



TIDE TRI Meet
June 4-5, 2016
SANCTION NO. VS-16-85



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-16-85• USA Swimming, Inc., Virginia Swimming, Inc., and the Princess Anne YMCA shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Princess Anne YMCA, 2121 Landstown Rd, Virginia Beach, VA 23456, 757-410-9557
FACILITY:	<ul style="list-style-type: none">• Competition pool is a 9 lane, 50-meter outdoor pool, 6'7" deep at the start end and 4.5 feet deep at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System.• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4)
MEET DIRECTORS:	Josh Fulton Phone: (757) 218-3987 Email: coachjosh@tideswimming.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes from TIDE, CGBD and 757 registered prior to the first day of the meet.• Teams wishing to be considered for this meet should contact the meet director. Acceptance of additional teams will be based on space available and timeline considerations.• No on deck USA Swimming athlete registration will be permitted.• Age on June 4, 2016 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 12 and younger swimmers will swim in the morning sessions on Saturday and Sunday.• All 13 and older swimmers will swim in the afternoon sessions on Saturday and Sunday, there will be built in warm up breaks for 13 and older session.• Distance Sessions will start 20 minutes following the afternoon sessions on Saturday and Sunday.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-up starts at 7:20 am; competition starts at 8:30 am.• Afternoon sessions: Warm-ups start not before 12:15 pm; competition starts not before 1:40 pm.• Distance sessions: The pool will be open for 15 minutes of open warm-ups immediately following the finish of the afternoon sessions. The distance session will start 5 minutes following this warm-up period.• All of these times are approximate. Lane assignment, warm-up times, and start times will be posted on the TIDE website tideswimming.com no later than Tuesday, May 31, 2016 and will also be emailed to the contact person of the participating clubs.• If the earlier session runs late, the afternoon session warm-ups will begin immediately after the previous session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday May 23, 2016. <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.

	<ul style="list-style-type: none"> • Teams submit entries via e-mail. • 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 Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “BB” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • “No Time” (NT) entries will be accepted. • Swimmers may enter a maximum of 4 individual events per session but no more than 4 total for the day on Saturday and 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 reseeding. • If any session timeline is shorter than normal, additional time between events may be added at the discretion of the Meet Referee. • Email entries to: Josh Fulton, coachjosh@tideswimming.com • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available and they have not reached the maximum per day event limit. <ul style="list-style-type: none"> ○ No additional heats will be added. ○ Deck entries and entry fee payment must be submitted to the Meet Director for consideration.
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: Tide Swimming • Mail payment to: Josh Fulton 4741 Post Oak Dr Virginia Beach, VA 23464 (757) 218-3987 • Payment must be received by Tuesday, May 31, 2016 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first (1st) through eighth (8th) place. <ul style="list-style-type: none"> ○ 13 & Over events will not be given individual awards. ○ 11 & Over events will be given separate awards for 11-12 only. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded except events #19-20 (12&U 400 IM), #55-56 (12&U 400 Free), #31-32 (13&O 400IM), #67-68(13&O 400 Free), #33-34 (Open 800 Free), and #69-70 (Open 1500 Free), which will be deck seeded. • A positive check-in is required to swim #19-20 (12&U 400 IM), #55-56 (12&U 400 Free), #31-32 (13&O 400IM), #67-68(13&O 400 Free), #33-34 (Open 800 Free), and #69-70 (Open 1500 Free) • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Open 800 Free and Open 1500 Free will be swum fastest to slowest, 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

	<p>results will be corrected.</p> <ul style="list-style-type: none"> • 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. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. ○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • 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. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited. • In accordance with VSI Best Practices, swimmers should shower before entering the pool. • 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 <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area. • No VSI non-athlete member in good standing may be barred from participating in the meet as an official at any level to which certified.
OFFICIALS:	<p>Meet Referee: Dan Demers Email: ddemers3@cox.net Phone: (757) 434-3342</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions 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 George Fuhs, TIDE Officials Chairman, Phone: (757) 685-9310 or Email: hgfuchs@verizon.net • Official's Uniform is white polo shirt, blue pants/shorts/skirt, white socks, and white shoes. • We ask all officials be on the pool deck at least one (1) hour prior to the start of the session.
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 TIDE website tideswimming.com no later than Tuesday, May 31, 2016, and will also be emailed to the contact person of each of the individual clubs. • Distance Sessions – Each swimmer needs to provide one timer and their own lap counter.
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. <ul style="list-style-type: none"> ○ Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind fenced areas. • Team Areas: Tents will be allowed in grass areas surrounding the pool, PLEASE stake down tents well. Seating is also permitted in the gym. Gym floor is not covered so swimmers will be

