



TIDE WIPE OUT SPEEDO LC CHALLENGE
A/BB/B/C Meet
May 3-5, 2019
SANCTION NO. VS-19-97



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| SANCTION: | <ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-97. USA Swimming, Inc., Virginia Swimming, Inc., TIDE Swimming and 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"> 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; Myrtha starting blocks and Colorado Timing System. Grand stand seating for 420 spectators. Some sessions may be seeded using all 9 lanes for competition. There will be lanes available at the YMCA indoor pool for warm-up and cool down. 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: | Carri Lamoureux Phone: 757-287-8208 Email: meetdirector@tideswimming.com |
| ELIGIBILITY: | <ul style="list-style-type: none"> Open to all USA Swimming athletes from 757, CGBD, ECAT, ODAC, TAC, TIDE and Y-OBX 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. 2017-2020 NAG time standards are in effect. Age on May 3, 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"> All events will be timed finals 9 and older swimmers may compete in the Friday afternoon session. All 13 and older swimmers will swim in the morning sessions on Saturday and Sunday. Open 800 Free Distance Session; Women swim on Saturday, Men swim on Sunday. All 12 and younger swimmers will swim in the afternoon sessions on Saturday and Sunday. |
| WARM-UP: | <ul style="list-style-type: none"> Friday afternoon session: Warm-ups at 4:00 pm; competition starts at 5:00 pm. Morning sessions: <ul style="list-style-type: none"> 6:30-7:30 AM – All lanes designated as general warm-up 7:30-7:55 AM – Lanes 1 and 9 designated for pace, Lanes 2 and 8 designated as sprint; Lanes 3 through 7 will remain as general warm-up; Warm-up ends at 7:55 with competition starting at 8:00 am. Distance sessions: The pool will be opened for 15 minutes of open warm-ups for competitors in distance events immediately following the finish of the morning sessions. The distance session will start 5 minutes thereafter. Afternoon sessions: Warm-ups start not before 2:45 PM competition starts not before 3:30 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 Monday, April 29, 2019 and will also be emailed to the contact person of the participating clubs. If an earlier session runs late, the next session warm-ups will begin immediately thereafter. |

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| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, APRIL 23, 2019.</p> <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 should submit entries via email. • 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. • 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 must be slower than an A time. • All Swimmers may enter a maximum of 2 individual events on the Friday Session. • Swimmers may enter a maximum of 3 individual events per session but no more than 4 total for the day on Saturday or Sunday to allow them to swim in the distance session. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The 800 Freestyle will be limited to 7 heats (up to 63 swimmers) for each gender. • 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 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: Carri Lamoureux, meetdirector@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 the swimmer has 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: \$6.50 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: TIDE Swimming • Mail payment to: TIDE Swimming PO Box 4224 Virginia Beach, VA 23454-0224 • Payment must be received by Tuesday, April 23, 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 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 awards. ○ 11 & Over events will be given separate awards for 11-12. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. ○ Open Events (15 & 16) will not be given awards ○ Speedo Hot heat prizes will be awarded to randomly selected heats during the 13 & Over sessions on Saturday and Sunday. ○ Heat winner awards will be provided for all 12 & Under events. |
| SEEDING: | <ul style="list-style-type: none"> • Positive check-in - All other events not listed will be pre-seeded. • Friday Evening: Event 1-2 (9&O 400 Free), Event 3-4 (11&O 400 IM) – Positive check-in closes at 4:30 PM • The 400 M Freestyle and the 400 M Individual Medley will be seeded as the four fastest women’s heats swum first followed by the four fastest men’s heats seeded fast to slow. The remaining heats will swim slowest to fastest, alternating women and men • Saturday Distance: Event 15 (13&O 800 Free) – Positive check-in closes at the start of Event 11. • Sunday Distance: Event 16 (13&O 800 Free) – Positive check-in closes at the start of Event 41. • The 800 Freestyle will be swum fastest to slowest. |

