



**TIDE LC SPRING CHALLENGE**  
**A/BB/B/C Meet**  
**May 1-3, 2015**  
**VS-15-83**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-15-83</b></li><li>USA Swimming, Inc., Virginia Swimming, Inc., TIDE, and Brittingham-Midtown Aquatic 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.</li></ul>
<b>LOCATION:</b>	Brittingham-Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, Phone: (757) 591-4573
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>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.</li><li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)</li></ul>
<b>MEET DIRECTORS:</b>	Josh Fulton Phone: (757) 218-3987 Email: <a href="mailto:coachjosh@tideswimming.com">coachjosh@tideswimming.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all Virginia Swimming athletes registered by the first day of the meet.</li><li>No on deck Virginia Swimming athlete registration will be permitted.</li><li>Age on May 1, 2015 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>All swimmers will swim on the Friday afternoon session.</li><li>All 12 and younger swimmers will swim in the morning sessions on Saturday and Sunday.</li><li>All 13 and older swimmers will swim in the afternoon sessions on Saturday and Sunday.</li><li>Distance Sessions will start 20 minutes following the afternoon sessions on Saturday and Sunday.</li><li>All events will be timed finals.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Friday afternoon session: Warm-ups at 4:00 pm; competition starts at 5:00 pm.</li><li>Morning sessions: Warm-up starts at 6:50 am; competition starts at 8:00 am.</li><li>Afternoon sessions: Warm-ups start not before 12:00 pm; competition starts not before 1:10 pm.</li><li>Distance sessions: The pool will be open for 15 minutes of open warm-ups immediately following the finish of the afternoon sessions. The distance session will start 5 minutes following this warm-up period.</li><li>All of these times are approximate. Lane assignment, warm-up times, and start times will be posted on the TIDE website <a href="http://tideswimming.com">tideswimming.com</a> no later than Tuesday, April 28, 2015 and will also be emailed to the contact person of the participating clubs.</li><li>If the earlier session runs late, the afternoon session warm-ups will begin immediately after the previous session ends.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, APRIL 20, 2015.</b></p> <ul style="list-style-type: none"><li>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.</li><li>Teams submit entries via e-mail.</li><li>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.</li></ul>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• All Swimmers may enter a maximum of <b>2 individual events on the Friday Session.</b></li> <li>• Swimmers may enter a maximum of <b>3 individual events per session but no more than 4 total for the day on Saturday and Sunday.</b></li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• 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.</li> <li>• If any session timeline is shorter than normal, additional time between events may be added at the discretion of the Meet Referee.</li> <li>• <b>Email entries to: Josh Fulton, <a href="mailto:coachjosh@tideswimming.com">coachjosh@tideswimming.com</a></b></li> <li>• 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. <ul style="list-style-type: none"> <li>○ No additional heats will be added.</li> <li>○ <b>Deck entries and entry fee payment</b> must be submitted to the Meet Director for consideration.</li> </ul> </li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: <b>Tide Swimming</b></li> <li>• <b>Mail payment to: Josh Fulton 4741 Post Oak Dr Virginia Beach, VA 23464 (757) 218-3987</b></li> <li>• Payment must be received by Thursday, April 23, 2015 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is <b>NOT</b> required for delivery as this will delay the receipt of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first (1st) through eighth (8th) place. <ul style="list-style-type: none"> <li>○ 13 &amp; Over events will <b>not</b> be given individual awards.</li> <li>○ 11 &amp; Over events will be given separate awards for 11-12 only.</li> <li>○ 10 &amp; Under events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded except events #3-4 (9&amp;O 400 Free), 5-6 (11&amp;O 400 IM), 35-36 (Open 800 Free), and 63-64 (Open 1500 Free), which will be deck seeded.</li> <li>• A positive check-in is required to swim #3-4 (9&amp;O 400 Free), 5-6 (11&amp;O 400 IM), 35-36 (Open 800 Free), and 63-64 (Open 1500 Free).</li> <li>• Positive check-in for all of the Friday events will close at 4:30 pm on Friday. Positive check-in for event 35-36 (Open 800 Free) will close at the start of event #33. Positive check-in for event 63-64 (Open 1500 Free) will close at the start of event #61.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Event #35-36 (Open 800 Free) and 63-64 (Open 1500 Free) will be swum fastest to slowest, alternating heats of girls and boys.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event results will be corrected.</b></li> <li>• <b>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.</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>• 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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Any swimmer entered in 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 unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• 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.</li> <li>• 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>.</li> <li>• Changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>• 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"> <li>○ 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</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Dan Demers</b>  <b>Email: <a href="mailto:ddemers3@cox.net">ddemers3@cox.net</a></b>  <b>Phone: (757) 434-3342</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to George Fuhs, TIDE Officials Chairman, Phone: (757) 685-9310 or Email: <a href="mailto:hgfuchs@verizon.net">hgfuchs@verizon.net</a></li> <li>• Official's Uniform is white polo shirt, blue pants/shorts/skirt, white socks, and white shoes.</li> <li>• We ask all officials be on the pool deck at least one (1) hour prior to the start of the session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide times in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the TIDE website <a href="http://tideswimming.com">tideswimming.com</a> no later than Tuesday, April 28, 2015, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Distance Sessions – Each swimmers needs to provide one timer and their own lap counter.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer / Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers / spectators. <ul style="list-style-type: none"> <li>○ Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility.</li> <li>○ 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, plastic containers.</li> </ul> </li> <li>• <b>Deck Access:</b> 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 behind the ropes while moving to/from their seats.</li> <li>• <b>Team Areas:</b> Team seating will be available in the pool and gym area. 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 (or sandals).</li> <li>• <b>Spectator Seating:</b> Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Team Banners:</b> Team Banners cannot be hung from a water return pipe that runs over the team seating areas.</li> <li>• <b>Programs:</b> Meet Programs will be sold for \$7.00.</li> <li>• <b>Snack Bar:</b> Tide Swimming will operate a Concessions Stand during the meet.</li> <li>• <b>Swim Supplies:</b> A Swim Shop might be operated during the meet.</li> <li>• <b>First Aid:</b> A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms.</li> <li>• <b>Lost and Found:</b> Lost and Found will be located next to the Announcer's Table.</li> <li>• <b>Hospitality:</b> Tide Swimming will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided Saturday and Sunday.</li> </ul>
<p><b>FACILITY RULES:</b></p>	<ul style="list-style-type: none"> <li>• Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door).</li> <li>• Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>• 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.</li> <li>• No coolers in the pool area. They are allowed in the Gym.</li> <li>• No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym.</li> <li>• Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.).</li> <li>• No shaving anywhere in the venue.</li> <li>• No running or horseplay in the facility.</li> <li>• Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li> <li>• Clean up your area when you leave after each session. Trashcans are located throughout the facility. Lost and Found is located next to the Announcer.</li> <li>• Officials only inside the ropes.</li> <li>• Coaches, officials, and meet staff only in the Hospitality Room.</li> <li>• The Aquatic Center will close during electrical storms.</li> <li>• NO SMOKING in the Aquatic Center (pool area) or the rest of the building</li> </ul>
<p><b>DIRECTIONS:</b></p>	<p>From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.</p>

