



TCAC
A/BB/B/C Meet
June 5-6, 2010
SANCTION NO. VS-10-72

Hosted by

Tri-City Aquatic Club

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-72
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 indoor pool. 10 feet in depth at the start end and 3 ½ feet in depth at the turn end. All sessions will be run using the seven (7) lane course for competition.• Colorado Automatic Timing System to be utilized• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
MEET DIRECTOR:	Jay Smith Email: jay@tcacswim.com Cell Phone: (757) 724-1877 (Preferred) Home Phone: (757) 363-9417
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes registered by the first day of the meet.• No on deck Virginia Swimming athlete registration will be permitted.• Age on June 5, 2010 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 swimmers will swim together in a combined session.• All events will be timed finals, except events 27-30 (50 Free).• The 50 Free Mini Shoot Out will be a prelim/final event.• The Finals held after Event #50.
WARM-UP:	<ul style="list-style-type: none">• Afternoon sessions: Warm-ups at 1:00 pm; competition starts at 2:00 pm.• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the Saturday and Sunday session(s), with the distance session competition starting 5 minutes thereafter.• The approximate start time for the distance sessions will be posted on the www.tcacswim.com website no later than June 3, 2010, 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 www.tcacswim.com website no later than June 3, 2010, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, JUNE 3, 2010 <ul style="list-style-type: none">• Entries must be submitted in Long Course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams submit entries as an e-mail attachment• 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's Time (CT) and "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 USA Swimming sanctioned, approved, or observed competition.• Swimmers may enter a maximum of 5 events on Saturday (including the distance session) and 3 events for afternoon session and 1 event for the distance session on Sunday.• 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

	<p>reseeding.</p> <ul style="list-style-type: none"> Email entries to: jay@tcacswim.com Mail entries to: Jay Smith 2208 N. Oliver Drive Virginia Beach, Virginia 23455 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. 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 forms
FEES:	<p>Individual events: \$5.00 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: TCAC Payment must be received by June 5, 2010 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:	<p>Individual events: Ribbons will be awarded for first through seventh place</p> <ul style="list-style-type: none"> 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. 12 & Under events will be given separate awards for 11-12, 9-10 and 8 & Under age groups.
SEEDING:	<ul style="list-style-type: none"> All events, except the distance events on Saturday and Sunday, will be pre-seeded. Swimmers should report directly to the blocks for their events. Positive check-in will close at 4:00 pm for each day. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 400 Free, 400 IM, and 800 Free will be swum slowest to fastest and alternating heats of 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 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 current USA Swimming Rules and Regulations will apply. 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. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referees: Janet Law Ron Kloster Email: janetlaw56@cox.net Email: ronaldkloster@cox.net Phone: (757) 242-3243 Phone: (757) 423-1825</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 Penny Smith (officials coordinator) no later than June 3, 2010
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 www.tcacswim.com no later than June 3, 2010, and will also be emailed to the contact person of each of the individual clubs.

	<ul style="list-style-type: none"> Swimmers in the distance session will need to be prepared to provide counters and timers.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Heat sheets and/or psych sheets will be sold for \$5.00 Snack Bar/food: A snack bar/food vendors will be available during the meet Swim Shop: A Swim Shop may be open during the meet on Saturday Hospitality: Tri-City Aquatic Club will provide a Hospitality Room for coaches, officials and officials in training. Lunch will be served. Drinks and snacks will be provided during the day.
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. Please keep off of the deck The baseball and athletic fields adjacent to the pool cannot be used at any time 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:	<ul style="list-style-type: none"> 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. Parking lot is currently under construction and updated parking directions will be provided with timer and lane assignments.

**TCAC A/BB/B/C Meet
ORDER OF EVENTS
Saturday, June 5, 2010**

Afternoon Session		
Warm-up: 1:00 pm; Start: 2:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 200 Individual Medley	2
3	13 & Over 200 Individual Medley	4
5	12 & Under 100 Freestyle	6
7	13 & Over 100 Freestyle	8
9	12 & Under 50 Breaststroke	10
11	12 & Under 200 Breaststroke	12
13	13 & Over 200 Breaststroke	14
15	12 & Under 100 Butterfly	16
17	13 & Over 100 Butterfly	18
19	12 & Under 100 Backstroke	20
21	13 & Over 200 Backstroke	22

Distance Session		
Warm-up: 4:00 pm (approx); Start: 4:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
23	12 & under 400 Freestyle	24
25	13 & Over 400 Freestyle	26

Sunday, June 6, 2010

Afternoon Session		
Warm-up: 1:00 pm; Start: 2:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	12 & Under 50 Freestyle	28
29	13 & Over 50 Freestyle	30
31	12 & Under 100 Breaststroke	32
33	13 & Over 100 Breaststroke	34
35	12 & Under 50 Butterfly	36
37	12 & Under 200 Butterfly	38
39	13 & Over 200 Butterfly	40
41	12 & Under 200 Freestyle	42
43	13 & Over 200 Freestyle	44
45	12 & Under 50 Backstroke	46
47	12 & Under 200 Backstroke	48
49	13 & Over 100 Backstroke	50
27	12 & Under 50 Freestyle (Finals)	28
29	13 & Over 50 Freestyle (Finals)	30

Distance Session		
Warm-up: 4:00 pm (approx); Start: 4:15 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	11 & Over 400 Individual Medley	52
53	11 & Over 800 Freestyle	54