



TAC LC SPRING LUAU
A/BB/B/C
May 18-19, 2019
SANCTION NO. VS-19-114



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-114. USA Swimming, Inc., Virginia Swimming, Inc., TAC, and the Brittingham-Midtown Community Center 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:	<p>Brittingham-Midtown Aquatic Center 570 McLawhorne Drive, Newport News VA 23601. Phone # (757) 591-4573.</p>						
FACILITY:	<ul style="list-style-type: none"> Eight-(8) lane 50 meter indoor pool, 14 feet in depth at the start end and 4 feet in depth at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System. All sessions will be run using an eight (8) lane course for competition. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). 						
MEET DIRECTOR:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">David Livsey</td> <td style="width: 50%;">Jessica Livsey</td> </tr> <tr> <td>Phone: (757) 763-9770</td> <td>Phone: (757) 373-0199</td> </tr> <tr> <td>Email: davidklivsey@gmail.com</td> <td>Email: jhm329@gmail.com</td> </tr> </table>	David Livsey	Jessica Livsey	Phone: (757) 763-9770	Phone: (757) 373-0199	Email: davidklivsey@gmail.com	Email: jhm329@gmail.com
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Phone: (757) 763-9770	Phone: (757) 373-0199						
Email: davidklivsey@gmail.com	Email: jhm329@gmail.com						
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. Age on May 18, 2019 will determine age for the entire meet. 						
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"> 12 & Under swimmers will compete in the morning session on Saturday and Sunday. 13 & Over swimmers will compete in the afternoon session on Saturday and Sunday. All events will be timed finals. 						
WARM-UP:	<ul style="list-style-type: none"> Morning Session: Warm-ups start at 6:50 am; Competition starts at 8:15 am. <ul style="list-style-type: none"> Warm-ups for the morning session will be divided into three (3), 25 minute sessions. Afternoon Session: Warm-ups start NOT BEFORE 12:30 PM; Competition starts NOT BEFORE 1:50 PM. <ul style="list-style-type: none"> Warm-ups for the afternoon session will be divided into three (3), 25 minute sessions. Warm-up and meet start times may change based on the time line of the meet after receiving all entries. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on TUESDAY, MAY 14, 2019. Warm-up information will also be available on the TAC website, www.swimtac.com. 						
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, MAY 9, 2019.						

	<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 must 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. • “No Time” (NT) entries will NOT be accepted for events in which a swimmer does not have a time of record. • Coach Times (CT) will be accepted for all swimmers with “No Time”. 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 session. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for the 12 & Under sessions. • The Meet Director reserves the right to limit entries into the meet or in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events or limiting the number of heats in over-subscribed events, which 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 Administrative Official.
FEES:	<p>Individual events: \$7.50 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: Tidewater Aquatic Club • Mail payment to: Tidewater Aquatic Club P.O. Box 6141 Norfolk, VA 23508 (757) 373 - 0199 • Payment must be received by FRIDAY, MAY 17, 2019 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.
AWARDS:	<ul style="list-style-type: none"> • Individual events: <ul style="list-style-type: none"> ○ Heat Winner Awards will be provided for all heats.
SEEDING:	<ul style="list-style-type: none"> • The following events will require positive check-in: <ul style="list-style-type: none"> ○ Events 15 & 16 (12 & Under 400 Free), closes at 9:00 AM ○ Events 29 & 30 (13 & Over 400 Free), closes at 2:00 PM ○ Events 43 & 44 (12 & Under 400 IM), closes at 9:00 AM ○ Events 55 & 56 (13 & Over 400 IM), closes at 2:00 PM ○ Events 57 & 58 (13 & Over 1500 Free), closes at 3:00 PM • SWIMMERS FAILING TO POSITIVELY CHECK-IN <u>WILL NOT BE ALLOWED TO SWIM THE EVENT.</u> • The following events will be seeded fastest to slowest, alternating girl and boy heats. <ul style="list-style-type: none"> ○ Events 15 & 16 (12 & Under 400 Free) ○ Events 29 & 30 (13 & Over 400 Free)