	<p>required to dry off before entering.</p> <ul style="list-style-type: none"> • Spectator Seating: Bleacher seating outside of pool fences will be available for spectators. Spectators can also bring chairs and tents for grass areas surrounding the pool. Parents will not be allowed on deck. • Team Banners: No team banners on fence. • Programs: Meet Programs will be sold for \$7.00. • Snack Bar: Tide Swimming will operate a Concessions Stand during the meet. • Swim Supplies: A Swim Shop might be operated during the meet. • First Aid: YMCA lifeguards are on deck and available for first aid. • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: Tide Swimming will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided Saturday and Sunday. Hospitality will be located in the "Mind/Body Room inside the YMCA. • WARM UP: May be available in splash pool but to a limited # of athletes at one time.
<p>FACILITY RULES:</p>	<ul style="list-style-type: none"> • Please enter the meet/pool from the drop off parking lot area located at the back left of the building. YMCA will be open to members and passes are required to enter through front doors. Please do not use this entrance. Park only in designated (marked) parking spots. • Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum, or open drinks allowed on the pool deck. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. • No spectator chairs allowed on the pool deck. • Swimmers and their equipment should remain in the team seating areas not on deck. • Meet participants and spectators should remain in the event areas (pool, grassy areas, locker rooms and gym). All other YMCA areas are off limits. • No running or horseplay • Shoes/sandals should be worn by swimmers and spectators in all areas except on pool deck prior to swimming. • Clean up your area when you leave after each session. Trashcans are located throughout the facility. • Coaches, officials, and meet staff only in the Hospitality Room. • The pool will close during electrical storms safety procedures will go into effect. • The YMCA and its property is a smoke-free environment. Smoking is not permitted on YMCA property.
<p>DIRECTIONS:</p>	<p>I-64 E to 264E, take exit 17A towards Independence Rd, follow until Princess Anne Rd, Left on to Princess Anne Rd then take right onto Dam Neck Rd, then turn left onto Landstown Rd. Address is 2121 Landstown Rd.</p>

**TIDE LC TRI A/BB/B/C MEET
ORDER OF EVENTS**

**Saturday, June 4, 2016
MORNING SESSION**

Warm-up: 7:20am; Start: 8:30am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 200 Freestyle	2
3	11-12 200 Freestyle	4
5	12 & Under 50 Breaststroke	6
7	10 & Under 100 Butterfly	8
9	11-12 100 Butterfly	10
11	10 & Under 100 Backstroke	12
13	11-12 100 Backstroke	14
15	12 & Under 50 Freestyle	16
17	11-12 200 Breaststroke	18
19	12 & Under 400 IM **	20

**Sunday, June 5, 2016
MORNING SESSION**

Warm-up: 7:20am; Start: 8:30am

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	11-12 200 Butterfly	36
37	10 & Under 200 IM	38
39	11-12 200 IM	40
41	12 & Under 50 Backstroke	42
43	10 & Under 100 Freestyle	44
45	11-12 100 Freestyle	46
47	10 & Under 100 Breaststroke	48
49	11-12 100 Breaststroke	50
51	12 & Under 50 Butterfly	52
53	11-12 200 Backstroke	54
55	12 & Under 400 Freestyle **	56

**Saturday, June 4, 2016
AFTERNOON SESSION**

Warm-up: 12:15pm; Start: NB 1:40 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	13 & Over 100 Butterfly	22
23	13 & Over 200 Freestyle!!	24
25	13 & Over 100 Backstroke	26
27	13 & Over 200 Breaststroke!!	28
29	13 & Over 50 Freestyle	30
31	13 & Over 400 IM **	32

**Sunday, June 5, 2016
AFTERNOON SESSION**

Warm-up: 12:15pm; Start: 1:40pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	13 & Over 200 IM	58
59	13 & Over 100 Freestyle!!	60
61	13 & Over 200 Butterfly	62
63	13 & Over 100 Breaststroke!!	64
65	13 & Over 200 Backstroke	66
67	13 & Over 400 Freestyle **	68

DISTANCE SESSION

(15 Minute Warm-up Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	Open 800 Freestyle **	34

DISTANCE SESSION

(15 Minute Warm-up Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	Open 1500 Freestyle **	70

**** Positive Check-In REQUIRED.**

! 10-Minute Warm Up Break after event