



TIDE Indian Summer Speedo Challenge
October 1-2, 2016
SANCTION NO. VS-17-01



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-01.• USA Swimming, Inc., Virginia Swimming, Inc., TIDE Swimming 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">• The outdoor 50-meter competition pool offers two-25 yard competition pools with a depth of 6'- 7" at the deep end and 4'-6" at the shallow end. The pool has overflow gutters; non-turbulent lane markers, Paragon starting blocks and Colorado Timing System.• All sessions will be run in the 25-yard competition pool set up in the deep end using 8 lanes.• The Meet Director reserves the right to seed the sessions with 10 lanes for competition should it become necessary to keep the sessions under 4 hours.• The shallow end will have a maximum of 10 lanes of continuous warm-up and cool down. Swimmers must enter feet-first from the turn-end side of the venue. Additionally, there will be lanes available at the indoor pool of the YMCA for warm-up and cool down Diving is prohibited in the designated warm-up/cool down lanes.• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). Certification is on file with <i>USA Swimming</i>.
MEET DIRECTORS:	Carri Lamoureux Phone: 757-287-8208 Email: lamsandlabs@aol.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming registered athletes from TIDE, 757, CGBD, DIG, ECAT, ODAC, QUEST, SEVA, TAC and WAC 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 October 1, 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 13 and older swimmers will swim Saturday and Sunday morning sessions.• All 12 and younger swimmers will swim Saturday and Sunday afternoon sessions.• 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 1:30 pm.• All of these times are approximate. Lane assignments, warm-up, and start times will be posted on the TIDE website tideswimming.com no later than Tuesday, September 27, 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 earlier session ends.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, SEPTEMBER 22, 2016.</p> <ul style="list-style-type: none"> • 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 submit entries via email. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • All entry times other than Coach Time (CT) must have been achieved in USA Swimming sanctioned, approved, or observed competition. CT entries 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 “BB” time. • Swimmers may enter a maximum of 4 individual event(s) and 1 relay event(s) per session. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • 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. Relays may also be eliminated if necessary and relay fees will be refunded accordingly. • Email entries to: Carri Lamoureux, Email: lamsandlabs@aol.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. No additional heats will be added. Deck entries must be submitted to the Meet Director on the provided forms as well as entry fee payment for consideration.
FEES:	<p>Individual events: \$5.00 Relay events: \$14.00 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: TIDE Swimming PO Box 4224 Virginia Beach, VA 23454-0224 • Payment must be received by September 28, 2016 for all entries. • 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. • Relay events: Ribbons will be awarded for first through fourth places for 12 & Under events. • Speedo Hot Heat prizes will be awarded to randomly selected heats at the 13 & Over session. Hot heats will be announced prior to the start of the selected heats. • Heat winner ribbons will be awarded for all 12 & Under events.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded. • All swimmers will report directly to the blocks for their events. • Depending on the number of swimmers, some sessions may be seeded with 10 lanes.
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 rescored.

	<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. • Any swimmer entered into the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, the swimmer's legal guardian must ensure compliance with this requirement. • The overhead start procedure will be used for the morning sessions, and may be used for the afternoon 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>. • 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.
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. • Anyone in the process of achieving certification through on-deck training is welcome. Opportunities for training will be accepted on first come, first serve basis. • 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. Additionally, hats may be worn to protect from the sun. • There will be an Officials meeting one (1) hour prior to the start of each session in hospitality. • A short Coaches' meeting will be held immediately following the end of warm-ups on Saturday.
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 September 27, 2016, and will also be emailed to the contact person of each of the individual clubs. • Timers meeting will be held 20 minutes before the start of each session.
GENERAL:	<ul style="list-style-type: none"> • 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 outside of the pool deck. • Team Areas: Tents will be allowed in grass areas surrounding the pool. PLEASE stake down tents well. Seating is also permitted in the gym. The gym floor is not covered so swimmers will be required to dry off before entering. • Team Banners: No team banners are allowed on the fences. • Programs: Meet Programs will be sold for \$7.00 by Concessions.

	<ul style="list-style-type: none"> • Results: Will be announced then posted by Concessions. Additionally, results will be posted on Meet Mobile. <ul style="list-style-type: none"> ○ Meet results will be emailed to all participating teams at the conclusion of the meet. ○ The meet results will be posted to the Virginia Swimming web site www.virginiawimming.com after the conclusion of the meet. • 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 and Body" Room inside the YMCA lobby near the entrance to the gym. Bottle water will also be available on deck.
FACILITY RULES:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violate YMCA facility rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. • Please enter the meet/pool from the drop off parking lot area located at the back left of the building • Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. • No spectator chairs are allowed on the pool deck. Swimmers and their equipment should remain in team seating areas and not on the deck. • Meet participants and spectators should remain in the event areas (Outdoor or indoor pool, grassy areas, locker rooms, grand stand seating 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 the pool deck prior to swimming. • Clean up your area when you leave after each session. Trashcans are located throughout the facility. • No shaving anywhere in the venue. • The YMCA and its' property is a smoke-free environment. Smoking, including E-cigarettes, or any kind of tobacco is NOT permitted on YMCA property.
DIRECTIONS:	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, Virginia Beach, VA, 23454.

Saturday AM 13 & O Session
Warm-ups: 7:20 AM Start: 8:30 AM

Girls	Event	Boys
1	13 & O 100 Freestyle	2
3	13 & O 200 Backstroke	4
5	13 & O 50 Butterfly	6
7	13 & O 200 Individual Medley	8
9	13 & O 100 Breaststroke	10
11	13 & O 50 Backstroke	12
13	13 & O 200 Butterfly	14
15	13 & O 200 Freestyle Relay	16

Saturday PM 12 & U Session
Warm-ups 12:30 PM Start 1:30 PM
(Times are approximate)

Girls	Event	Boys
17	11-12 100 Freestyle	18
19	10 & U 100 Freestyle	20
21	11-12 50 Backstroke	22
23	10 & U 50 Backstroke	24
25	11-12 100 Breaststroke	26
27	10 & U 50 Breaststroke	28
29	11-12 50 Butterfly	30
31	10 & U 200 Freestyle Relay	32
33	11-12 200 Freestyle Relay	34

Sunday AM 13 & O Session
Warm-ups: 7:20 AM Start: 8:30 AM

Girls	Event	Boys
35	13 & O 200 Freestyle	36
37	13 & O 50 Breaststroke	38
39	13 & O 100 Individual Medley	40
41	13 & O 100 Backstroke	42
43	13 & O 50 Freestyle	44
45	13 & O 200 Breaststroke	46
47	13 & O 100 Butterfly	48
49	13 & O 200 Medley Relay	50

Sunday PM 12 & U Session
Warm-ups 12:30 PM Start 1:30 PM
(Times are approximate)

Girls	Event	Boys
51	11-12 50 Freestyle	52
53	10 & U 50 Freestyle	54
55	11-12 100 Backstroke	56
57	10 & U 100 Backstroke	58
59	11-12 100 Butterfly	60
61	10 & U 50 Butterfly	62
63	11-12 50 Breaststroke	64
65	10 & U 200 Medley Relay	66
67	11-12 200 Medley Relay	68