



TIDE Indian Summer Speedo Challenge

October 6-7, 2018
SANCTION NO. VS-19-03

Hosted by



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-03.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 will set up in the deep end using 8 lanes.The Meet Director reserves the right seed the sessions with 10 lanes for competition should it become necessary to keep the sessions under 4 hours.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 DIRECTOR:	Carri Lamoureux Phone: 757-287-8208 Email: meetdirector@tideswimming.com
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming registered athletes from 757, CGBD, DIG, ECAT, OBX, ODAC, PSDN, SEVA, TAC, TIDE 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 6, 2018 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 athletes will swim Saturday and Sunday morning sessions. Women's 500-yard Freestyle will be swum Saturday AM, Men's 500-yard Freestyle will be swum Sunday AM,All 12 and younger athletes will swim Saturday and Sunday afternoon sessions.All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">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.Morning sessions: Warm-up starts at 6:30 am; competition starts at 8:00 am.Afternoon sessions: Warm-ups start not before 12:30 pm; competition starts not before

	<p>1:15 pm.</p> <ul style="list-style-type: none"> 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, October 2, 2018 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 THURSDAY, SEPTEMBER 27, 2018.</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 must be slower than an "A" time. Swimmers may enter a maximum of 4 event(s) 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. 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: Carri Lamoureux, Email: 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. 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: \$5.50 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 October 2, 2018 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.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded with the exception of Event 11 & 12 500 Freestyle. For Event 11, positive check-in will close at the start of Event 7. For Event 12, positive check-in will close at the start of Event 37. The 500 Freestyle will be seeded fastest to slowest

	<ul style="list-style-type: none"> Depending on the number of swimmers, some sessions may be seeded with 10 lanes.
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. Drones are prohibited over the venue anytime athlete, coaches and/or spectators are present. 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 to protect from the sun. 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 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 www.tideswimming.com no later than October 2, 2018 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

	<p>during warm-ups and competition. Grandstand seating is available for spectators.</p> <ul style="list-style-type: none"> • 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: Team banners are not permitted on the fences. • 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.virginiaswimming.com after the conclusion of the meet. • Snack Bar: TIDE Swimming will operate concessions 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.
<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 • 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. • 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. • No shaving anywhere in the venue. • The YMCA and its' property is a smoke-free environment. Smoking, include E-cigarettes, or any kind of tobacco is NOT permitted on YMCA property.
<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.</p>

TIDE INDIAN SUMMER SPEEDO CHALLENGE ORDER OF EVENTS

Saturday, Oct. 6, 2018

Morning Session Warm-up: 6:30 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 200 Butterfly	2
3	13 & Over 100 Freestyle	4
5	13 & Over 200 Backstroke	6
7	13 & Over 100 Breaststroke	8
9	13 & Over 200 Individual Medley	10
11	13 & Over 500 Freestyle	

Sunday, Oct. 7, 2018

Morning Session Warm-up: 6:30 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	13 & Over 200 Freestyle	32
33	13 & Over 100 Butterfly	34
35	13 & Over 200 Breaststroke	36
37	13 & Over 50 Freestyle	38
39	13 & Over 100 Backstroke	40
	13 & Over 500 Freestyle	12

Afternoon Session Warm-up: Not before 12:30 PM Start: Not before 1:15 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	12 & Under 100 Freestyle	14
15	12 & Under 50 Backstroke	16
17	8 & Under 50 Backstroke	18
19	12 & Under 100 Butterfly	20
21	8 & Under 50 Butterfly	22
23	12 & Under 100 Breaststroke	24
25	12 & Under 50 Freestyle	26
27	8 & Under 50 Freestyle	28
29	12 & Under 200 Individual Medley	30

Afternoon Session Warm-up: Not before 12:30 PM Start: Not before 1:15 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	12 & Under 200 Freestyle	42
43	12 & Under 100 Backstroke	44
45	8 & Under 50 Breaststroke	46
47	12 & Under 50 Breaststroke	48
49	12 & Under 50 Butterfly	50
51	8 & Under 100 Individual Medley	52
53	12 & Under 100 Individual Medley	54