



**TAC "WINTER BLAST"**  
**A/BB/B/C Meet**  
**January 24-26, 2014**  
**SANCTION NO. VS-14-30**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-14-30</b></li><li>USA Swimming, Inc., Virginia Swimming, Inc., and the Old Dominion University JC "Scrap" Chandler Natatorium 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>	Old Dominion University JC "Scrap" Chandler Natatorium located in the Health & Physical Education Building at the corner of 48th Street and Powhatan Avenue, Norfolk, VA 23508		
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>Eight (8) lane 25 yard indoor pool, 15 feet in depth at the start end and 4 feet in depth at the turn end. All sessions will be run using an eight (8) lane course for competition. Facility uses a 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>	<table><tr><td>Sonny Grissom Phone: (757) 633-7852 Email: <a href="mailto:sonny.grissom@cox.net">sonny.grissom@cox.net</a></td><td>Ron Schindler Phone: (757) 724-0327 Email: <a href="mailto:ron.schindler@cox.net">ron.schindler@cox.net</a></td></tr></table>	Sonny Grissom Phone: (757) 633-7852 Email: <a href="mailto:sonny.grissom@cox.net">sonny.grissom@cox.net</a>	Ron Schindler Phone: (757) 724-0327 Email: <a href="mailto:ron.schindler@cox.net">ron.schindler@cox.net</a>
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all Virginia Swimming athletes registered before the first day of the meet.</li><li>Teams from outside the LSC may attend by requesting an invitation from the Meet Director.</li><li>No on deck Virginia Swimming athlete registration will be permitted.</li><li>Age on January 24, 2014 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 in the Friday afternoon session.</li><li>All 12 &amp; Younger swimmers will swim in the Saturday and Sunday morning sessions.</li><li>All 13 &amp; Older swimmers will swim in the Saturday and Sunday afternoon sessions.</li><li>Distance Sessions: Saturday Open 1650 Free and Sunday Open 1000 Free will start 15 minutes after the conclusion of the afternoon session.</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 5:10 pm.</li><li>Morning sessions: Warm-ups at 6:50 am; competition starts at 8:00 am.</li><li>Afternoon sessions: Warm-ups not before (nb) 11:50 am; competition starts not before 1:00 pm.</li><li>Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the afternoon session(s) on Saturday and Sunday, with the distance session competition starting 5 minutes thereafter.</li><li>Lane assignment and warm-up times for individual clubs will be posted on the TAC website <a href="http://www.swimtac.com">www.swimtac.com</a> no later than Tuesday, January 21, 2014 and will also be emailed to the contact person of the participating clubs.</li><li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>		
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JANUARY 14, 2014.</b></p> <ul style="list-style-type: none"><li>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.</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</li></ul>		

	<p>the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> <li>• Coach Time (CT) 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 entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Swimmers may enter a maximum of <b>4 individual events per day</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:</b> <a href="mailto:sonny.grissom@cox.net">sonny.grissom@cox.net</a></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. No additional heats will be added. Deck entries must be submitted to the meet director.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$4.50 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>Tidewater Aquatic Club</b></li> <li>• <b>Mail payment to: Sonny Grissom 629 Herron Drive Chesapeake, VA 23320 (757) 286-8640</b></li> <li>• Payment must be received by Thursday, January 23, 2014 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 NOT required for delivery as this will delay the acceptance 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 not be given awards.</li> <li>○ Open Events will not be given awards.</li> <li>○ 11 &amp; Over events will be given awards for 11-12 age groups 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 #1-2 (11&amp;O 500 Free), 3-4 (10&amp;U 500 Free), 5-6 (11-12 200 Butterfly), 7-8 (11&amp;O 400 IM), 43-44 (Open 1000 Free), and 79-80 (Open 1650 Free) which will be deck seeded.</li> <li>• A positive check-in is required to swim #1-2 (11&amp;O 500 Free), 3-4 (10&amp;U 500 Free), 5-6 (11-12 200 Butterfly), 7-8 (11&amp;O 400 IM), 43-44 (11&amp;O 1000 Free), and 79-80 (11&amp;O 1650 Free).</li> <li>• Positive check-in for the event #1-2 (11&amp;O 500 Free), 3-4 (10&amp;U 500 Free), 5-6 (11-12 200 Butterfly), 7-8 (11&amp;O 400 IM) will close at 4:30 pm on Friday.</li> <li>• Positive check-in for event #43-44 (Open 1650 Free) will close at the start of event #39 on Saturday afternoon.</li> <li>• Positive check-in for event #79-80 (Open 1000 Free) will close at the start of event #75 on Sunday afternoon.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events #43-44 (Open 1650 Free) and 79-80 (Open 1000 Free) will be swum fastest to slowest and 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 shall be re-scored and awarded.</b></li> </ul>

