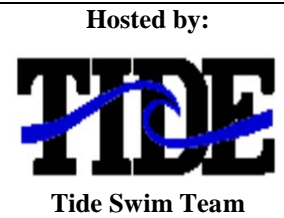




TIDE SPEEDO SPRING CHALLENGE
A/BB/B/C Meet
May 15-16, 2010
SANCTION NO. VS-10-66



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION # VS-10-66
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:	Colleen Nabhan Email: colleennabhan@gmail.com Cell: (757) 513-0617 (preferred) Home: (757) 426-3126
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 May 15, 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 13 & Older swimmers will swim on Saturday and Sunday morning.• There will be a 10 & Younger swimmer session Saturday Mid-Day.• 9-10 & 11-12 swimmers will swim Saturday & Sunday afternoons.• 9 & Older Distance Session will follow the Sunday morning session• All events will be timed finals.
WARM-UPS:	<ul style="list-style-type: none">• Morning sessions Warm-up: 6:15-7:15 am; Start: 7:25 am.• Midday 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 Noon, Wednesday, May 12, 2010, 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.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, MAY 3, 2010.</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 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 4 individual events per day.• Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.• We request that teams who intend to have swimmers entered in the distance session support the

	<p>entire meet.</p> <ul style="list-style-type: none"> 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 to: colleennabhan@gmail.com Mail entries to: Colleen Nabhan 3113 Stonewood Drive Virginia Beach, VA 23456 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: \$3.50 Swimmer surcharge: \$2.50 (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Checks should be made payable to: Tide Swim Team, Inc. Payments must be received by May 12, 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:	<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 & Under mid-day session swimmers will be given separate awards for 8 & under and 9-10 age groups All 13 & Over events will be given separate awards for 13-14 and 15 & over age groups. Heat winner ribbons will be awarded for all 10 & Under events.
SEEDING:	<ul style="list-style-type: none"> All events, except those in the Distance Session 57-60, will be seeded prior to the start of the meet. Swimmers report directly to the blocks for their events. Distance events (57-60) will be swam fastest to slowest, alternating girls and boys. Meet referee reserves the right to make a change of heat order based on meet entries Positive check-in for events 57 through 60 will close at the start of warm-ups for their respective 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 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 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:	<ul style="list-style-type: none"> 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 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 Referee: John Roche Email: 6roches@cox.net Phone: (757) 508-4480</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. 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: Jeff Kauffman,

	<p>Officials Chair Phone: (757) 407-1301 or Email: jeffreykauffman@msn.com</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:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	Tide Swim Team will require volunteers from other teams to time on the day of the meet. 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 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:	<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:	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.

ORDER OF EVENTS
TIDE Speedo Spring Challenge A/BB/B/C Meet
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Saturday, Morning Session Warm-up: 6:15-7:15 am; Start: 7:25 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 50 Backstroke	2
3	13 & Over 200 IM	4
5	13 & Over 100 Freestyle	6
7	13 & Over 50 Breaststroke	8
9	11 & Over 200 Backstroke	10
11	13 & Over 100 Butterfly	12
13	11 & Over 200 Breaststroke	14

Sunday, Morning Session Warm-up: 6:15-7:15 am; Start: 7:25 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	13 & Over 50 Butterfly	46
47	13 & Over 200 Freestyle	48
49	13 & Over 100 Breaststroke	50
51	13 & Over 50 Freestyle	52
53	11 & Over 200 Butterfly	54
55	13 & Over 100 Backstroke	56

Saturday, Mid Day Session Warm-up: 11:30 am-12:20 pm; Start: 12:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
15	10 & Under 50 Freestyle	16
17	10 & Under 50 Backstroke	18
19	10 & Under 50 Breaststroke	20
21	10 & Under 50 Butterfly	22
23	10 & Under 100 Freestyle	24

Sunday, Mid Day Session Warm-up: 11:30 am-12:20 pm; Start: 12:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	9 & Over 400 Freestyle	58
59	11 & Over 400 IM	60

Saturday, Afternoon Session Warm-up: 3:30-4:20 pm; Start: 4:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	9-10 50 Backstroke	26
27	11-12 50 Backstroke	28
29	9-10 200 IM	30
31	11-12 200 IM	32
33	9-10 100 Freestyle	34
35	11-12 100 Freestyle	36
37	9-10 50 Breaststroke	38
39	11-12 50 Breaststroke	40
41	9-10 100 Butterfly	42
43	11-12 100 Butterfly	44

Sunday, Afternoon Session Warm-up: 3:30-4:20 pm; Start: 4:30 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	9-10 50 Butterfly	62
63	11-12 50 Butterfly	64
65	9-10 200 Freestyle	66
67	11-12 200 Freestyle	68
69	9-10 100 Breaststroke	70
71	11-12 100 Breaststroke	72
73	9-10 50 Freestyle	74
75	11-12 50 Freestyle	76
77	9-10 100 Backstroke	78
79	11-12 100 Backstroke	80