start no earlier than the estimated times.				
	• Finalized warm up times will depend upon the number of entries. Lane assignments and warm- up times for individual clubs will be posted on the Tide Swim Team website <u>www.tideswimming.com</u> no later than 12:00 noon, Wednesday, October 8, 2008, and will also be emailed to the contact person of the participating clubs.				
	The warm-up/warm-down lane(s) will remain open at all times during the meet.				
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 1, 2008.				
	 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 compact disk (CD).				
	• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email addresses, and phone number of the person to contact in case of questions,				

	regardless of how they are submitted.				
	 Coaches Times (CT) or 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 "B" time. All entry times other than CT must have been achieved in a USA Swimming sanctioned, approved or observed competition. 				
	• Swimmers may enter a maximum of 4 individual events and 1 relays event per day.				
	• Relay teams must be designated A, B, C, etc., if a team enters more than one relay in that event.				
	• Entries will be processed in the order received and date of receipt will be used in the event the meet is limited to a total number of swimmers.				
	• 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 (preferred) 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:	Individual events: \$3.00 Relay events: \$12.00				
	Swimmer surcharge: \$2.50 (entered in the meet in any capacity)				
	Checks should be made payable to: Tide Swim Team, Inc.				
	• Payments must be received by Wednesday, October 8, 2008 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:	Individual events: Ribbons will be awarded for first (1 st) through eighth (8th) place.				
	 8 & younger events will be given separate awards for 8 yr olds, 7 yr olds and 6 & younger. 				
	 10 & younger events will be given separate awards for 9/10 and 8 & younger. 				
	 11 & older events will be given separate awards for 11/12, 13/14 and 15 & older. 				
	 12 & younger events will be given separate awards for 11/12 and 9/10. 				
	 13 & 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.				
	Relay events: Ribbons will be awarded for first (1 st) through fourth (4th) place.				
SEEDING:	 All events, except events #35-36 (13&O 400 IM), 61-62 (12&Y 500 Free), 63-64 (13&O 1650 Free), and 91-92 (13&O 500 Free) will be pre-seeded. 				
	 Events #35-36 (13&O 400 IM), 61-62 (12&Y 500 Free), 63-64 (13&O 1650 Free), and 91-92 (13&O 500 Free) will require a positive check-in 				
	• Positive check-in for the 13&O 400 IM and the 13&O 500 Free will close at the end of warm-ups for their respective sessions.				
	• Positive check in for the 12&Y 500 Free and the 13&O 1650 Free will close at the start of warm- ups for the distance session.				
	• SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.				
PENALTIES:	Penalties for entries using fraudulent and/or non-verifiable entry times:				
	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 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:	The current 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:	Meet Referee: Bob Hood Email: <u>bobsand4@cox.net</u> Phone: 757-872-7078					
	• 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: Ron Kloster, Tide Swim Team Officials Chairman, Phone: (757) 423-1825 or Email: ronaldkloster@cox.net					
	• We ask all officials be on the pool deck NLT one (1) hour prior to the start of the 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.					
	• Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.					
TIMERS:	Tide Swim Team plans to provide all timers necessary to run the meet. We may seek volunteers from other teams on the day of the meet.					
GENERAL: • Meet Programs: Heat sheets and/or psych sheets 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. Breakfast and lunch will be served. Drinks and snacks will be provided during the day.					
FACILITY RULES:	PLEASE READ THOROUGHLY. THE MEET MARSHALS, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL WILL ENFORCE RULES.					
	• FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE, AUTOMOBILE REGISTRATION AND PROOF OF INSURANCE ARE REQUIRED TO ENTER THE FORT.					
	• 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 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.					
	• SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA IS FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK.					
	• THE ADVENTURE POOL DECK WILL BE COMPLETELY CLOSED OFF. THE ONLY ACCESS TO THE LOCKER ROOMS WILL BE FROM THE MAIN HALLWAY. ABSOLUTELY NO TEAM AREA SET UP NOR SPECTATORS, PARENTS AND FAMILIES ARE PERMITTED IN THIS AREA. THE AQUATIC CENTER STAFF WILL MARK APPROPRIATE TRANSIT AREAS.					
DIRECTIONS:	From Southside: I64 WEST through the Hampton Roads Bridge Tunnel to Exit 250A, Fort Eustis Blvd. After passing through the main gate, the road becomes Washington Blvd. At ½ mile, go through the traffic circle by going 180 degrees around the circle. After the circle, take your first right on Tyler Avenue. The Aquatic Center entrance is on your left immediately after you turn onto Tyler Avenue. There is a drop off point in the front of the Aquatic Center. Additional parking is available 50 yards past the entrance to the Aquatic Center on both the right and left sides of Tyler Avenue.					

ORDER OF EVENTS Tide Fall Classic A/BB/B/C Meet October 11-12, 2008

Girls	Boys	
1	8 & younger 50 Breast	2
3	10 & younger 100 Breast	4
5	8 & younger 25 Back	6
7	9 - 10 50 Back	8
9	10 & younger 200 Free	10
11	8 & younger 50 Fly	12
13	10 & younger 100 Fly	14
15	8 & younger 25 Free	16
17	9 - 10 50 Free	18
19	10 & younger 200 IM	20
21	8 & younger 200 Medley Relay	22
23	9 - 10 200 Medley Relay	24
25	8 & younger 100 Free Relay	26
27	9 & 10 100 Free Relay	28

Sunday MorningGirlsWarm-up: 7:20 am; Start: 810 am				
65	8 & younger 50 Back	66		
67	10 & younger 100 Back	68		
69	8 & younger 25 Breast	70		
71	9 - 10 50 Breast	72		
73	10 & younger 100 IM	74		
75	8 & younger 50 Free	76		
77	10 & younger 100 Free	78		
79	8 & younger 25 Fly	80		
81	9 - 10 50 Fly	82		
83	8 & younger 200 Free Relay	84		
85	9 - 10 200 Free Relay			
87	8 & younger 100 Medley Relay			
89	9& 10 100 Medley Relay	90		

Girls	Saturday Afternoon Warm-up: 10:55 am; Start: 12:00 pm	Boys	Girls	Sunday Afternoon Warm-up: 10:55 am; Start: 12:00 pm	Boys
29	11 - 12 100 Back	30	91	13 & older 500 Free	92
31	13 & older 100 Back	32	93	11 - 12 100 Breast	94
33	11 - 12 200 IM	34	95	13 & older 100 Breast	96
35	13 & older 400 IM	36	97	11 - 12 50 Fly	98
37	11 - 12 50 Free	38	99	11 & older 200 Fly	100
39	13 & older 50 Free	40	101	11 - 12 100 Free	102
41	11 - 12 50 Breast	42	103	13 & older 100 Free	104
43	11 & older 200 Breast	44	105	11 - 12 100 IM	106
45	11 - 12 100 Fly	46	107	13 & older 200 IM	108
47	13 & older 100 Fly	48	109	11 - 12 50 Back	110
49	11 - 12 200 Free	50	111	11 & older 200 Back	112
51	13 & older 200 Free	52	113	11 - 12 200 Medley Relay	114
53	11-12 200 Free Relay	54	115	13 & older 200 Medley Relay	116
55	13 & older 200 Free Relay	56	117	11&12 100 Medley Relay	118
57	11 &12 100 Free Relay	58	119	13& over 100 Medley Relay	120
59	13& over 100 Free Relay	60			

Girls	Saturday Distance Session Warm-up & start TBD	Boys
61	12 & younger 500 Free	62
63	13 & older 1650 Free	64