



2019 VSI REGIONAL SUMMER AWARDS

July 12-14, 2019
SANCTION NO. VS-19-130

Hosted by



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-130. USA Swimming, Inc., Virginia Swimming, Inc., TIDE Swimming, and the Princess Anne Family 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:	<ul style="list-style-type: none"> Princess Anne Family YMCA, 2121 Landstown Rd, Virginia Beach, VA 23456, (757) 410-9557 						
FACILITY:	<ul style="list-style-type: none"> Outdoor, 9-lane, 50-meter pool. 6'7" deep at the start end and 4'6" deep at the turn end; the pool has overflow gutters; non-turbulent lane markers; and Myrtha starting blocks. Colorado Timing System will be used. Events may be seeded using 8- or 9-lanes for competition. Lane 9 may be available outdoor for warm-up and cool down; otherwise, the YMCA indoor pool has lanes available during competition. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4) The copy of the certification is on file with USA Swimming. 						
MEET DIRECTORS:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Carri Lamoureux</td> <td style="width: 50%;">Bao Nguyen</td> </tr> <tr> <td>Email: meetdirector@tideswimming.com</td> <td>coachbao@tideswimming.com</td> </tr> <tr> <td>Phone: (757) 287-8208</td> <td>(757) 513-8398</td> </tr> </table>	Carri Lamoureux	Bao Nguyen	Email: meetdirector@tideswimming.com	coachbao@tideswimming.com	Phone: (757) 287-8208	(757) 513-8398
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Email: meetdirector@tideswimming.com	coachbao@tideswimming.com						
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams: 757, CGBD, DIG, DC, ECAT, ODAC, RACE, SEVA, SRVA, TAC, TIDE, WAC, YOBX, and their respective unattached athletes. The qualifying period for this meet is January 1, 2018 through July 11, 2019. No on-deck Virginia Swimming athlete registration will be permitted. 8 and younger swimmers may compete in any event regardless of their time. 14 and younger swimmers may compete in any event in which they have a time that is slower than the age group championship qualifying time. 15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time. Age on July 12, 2019 will determine age for the entire meet. 10 & 12-year old swimmers aging up from July 12 to July 25, 2019 and 14 year old swimmers aging up from July 12 to July 18, 2019 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> ○ Any 10 or 12-year-old swimmer who does not qualify in his/her new age group at Age Group Champs may enter the event. ○ Any 14-year old swimmer who does not qualify for Senior Champs may enter the event. ○ The swimmers will be seeded correctly by time but will swim exhibition only and will not be eligible to receive an award. 						
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome 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 Events will be timed finals. 12 and younger swimmers will swim in the morning sessions 13 and older swimmers will swim in the afternoon sessions 						
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, July 2nd.</p> <ul style="list-style-type: none"> Conforming and Non-Conforming times will be used for entry – Long Course Meters, Short Course Meters then Short Course Yards using Hy-Tek Team Manager and Commlink-2 software. Teams submit entries via e-mail. A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website[#]) with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Swimmer may enter a maximum of 9 individual events, no more than 3 per day. "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of 						

