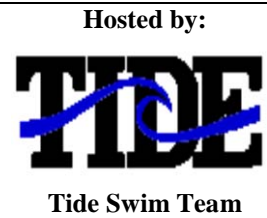




TIDE DISTANCE MEET
May 30, 2009
SANCTION NO. VS-09-56



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-56
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/VSI swimmers registered by the first day of the meet.No on deck registration will be permitted.Age on May 31, 2008 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 events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">Open warm-ups are scheduled for 1:00 pm to 1:45 pm; competition starts at 2:00 pm
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, MAY 22, 2009</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 sheetTeams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, e-mail addresses, and phone number of the person to contact in case of questions, regardless of how they are submitted.Coaches Times (CT) 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 USA Swimming sanctioned, approved, or observed competition.Swimmers may enter a maximum of one (1) individual event.Entries will be processed in the order received. Each event will be limited to 4 heats. Date and time of receipt and will be used in the event the total entries exceed the stated limit. We must be out of the pool by 6:00 pmThe 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.Email entries to: wcgiii@cox.netMail entries to: Bill Gill 1008 Downshire Chase Virginia Beach, VA 23452IMPORTANT: 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 \$12.00 <ul style="list-style-type: none">Checks should be made payable to: Tide Swim Team, Inc.Payment must be received by Saturday, May 30, 2009. Payment must be included with all mailed entries.Meet entry fee summary report from Team Manager must accompany the payment.

	<ul style="list-style-type: none"> • Failure to pay entry fees by this deadline could result in teams being barred from the
AWARDS:	<ul style="list-style-type: none"> • No Awards will be given • The meet will not be scored.
SEEDING:	<ul style="list-style-type: none"> • All events will be deck seeded. • Positive check is required and will close at 1:30 pm • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Deck entries will be accepted in the order received to the extent the open lanes are available • Events 1, 2, 5 and 6 will be swum two (2) swimmers per lane as needed up to a maximum of 56 swimmers per event. If we do not have 56 entries per event, the fastest seed times will be swum with one (1) swimmer per lane. • For events 5 and 6, entry preference will be given to swimmers excluded from the TIDE Speedo Spring Challenge on May 1-3, 2009.
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: Tom Colasurdo Email: misterconductor@verizon.net Phone: (757) 424-3943</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. • Officials training will be limited to dry-deck and ref/starter positions. • 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) 285-7155, Email: ronaldkloster@cox.net. • We ask all officials be on the pool deck NLT thirty (30) minutes 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:	Each swimmer must provide at least one timer. Each swimmer must also provide a counter person if they elect to use the provided counter panels.
GENERAL:	Hospitality: Tide Swim Team will provide drinks to coaches and officials.
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.

	<ul style="list-style-type: none"> • The outdoor pool adjacent to the facility can not 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 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.

ORDER OF EVENTS
Saturday, May 30, 2009

Warm-up: 1:00-1:45 pm; Start: 2:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 1500 meter Freestyle	2
3	13 & Over 400 Individual Medley	4
5	12 & Under 400 Freestyle	6