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| | <ul style="list-style-type: none"> • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. |
| 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. • 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 accompanied by a member coach, the swimmer's legal guardian must 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 the locker rooms or other designated areas is not appropriate and is PROHIBITED. • 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. • 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: 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 Jim Nickel, TIDE Officials Chairman, Phone: (757) 813-7062 or Email: jimnickel@outlook.com • Official's Uniform is white polo shirt, blue pants/shorts/skirt, white socks, and white shoes. Additionally, hats may be worn as sun protection. • There will be an Officials meeting one (1) hour prior to the start of each session in hospitality. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> • Clubs will be required to provide times 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, April 30, 2019, 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. • Distance Sessions – Each swimmer needs to provide one timer and one lap counter. |

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| <p>GENERAL:</p> | <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. Grandstand seating is available for spectators. • 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. • Programs: Meet Programs will be sold for \$7.00. • Results: Will be announced then posted by in the gym. 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 concession stand during the meet located behind the grandstand seating. • Swim Supplies: <i>Aquawear</i> will be available for any swim related items. • 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. A light dinner will be provided on Friday night, 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. |
| <p>FACILITY RULES:</p> | <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. Additional parking will be available at the Virginia Beach Parks and Recreation Building located across from the pool on Landstown Road. Parking diagrams will be included with Timer requirements. • 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. • 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 is 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. |
| <p>HOTEL:</p> | <p>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, VA 23462, (757) 499-4400.</p> |
| <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, Virginia Beach, VA, 23454. The pool is behind the YMCA.</p> |

TIDE WIPE OUT SPEEDO LC CHALLENGE ORDER OF EVENTS

Friday, May 3, 2019

| Evening Session | | |
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| Warm-up: 4:00 PM; Start: 5:00 PM | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 1 | 9 & Over 400 M Freestyle | 2 |
| 3 | 11 & Over 400 M Individual Medley | 4 |

Saturday, May 4, 2019

| Morning Session | | |
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| Warm-up: 6:30 AM; Start: 8:00 AM | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 5 | 13 & Over 100 M Freestyle | 6 |
| 7 | 13 & Over 200 M Backstroke | 8 |
| 9 | 13 & Over 100 M Breaststroke | 10 |
| 11 | 13 & Over 200 M Butterfly | 12 |
| 13 | 13 & Over 200 M Individual Medley | 14 |

| Distance Session | | |
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| (20-minute Break) | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 15 | 13 & O 800 M Freestyle | -- |

| Afternoon Session | | |
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| Warm-up: Not before 2:45 PM | | |
| Start: Not before 3:30 PM | | |
| (Times are approximate) | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 17 | 9-12 200 M Freestyle | 18 |
| 19 | 8 & Under 50 M Breaststroke | 20 |
| 21 | 9-12 50 M Breaststroke | 22 |
| 23 | 11-12 200 M Breaststroke | 24 |
| 25 | 9-12 100 M Backstroke | 26 |
| 27 | 8 & Under 100 M Freestyle | 28 |
| 29 | 9-12 100 M Butterfly | 30 |
| 31 | 8 & Under 50 M Backstroke | 32 |
| 33 | 9-12 50 M Freestyle | 34 |

Sunday, May 5, 2019

| Morning Session | | |
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| Warm-up: 6:30 AM; Start: 8:00 AM | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 35 | 13 & Over 200 M Freestyle | 36 |
| 37 | 13 & Over 100 M Backstroke | 38 |
| 39 | 13 & Over 50 M Freestyle | 40 |
| 41 | 13 & Over 200 M Breaststroke | 42 |
| 43 | 13 & Over 100 M Butterfly | 44 |

| Distance Session | | |
|--------------------------|------------------------|-------------|
| (20-minute Break) | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| -- | 13 & O 800 M Freestyle | 16 |

| Afternoon Session | | |
|------------------------------------|------------------------------|-------------|
| Warm-up: Not before 2:45 PM | | |
| Start: Not before 3:30 PM | | |
| (Times are approximate) | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| 45 | 9-12 200 M Individual Medley | 46 |
| 47 | 8 & Under 50 M Butterfly | 48 |
| 49 | 9-12 50 M Butterfly | 50 |
| 51 | 11-12 200 M Butterfly | 52 |
| 53 | 9-12 100 M Breaststroke | 54 |
| 55 | 8 & U 50 M Freestyle | 56 |
| 57 | 9-12 50 M Backstroke | 58 |
| 59 | 11-12 200 M Backstroke | 60 |
| 61 | 9-12 100 M Freestyle | 62 |