	<ul style="list-style-type: none"> record. Coach's Times (CT) are not allowed. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. Email entries to: Carri Lamoureux, meetdirector@tideswimming.com and Bao Nguyen, coachbao@tideswimming.com Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added. The Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	<p>Individual events: \$7.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</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 July 11, 2019 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. <p>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.</p>
SEEDING:	<ul style="list-style-type: none"> All events, except those requiring a positive check-in will be pre-seeded. 400 and 800 freestyles, and the 400 IM's will be pre-seeded. Positive check-in deadlines: The events listed below will require a positive check-in. <ul style="list-style-type: none"> 8:30am Friday: events #17-18 (11-12 400 IM) 1:00pm Friday: events #25-26 (13 & O 400 IM) 8:30am Saturday: events #45-46 (10 & U 400 Free), #47-48 (11-12 400 Free) 12:30pm Saturday: events #57-58 (13 & O 400 Free) 1:00pm Sunday: events #87-88 (13 & O 800 Free) A swimmer who positively checks-in to swim for the distance event and does not show up to compete, will not be able to swim his/her next event. Events #87-88 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:00am; Friday competition starts not before 8:20am. Saturday and Sunday – not before 8:10am. Afternoon sessions: Warm-ups not before 11:30am; competition starts not before 12:45pm. 800 Free: The pool will be opened for 15 min. of open warm-ups immediately following the finish of the afternoon session with competition starting 5 min. thereafter. <ul style="list-style-type: none"> The approximate start time for the distance sessions will be posted on the TIDE website*, no later than Tuesday, July 9, 2019, and will also be emailed to the contact person of the participating clubs. The event will start no earlier than the estimated start time. Lane assignment and warm-up times for individual clubs will be posted on the TIDE website*, no later than Monday, July 8th 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.
AWARDS:	<ul style="list-style-type: none"> Individual events will be scored and awarded medals 1st through 3rd place and ribbons 4th through 16th place. 10 and under events will be awarded as 9-10 and 8 and under. 13 & over events will be awarded as 13-14 and 15 & over.
PENALTIES:	<ul style="list-style-type: none"> A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> Entries using fraudulent or non-verifiable times. Athlete competed in the incorrect age group. Athlete is not registered with USA Swimming prior to the first day of the meet. If the swimmer is representing a club in competition, the fine will be levied on the Club. If the

	<p>swimmer is unattached, the fine will be levied on the swimmer.</p> <ul style="list-style-type: none"> Any event in which an athlete participated illegally will be rescored and re-awarded.
RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet. 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 dive 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, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. 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 locker rooms or other designated areas 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 with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Name: Ken Romney Email: cletus.i.romney.civ@mail.mil Phone: (757) 329-9258</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 Jim Nickel, TIDE Officials Chairman, Phone (757) 813-7062 or email: tidevaofficials@gmail.com no later than Tuesday, July 9, 2019. There will be an officials meeting approximately 1 hour prior to the start of each session in hospitality. There will be a coaches' meeting at 8:10 am on July 12, 2019.
SAFETY:	<ul style="list-style-type: none"> VSI Safety and Warm-up 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*, no later than Monday, July 8th, and will also be emailed to the contact person of each of the individual clubs. The timers meeting will be held 20 minutes prior to the start of each session. Swimmers competing in the 800 FR must provide their own timers and counters.
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 the pool deck. Additional facility information will be emailed to the contact person for each club. Team Areas: Tents will be allowed in grass areas surrounding the pool. Please stake down tents well. Tents will be allowed to be left overnight provided they are properly secured. Should heavy weather become a factor, we will request they be removed overnight. Seating is also permitted in the YMCA gym – keep the path clear between both authorized entries to the gym. They will be marked with caution tape. The gym floor is not covered so swimmers WILL BE REQUIRED to dry off before entering. Programs: The meet program will be distributed to each team's point of contact. Copies of the heat sheet will be available at the beginning of each session in addition to being posted to the Tide website*. Results: Will be announced then posted inside the gym and also available 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 website# after the conclusion of the meet. Snack Bar: TIDE Swimming will provide two food trucks during the meet: Street Dining in the morning and Tropical Smoothie in the afternoon on the sidewalk outside the starting end of the pool. Menus and times will be provided separately when additional meet information is sent out. Swim Supplies: A swim shop might be operated during the meet. First Aid: YMCA lifeguards are on deck and available for first aid.

