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| | <p>morning session ends.</p> <ul style="list-style-type: none"> Distance Session: The competition pool will be open for 15 minutes following the conclusion of the afternoon session, with the distance session competition starting 5 minutes thereafter. Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on Wednesday, October 25, 2017. Warm-up information will also be available on the TAC website, www.swimtac.com. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, OCTOBER 20th 2017.</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 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 Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. All 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. 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: David Livsey, davidklivsey@gmail.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. No additional heats will be added. Deck entries must be submitted to the meet director. |
| FEES: | <p>Individual events: \$4.00 Swimmer surcharge: \$7.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> Includes free access to Heat Sheets (\$7 Value) Available on Meet Mobile PDF Files available online: www.swimtac.com Hard Copies onsite <p>Checks should be made payable to: Tidewater Aquatic Club</p> <ul style="list-style-type: none"> Mail payment to: <p style="text-align: center;">Tidewater Aquatic Club P.O. Box 6141 Norfolk, VA 23508 (757) 373 - 0199</p> <ul style="list-style-type: none"> Payment must be received by Friday, October 27th, 2017 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 acceptance of your entries. |

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| 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"> ○ 12 & Under events will be given separate awards for 11-12, 9-10 and 8 & Under age groups. ○ Open events (79 & 80) will not be given awards. ○ 13 & Over events will not be given awards. |
| SEEDING: | <ul style="list-style-type: none"> • All events will be pre-seeded except for Event 27 - 28 (12 & Under 500 Free), Event 39-40 (13 & Over 500 Free), Event 77-78 (13 & Over 400 Individual Medley) Event 79-80 (Open 1000 Free) which will be deck seeded. • A positive check-in is required to swim events 27-28 (12 & Under 500 Free), events 39-40 (13 & Over 500 Free), events 77-78 (13 & Over 400 Individual Medley), and events 79-80 (Open 1000 Free) • 12 & Under 500 Free check-in will be by 9:30 am on Saturday. • Open 500 Free check-in will be by 3:30 pm on Saturday. • 13 & Over 400 Individual Medley positive check-in will be by 2:00 pm on Sunday. • Open 1000 Free positive check-in will be by 3:00 pm on Sunday. • SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE EVENT. • The 1000 Free (events 79-80) will be swum fastest to slowest, alternating 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 swum 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 before the first day of the meet may be fined \$100 per swimmer in each event(s) swum • 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. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval • Any swimmer entered in the meet must be certified by a USA-S 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, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • The overhead start procedure will be used for the all sessions. • 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 not permitted. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in 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 • 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 <ul style="list-style-type: none"> ○ Coaches with expired or non-current credentials will be required to leave the deck area |

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| OFFICIALS: | <p>Meet Referee:</p> <p style="text-align: center;">John Squires Email: jpsswmm1@yahoo.com Phone: (757) 642-4113</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and full length of 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: Ralph Ingraham Tidewater Aquatic Club Officials Chairman Phone: (901) 292-3958 Email: ralph.ingraham@cox.net • We ask all officials to be on deck one (1) hour prior to the start of each the session for an Officials Meeting in the hospitality room. • The meet director and/or meet referee reserve the right to host a coaches' meeting if needed, before the start of the meet. |
| 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 TAC website www.swimtac.com no later than Wednesday, October 26, 2016, and will also be emailed to the contact person of each of the individual clubs. • Swimmers MUST provide their own timers and lap counters for afternoon distance sessions. |
| GENERAL: | <ul style="list-style-type: none"> • Meet Programs: Heat sheets and/or psych sheets will be made available via Meet Mobile, PDF File, and a limited number of physical copies available at concessions. • 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: Tidewater Aquatic Club will provide a Hospitality Room for coaches, officials and officials in training. Breakfast and lunch will be served. Snacks will be provided during the day. |
| 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 that violates Aquatic Center rules, posted at the pool and in the meet program will be disqualified from the meet and escorted from the facility. • ODU policies prohibit food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • Parking: Parking will be available on the ODU campus in designated areas ONLY. Further details will be sent to team contact prior to the meet. • Swimmer bags and equipment are only allowed on the deck and are not permitted to be left in the athletic locker-rooms. |
| DIRECTIONS: | <ul style="list-style-type: none"> • From Southside: Take 264 to Norfolk and exist Waterside Drive. Waterside drive becomes Boush Street and you will make a left onto Brambleton Avenue. Follow Brambleton Avenue you see signs for Hampton Boulevard/ODU. Bear right onto Hampton Boulevard. Follow Hampton Boulevard to 43rd Street (approximately 3 miles) and make a right follow down 48th Street facility is on your right. • From Peninsula: I-64 E until you reach exit 276, VA-406/NAVAL Base/Terminal Boulevard. Once on the exit ramp, stay right as it splits. Once on I-564, stay right again, following the first exit for Terminal Boulevard. Continue straight through two traffic lights, and at the third light, turn left onto Hampton Boulevard. Follow Hampton Boulevard. to 48th Street and make a right. Follow to 1520 West 48th Street. |