## TIDE LC SPRING CHALLENGE A/BB/B/C MEET ORDER OF EVENTS

### Friday, May 1, 2015

<b>Evening Session</b> Warm-up: 4:00; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 50 Freestyle	2
3	9 & Over 400 Freestyle	4
5	11 & Over 400 Individual Medley	6

### Saturday, May 2, 2015

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

<b>Afternoon Session</b> Warm-up: 12:00 pm; Start: 1:10pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	13 & Over 100 Freestyle	26
27	13 & Over 200 Backstroke	28
29	13 & Over 100 Breaststroke	30
31	13 & Over 200 Butterfly	32
33	13 & Over 200 Individual Medley	34

<b>Distance Session</b> (20-minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	Open 800 Freestyle	36

### Sunday, May 3, 2015

<b>Morning Session</b> Warm-up: 6:50 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	9-12 200 Individual Medley	38
39	8 & Under 50 Butterfly	40
41	9-12 50 Butterfly	42
43	11-12 200 Butterfly	44
45	9-12 100 Breaststroke	46
47	9-12 50 Backstroke	48
49	11-12 200 Backstroke	50
51	8 & Under 50 Freestyle	52
53	9-12 100 Freestyle	54

<b>Afternoon Session</b> Warm-up: 12:00 pm; Start: 1:10pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	13 & Over 200 Freestyle	56
57	13 & Over 100 Backstroke	58
59	13 & Over 200 Breaststroke	60
61	13 & Over 100 Butterfly	62

<b>Distance Session</b> (20-minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
63	Open 1500 Freestyle	64