	<ul style="list-style-type: none"> ○ Events 57 & 58(13 & Over 1500 Free)
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 swimmer is unattached, the fine will be levied on the swimmer. • 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 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. ○ 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 with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Bonnie Johnson Email: kurt.bonniejohnson@cox.net (757) 646-4518</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: Ralph Ingraham Tidewater Aquatic Club Officials Chairman Phone: (901) 292-3958 Email: ralph.ingraham@cox.net • We ask all officials to be in hospitality one (1) hour prior to the start of each session for an Officials Meeting. • The meet director and/or meet referee reserve the right to host a coaches' meeting if needed, before the start of each 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 TAC website www.swimtac.com no later than TUESDAY, MAY 14, 2019, and will also be emailed to the contact person of each of the individual clubs.

	<ul style="list-style-type: none"> Swimmers will be required to provide their own timer and counter for the following events (13 & Over 400 Free, 13 & Over 1500 Free).
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Heat sheets and/or psych sheets will be sold via Meet Mobile and concessions <ul style="list-style-type: none"> Paper Copies: \$5.00 Meet Mobile access to heat at no additional charge. 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, will be disqualified from the meet and escorted from the facility. Please note that the City of Newport News prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed containers (e.g. sports and plastic bottles with screw-on caps). Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff are the only people permitted behind the blocks. Spectators are asked to remain behind the ropes setup on the sides of the pool. Please stay in the seating area as much as possible and not view the meet from the deck during warm-ups and the competition. Team Areas: Team seating will be available in the gymnasium and limited space in the pool area. No swim bags will be allowed in the pool area. Swimmers must keep their bags in the gym. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (sandals/flip-flops) Spectator Seating: Bleacher seating will be available for spectators. Please note the City of Newport News prohibits coolers or chairs in the pool area. They are allowed in the gym. Parking: Please note that there is a one-way traffic pattern that circles the building. Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). Parents are responsible for any siblings brought to the meet. Please chaperon them closely. No glass, food, or chewing gum will be permitted on the pool deck. No shaving anywhere in the venue.
DIRECTIONS:	<ul style="list-style-type: none"> From the North/South, follow I-64 to exit 261A. Take Hampton Roads Parkway west. Follow approximately 2 ½ miles (Hampton Roads Parkway will turn into Harpersville Road). Turn left onto Jefferson Avenue. Go Approximately 1 mile to McLawhorne Drive. Turn right at the light. The Newport News Midtown Community/Aquatic Center will be on your left.

TAC LC SPRING LUAU ORDER OF EVENTS

Saturday, May 18, 2019

MORNING SESSION

Warm-up: 6:50 AM; Start: 8:15 AM

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

Sunday, May 19, 2019

MORNING SESSION

Warm-up: 6:50 AM; Start: 8:15 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	12 & Under 50 Backstroke	32
33	12 & Under 200 Butterfly	34
35	12 & Under 100 Freestyle	36
37	12 & Under 100 Breaststroke	38
39	12 & Under 200 Backstroke	40
41	12 & Under 50 Breaststroke	42
43	12 & Under 400 IM **	44

Saturday, May 18, 2019

AFTERNOON SESSION

Warm-up: NB 12:30 PM; Start: NB 1:50 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	13 & Over 200 Freestyle	18
19	13 & Over 100 Butterfly	20
21	13 & Over 100 Backstroke	22
23	13 & Over 200 Breaststroke	24
25	13 & Over 200 IM	26
27	13 & Over 50 Freestyle	28

400s begin 20 minutes after completion of Event 28

Pool open for 15 Minute Warm-Up

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13 & Over 400 Freestyle **	30

Sunday, May 19, 2019

AFTERNOON SESSION

Warm-up: NB 12:30 PM; Start: NB 1:50 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	13 & Over 100 Freestyle	46
47	13 & Over 200 Butterfly	48
49	13 & Over 100 Breaststroke	50
51	13 & Over 200 Backstroke	52
53	13 & Over 50 Freestyle	54
55	13 & Over 400 IM **	56

1500s begin 20 minutes after completion of Event 56

Pool open for 15 Minute Warm-Up

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	13 & Over 1500 Freestyle **	58

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