



**TAC LC "SPRING LUAU"
A/BB/B/C Meet
May 29 – 31, 2015
SANCTION NO. VS-15-92**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-15-92• USA Swimming, Inc., Virginia Swimming, Inc. 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:	Brittingham-Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, Va. 23601, Phone: (757) 591- 4573
FACILITY:	<ul style="list-style-type: none">• 8-lane, 50 meter indoor pool 14 feet deep at the start end and 4 feet deep at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).
MEET DIRECTOR:	Leigh Henniker Phone: (757) 553-0410 Email: lhenniker@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia Swimming athletes registered before the first day of the meet.• No on deck Virginia Swimming athlete registration will be permitted.• Age on May 29, 2015 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 9 & Older swimmers will swim in the Friday afternoon session. There will be a 10-minute break/warmdown following event #4 (Boy 9&O 400 Free) if timeline for the session permits. This will be determined after entries have been closed and the meet has been seeded.• All 12 & Younger swimmers will swim in the Saturday and Sunday morning sessions.• All 13 & Older swimmers will swim in the Saturday and Sunday afternoon sessions.• Saturday and Sunday Distance Sessions: The pool will be open for 15 minutes of warm-ups immediately following the finish of the afternoon session with the competition starting five minutes thereafter.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Friday afternoon session: Warm-ups at 3:30 pm; competition starts at 4:40 pm.• Morning sessions: Warm-ups at 6:50 am; competition starts at 8:00 am.• Afternoon sessions: Warm-ups not before 11:00 am; competition starts not before 12:10 pm.• Distance sessions: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the afternoon session(s) on Saturday and Sunday, with the distance session competition starting as soon as possible thereafter.• Lane assignment and warm-up times for individual clubs will be posted on the TAC website www.swimtac.com no later than Tuesday, May 26, 2015 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.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, MAY 19, 2015. <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 submit entries as an e-mail attachment.• 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.

	<ul style="list-style-type: none"> Coach Times (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a “BB” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. 12&Under Swimmers may enter a maximum of 3 individual events per day. 13&Over 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 for the 12&Under Sessions. 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 or limiting the number of heats in over-subscribed events, which actions may require reseeding. Email entries to: Leigh Henniker lhenniker@gmail.com Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer after the meet has been seeded, there must be room in an existing heat. No new heats will be added.
FEES:	<p>Individual events: \$5.75 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 PO Box 16304 Chesapeake, VA 23328 Payment must be received by Wednesday, May 27, 2015 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 be given separate awards for 13-14 and 15 & Over age groups. 11 & Over events will be given separate awards for 11-12, 13-14 and 15 & Over age groups. 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. Open events will not be given awards. Leis will be awarded to each heat winner.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded except events #1-2 (11&O 200 Fly), #3-4 (9&O 400 Free), #5-6 (11&O 400 IM), #7-8 (11-12 200 Breast), #9-10 (10&U 200 Free), #11-12 (11-12 200 Free), #51-52 (11-12 200 Back), #49-50 (Open 1500 Free), and #93-94 (Open 800 Free) which will be deck seeded. A positive check-in is required to swim #1-2 (11&O 200 Fly), #3-4 (9&O 400 Free), #5-6 (11&O 400 IM), #7-8 (11-12 200 Breast), #9-10 (10&U 200 Free), #11-12 (11-12 200 Free), #51-52 (11-12 200 Back), #49-50 (Open 1500 Free), and #93-94 (Open 800 Free). Positive check-in for the events #1-2 (11&O 200 Fly), #3-4 (9&O 400 Free), and #5-6 (11&O 400 IM) will close at 4:15 pm on Friday. Positive check-in for the events #7-8 (11-12 200 Breast), #9-10 (10&U 200 Free), #11-12 (11-12 200 Free) will close at 7:45 am on Saturday. Positive check-in for the event #51-52 (11-12 200 Back) will close at 7:45 am on Sunday. Positive check-in for event #49-50 (Open 1500 Free) will close at the start of event #41 on Saturday afternoon. Positive check-in for event #93-94 (Open 800 Free) will close at the start of event #85 on Sunday afternoon. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events #49-50 (Open 1500 Free) and #93-94 (Open 800 Free) will be swum fastest to slowest and alternating heats of 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 entered 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