	<ul style="list-style-type: none"> • Lost and Found: Lost and found will be located next to the Announcer's Table. Additionally, the YMCA front desk has their own lost and found. • Hospitality: TIDE Swimming will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and lunch will be provided Friday, Saturday, and Sunday. It is located in the "Mind and Body" room inside the YMCA lobby near the gym entrance. Bottled water will also be available on deck (Announcer's Table and TIDE coaches' area). • Websites: #: Virginia Swimming (https://www.virginiaswimming.org/) *: TIDE (https://www.teamunify.com/team/vatst/page/events#/team-events/)
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 violates YMCA facility rules (posted at the pool and included in the Programs) will be escorted from the facility (athletes will be disqualified from the meet). • Please enter the meet/pool from the drop off parking lot area located at the back left of the building (nearest the shallow end of the pool). • Parents are responsible for any siblings brought to the meet. Please chaperone them closely. • No glass, food, chewing gum, or open drinks are allowed in the pool area. Drinks in closed containers with some type of removeable top/lid are acceptable. • Meet participants and spectators should remain in the event areas (outdoor/indoor pool, grass areas, locker rooms, grandstand seating area, 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. Trash cans are located throughout the facility. • No shaving anywhere in the venue. • The YMCA and its property is a smoke-free environment. Smoking, to include e-cigarettes, or using any kind of tobacco products is NOT permitted on YMCA property.
HOTEL:	<ul style="list-style-type: none"> • Our sponsor, Holiday Inn Virginia Beach Norfolk in nearby Town Center, will have group rates available. They are located at 5655 Greenwich Rd, Virginia Beach, Virginia 23462, (757) 499-4400.
DIRECTIONS:	<ul style="list-style-type: none"> • Take I-64E to I-264E, take exit 17A towards Independence Blvd, follow until Princess Anne Rd, take left onto Princess Anne Rd then take a Right onto Dam Neck Rd, turn left onto Landstown Rd. Address is 2121 Landstown Rd, Virginia Beach, VA 23454. The pool is located behind the YMCA building.

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ORDER OF EVENTS

Friday, July 12, 2019

Morning Session Warm-up: 7:00 AM; Start: 8:20 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200m Backstroke	2
3	9-10 50m Breaststroke	4
5	11-12 50m Breaststroke	6
7	8 & U 50m Breaststroke	8
9	11-12 200m Freestyle	10
11	10 & U 200m Freestyle	12
13	11-12 100m Butterfly	14
15	10 & U 100m Butterfly	16
17	11-12 400m Individual Medley	18

Afternoon Session Warm-up: 11:30 AM; Start: 12:45 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	13&O 200m Freestyle	20
21	13&O 100m Breaststroke	22
23	13&O 100m Butterfly	24
25	13&O 400m Individual Medley	26

Saturday, July 13, 2019

Morning Session Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 200m Butterfly	28
29	8& U 50m Freestyle	30
31	9-10 50m Freestyle	32
33	11-12 50m Freestyle	34
35	10&U 100m Breaststroke	36
37	11-12 100m Breaststroke	38
39	8 & U 50m Backstroke	40
41	9-10 50m Backstroke	42
43	11-12 50m Backstroke	44
45	10&U 400m Freestyle	46
47	11-12 400m Freestyle	48

Afternoon Session Warm-up: 11:30 AM; Start: 12:45 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	13&O 200m Butterfly	50
51	13&O 50m Freestyle	52
53	13&O 200m Breaststroke	54
55	13&O 100m Backstroke	56
57	13&O 400m Freestyle	58

Sunday, July 14, 2019

Morning Session Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	11-12 200m Breaststroke	60
61	10 & U 100m Backstroke	62
63	11-12 100m Backstroke	64
65	8 & U 100m Freestyle	66
67	9-10 100m Freestyle	68
69	11-12 100m Freestyle	70
71	8&U 50m Butterfly	72
73	9-10 50m Butterfly	74
75	11-12 50m Butterfly	76
77	10&U 200m Individual Medley	78
79	11-12 200m Individual Medley	80

Afternoon Session Warm-up: 11:30 AM; Start: 12:45 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	13&O 200m Backstroke	82
83	13&O 100m Freestyle	84
85	13&O 200m Individual Medley	86
	15 min warm-up	
87	13&O 800m Freestyle	88