	<ul style="list-style-type: none"> <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> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming before 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 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.</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>• 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.</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: Tommy Lovell</b>  <b>Email: <a href="mailto:scoutmastertommy@gmail.com">scoutmastertommy@gmail.com</a></b>  <b>Phone: (757) 532-4378</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 Art Zachary, Tidewater Aquatic Club Officials Chairman, Phone: (757) 638-1458 or Email: <a href="mailto:zacharyaa@gmail.com">zacharyaa@gmail.com</a></li> <li>• Officials meetings will be one hour prior to the start of the each 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 timers 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 TAC website <a href="http://www.swimtac.com">www.swimtac.com</a> no later than Tuesday, January 21, 2014, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Please be prepared to time your own swimmers in the distance sessions.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Meet Programs:</b> Heat sheets and/or psych sheets will be sold for \$7.00</li> <li>• <b>Snack Bar/food:</b> A snack bar/food vendors will be available during the meet.</li> <li>• <b>Swim Shop:</b> A Swim Shop will be open during the meet.</li> <li>• <b>Hospitality:</b> 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.</li> </ul>
<b>FACILITY RULES:</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. Any swimmer/spectator that violates Aquatic Center rules, posted at the pool and in the meet program will be disqualified from the meet and escorted from the facility.</li> <li>• <b>The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.</b></li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition.</li> <li>• The Pool Decks have been recently resurfaced and the Aquatic Center prohibits any street</li> </ul>

	<p>shoes on the deck.</p> <ul style="list-style-type: none"> <li>• Parking will be available on the Old Dominion University Campus in designated areas. Further details will be sent to team contact prior to the meet.</li> <li>• Swimmer bags and equipment is only allowed on the deck and not permitted to be left in the athletic locker-rooms.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• <b>From Southside:</b> Take 264 to Norfolk and exist Waterside Drive. Waterside drive becomes Boush Street and you will make a left onto Brambleton Avenue. Follow Brambleton Avenue you see signs for Hampton Boulevard/ODU. Bear right onto Hampton Boulevard. Follow Hampton Boulevard to 43rd Street (approximately 2.5 miles) and make a Left on 38th Street. Make a right on Powhatan Ave and a Right on 48th Street. The facility is on your right.</li> <li>• <b>From Peninsula:</b> I-64 E until you reach exit 276, VA-406/NAVAL Base/Terminal Boulevard. Once on the exit ramp, stay right as it splits. Once on I-564, stay right again, following the first exit for Terminal Boulevard. Continue straight through two traffic lights, and at the third light, turn left onto Hampton Boulevard. Follow Hampton Boulevard. to 48th Street and make a right. Turn Left on Powhatan Ave and a Left on 48th Street. The facility is on your right.</li> <li>• Limited parking will be available on lots 44 and 49 across from the facility. Additional parking is available at lot 43 (Powhatan Field). Do not park on the grass or you will be towed.</li> </ul>

**TAC "Winter Blast" A/BB/B/C  
ORDER OF EVENTS**

**Friday, January 24, 2014**

<b>Evening Session</b> Warm-up: 4:00 pm; Start: 5:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & Over 500 Freestyle	2
3	10 & Under 500 Freestyle	4
5	11-12 200 Butterfly	6
7	11 & Over 400 Ind. Medley	8

**Saturday, January 25, 2014**

**Sunday, January 26, 2014**

<b>Morning Session</b> Warm-up: 6:50 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	11-12 100 Freestyle	10
11	10 & Under 50 Freestyle	12
13	11-12 50 Butterfly	14
15	10 & Under 100 Butterfly	16
17	11-12 100 IM	18
19	10 & Under 100 IM	20
21	11-12 50 Breaststroke	22
23	10 & Under 50 Breaststroke	24
25	11-12 100 Backstroke	26
27	10 & Under 100 Backstroke	28
29	11-12 200 Breaststroke	30
31	10 & Under 200 Freestyle	32

<b>Morning Session</b> Warm-up: 6:50am; Start: 8:00am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	11-12 200 Freestyle	46
47	10 & Under 100 Freestyle	48
49	11-12 100 Butterfly	50
51	10 & Under 50 Butterfly	52
53	11-12 200 IM	54
55	10 & Under 200 IM	56
57	11-12 50 Backstroke	58
59	10 & Under 50 Backstroke	60
61	11-12 100 Breaststroke	62
63	10 & Under 100 Breaststroke	64
65	11-12 200 Backstroke	66
67	11-12 50 Freestyle	68

<b>Afternoon Session</b> Warm-up: nb 11:50 am; Start: nb 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	13 & Over 100 Freestyle	34
35	13 & Over 200 Butterfly	36
37	13 & Over 200 IM	38
39	13 & Over 200 Breaststroke	40
41	13 & Over 100 Backstroke	42

<b>Afternoon Session</b> Warm-up: nb 11:50 am; Start: nb 1:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	13 & Over 200 Freestyle	70
71	13 & Over 100 Butterfly	72
73	13 & Over 100 Breaststroke	74
75	13 & Over 200 Backstroke	76
77	13 & Over 50 Freestyle	78

<b>Distance Session</b> (15-minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	Open 1650 Free	44

<b>Distance Session</b> (15-minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	Open 1000 Free	80