	<p>of the meet may be fined \$100 per swimmer in each event so entered.</p> <ul style="list-style-type: none"> 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. 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 afternoon sessions, and may be used for the morning sessions at the discretion of the Referee. 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 <ul style="list-style-type: none"> 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 Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Tommy Lovell Email: scoutmastertommy@gmail.com (757) 223-7804</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jill Stewart, Tidewater Aquatic Club Officials Chairman, Phone: (757) 630-0223 or Email: jillbstewartpsu@gmail.com We ask all officials be on the pool deck at least one (1) hour prior to the start of the 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 26, 2015, and will also be emailed to the contact person of each of the individual clubs. Please be prepared to time your own swimmers in the distance sessions.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Heat sheets and/or psych sheets will be sold for \$7.00 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.
RESULTS	<ul style="list-style-type: none"> All results will be announced, and then posted on the wall in the hallway near the snack bar TM meet results file and MM meet backup file will be provided to each participating team and unattached swimmers(s) within 24 hours of the close of the meet.
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

	<p>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.</p> <ul style="list-style-type: none"> • 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, chewing gum. • 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"
A/BB/B/C
ORDER OF EVENTS
Friday, May 29, 2015**

Evening Session		
Warm-up: 3:30 pm; Start: 4:40 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200 Butterfly	2
3	9 & Over 400 Freestyle	4
10-minute Break (If timeline permits)		
5	11 & Over 400 IM	6

Saturday, May 30, 2015

Morning Session		
Warm-up: 6:50 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 200 Breaststroke	8
9	10 & Under 200 Freestyle	10
11	11-12 200 Freestyle	12
13	10 & Under 100 Backstroke	14
15	11-12 100 Backstroke	16
17	10 & Under 100 Butterfly	18
19	11-12 100 Butterfly	20
21	10 & Under 50 Breaststroke	22
23	11-12 50 Breaststroke	24
25	10 & Under 50 Freestyle	26
27	11-12 50 Freestyle	28

Sunday, May 31, 2015

Morning Session		
Warm-up: 6:50 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	11-12 200 Backstroke	52
53	10 & Under 100 Breaststroke	54
55	11-12 100 Breaststroke	56
57	10 & Under 200 IM	58
59	11-12 200 IM	60
61	10 & Under 100 Freestyle	62
63	11-12 100 Freestyle	64
65	10 & Under 50 Backstroke	66
67	11-12 50 Backstroke	68
69	10 & Under 50 Butterfly	70
71	11-12 50 Butterfly	72

Afternoon Session		
Warm-up not before: 11:00 am; Start: NB 12:10 pm		
(Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13-14 100 Butterfly	30
31	15 & Over 100 Butterfly	32
33	13-14 200 Freestyle	34
35	15 & Over 200 Freestyle	36
37	13-14 200 Back	38
39	15 & Over 200 Back	40
41	13-14 200 Breaststroke	42
43	15 & Over 200 Breaststroke	44
45	13-14 50 Freestyle	46
47	15 & Over 50 Freestyle	48

Afternoon Session		
Warm-up not before: 11:00 am; Start: NB 12:10 pm		
(Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
73	13-14 200 IM	74
75	15 & Over 200 IM	76
77	13-14 100 Freestyle	78
79	15 & Over 100 Freestyle	80
81	13-14 100 Breaststroke	82
83	15 & Over 100 Breaststroke	84
85	13-14 200 Butterfly	86
87	15 & Over 200 Butterfly	88
89	13-14 100 Backstroke	90
91	15 & Over 100 Backstroke	92

Distance Session		
(15-minute Warm-up)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	Open 1500 Free	50

Distance Session		
(15-minute Warm-up)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
93	Open 800 Free	94