TAC MONSTER BASH

ORDER OF EVENTS

Saturday, October 28, 2017

MORNING SESSION

Warm-up: 7:30 AM; Start: 8:50 AM

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|----------------------------------|-------------|
| 1 | 11 - 12 100 Freestyle | 2 |
| 3 | 10 & Under 50 Freestyle | 4 |
| 5 | 11 - 12 200 Butterfly | 6 |
| 7 | 10 & Under 100 Butterfly | 8 |
| 9 | 11 - 12 100 Individual Medley | 10 |
| 11 | 10 & Under 100 Individual Medley | 12 |
| 13 | 11 - 12 50 Breaststroke | 14 |
| 15 | 10 & Under 50 Breaststroke | 16 |
| 17 | 11 - 12 100 Backstroke | 18 |
| 19 | 10 & Under 100 Backstroke | 20 |
| 21 | 11 - 12 200 Breaststroke | 22 |
| 23 | 10 & Under 200 Freestyle | 24 |
| 25 | 11 - 12 50 Butterfly | 26 |
| 27 | 12 & Under 500 Freestyle | 28 |

Sunday, October 29, 2017

MORNING SESSION

Warm-up: 7:30 AM; Start: 8:50 AM

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|----------------------------------|-------------|
| 41 | 11 - 12 200 Freestyle | 42 |
| 43 | 10 & Under 100 Freestyle | 44 |
| 45 | 11 - 12 100 Butterfly | 46 |
| 47 | 10 & Under 50 Butterfly | 48 |
| 49 | 11 - 12 200 Individual Medley | 50 |
| 51 | 10 & Under 200 Individual Medley | 52 |
| 53 | 11 - 12 50 Backstroke | 54 |
| 55 | 10 & Under 100 Breaststroke | 56 |
| 57 | 11 - 12 100 Breaststroke | 58 |
| 59 | 10 & Under 50 Backstroke | 60 |
| 61 | 11 - 12 200 Backstroke | 62 |
| 63 | 11 - 12 50 Freestyle | 64 |
| 65 | 11 - 12 400 Individual Medley | 66 |

Saturday, October 28, 2017

AFTERNOON SESSION

Warm-up: NB 12:50 PM; Start: NB 2:10 PM

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|---------------------------------|-------------|
| 29 | 13 & Over 100 Freestyle | 30 |
| 31 | 13 & Over 200 Butterfly | 32 |
| 33 | 13 & Over 200 Individual Medley | 34 |
| | 10 Minute Warm-up Break | |
| | 5 Minute Clear Pool | |
| 35 | 13 & Over 200 Breaststroke | 36 |
| 37 | 13 & Over 100 Backstroke | 38 |

Sunday, October 29, 2017

AFTERNOON SESSION

Warm-up: NB 12:50 PM; Start: NB 2:10 PM

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|---------------------------------|-------------|
| 67 | 13 & Over 200 Freestyle | 68 |
| 69 | 13 & Over 100 Butterfly | 70 |
| 71 | 13 & Over 100 Breaststroke | 72 |
| | 10 Minute Warm-up Break | |
| | 5 Minute Clear Pool | |
| 73 | 13 & Over 200 Backstroke | 74 |
| 75 | 13 & Over 50 Freestyle | 76 |
| | 5 Minute Warm-up Break | |
| | 5 Minute Clear Pool | |
| 77 | 13 & Over 400 Individual Medley | 78 |

DISTANCE SESSION

15 Minute Warm-up Break

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|-------------------------|-------------|
| 39 | 13 & Over 500 Freestyle | 40 |

DISTANCE SESSION

15 Minute Warm-up Break

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|--------------|---------------------|-------------|
| 79 | Open 1000 Freestyle | 80 |