



TAC LC SPRING LUAU
A/BB/B/C
May 20-21, 2017
SANCTION NO. VS-17-76



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-76 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:	<p>Brittingham-Midtown Aquatic Center 570 McLawhorne Drive, Newport News VA 23601. Phone # (757) 591-4573.</p>						
FACILITY:	<ul style="list-style-type: none"> Eight-(8) lane 50 meter indoor pool, 14 feet in depth at the start end and 4 feet in depth at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System. All sessions will be run using an eight (8) lane course for competition. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). 						
MEET DIRECTOR:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">David Livsey</td> <td style="width: 50%;">Jessica Livsey</td> </tr> <tr> <td>Phone: (757) 763-9770</td> <td>Phone: (757) 373-0199</td> </tr> <tr> <td>Email: davidklivsey@gmail.com</td> <td>Email: jhm329@gmail.com</td> </tr> </table>	David Livsey	Jessica Livsey	Phone: (757) 763-9770	Phone: (757) 373-0199	Email: davidklivsey@gmail.com	Email: jhm329@gmail.com
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Phone: (757) 763-9770	Phone: (757) 373-0199						
Email: davidklivsey@gmail.com	Email: jhm329@gmail.com						
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. Age on May 20, 2017 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 12 & Under swimmers will compete in the morning session on Saturday and Sunday. ALL 13 & Over swimmers will compete in the afternoon session on Saturday and Sunday. All events will be timed finals. Distance Sessions: Saturday (800 Freestyle) and Sunday (1500 Free) will start 20 minutes after the conclusion of the afternoon session. 						
WARM-UP:	<ul style="list-style-type: none"> Morning Session: Warm-ups start at 6:50 am; Competition starts at 8:00 am. <ul style="list-style-type: none"> Warm-ups for the morning session will be divided into three (3), 20 minute sessions. Afternoon Session: Warm-ups start NOT BEFORE 12:00 PM; Competition starts NOT BEFORE 1:15 PM. <ul style="list-style-type: none"> Warm-ups for the afternoon session will be divided into three (3), 20 minute sessions. Warm-up and meet start times may change based on the time line of the meet after receiving all entries. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. Distance Session: The competition pool will be open for 15 minutes following the conclusion of the afternoon session, with the distance session competition starting 5 minutes thereafter. Specific warm-up lane assignments will be e-mailed to the contact person of the participating clubs on TUESDAY, MAY 16, 2017. 						

	<ul style="list-style-type: none"> • Warm-up information will also be available on the TAC website, www.swimtac.com.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, MAY 9, 2017.</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 must submit entries via e-mail. • 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. • “No Time” (NT) entries will NOT be accepted for events in which a swimmer does not have a time of record. • Coach Times (CT) will be accepted for all swimmers with “No Time”. 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. • All 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 into the meet or 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: David Livsey, davidklivsey@gmail.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 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.
FEES:	<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"> • Checks should be made payable to: Tidewater Aquatic Club • Mail payment to: PLEASE NOTE NEW ADDRESS Tidewater Aquatic Club P.O. Box 6141 Norfolk, VA 23508 (757) 373 - 0199 • Payment must be received by FRIDAY, MAY 19, 2017 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 acceptance 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"> ○ 12 & Under events will be given separate awards for 11-12, 9-10, and 8 & Under age groups. ○ Open and 13 & Over 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 #19 & 20 (12 & Under 400 IM), #31 & 32 (13 & Over 400 IM), #33 & 34 (Open 800 Freestyle), #55 & 56 (12 & Under 400 Freestyle), #67 & 68 (13 & Over 400 Freestyle), and #69 & 70 (Open 1500 Freestyle) which will be deck seeded. • A positive check-in is required to swim #19 & 20 (12 & Under 400 IM), #31 & 32 (13 & Over 400 IM), #33 & 34 (Open 800 Freestyle), #55 & 56 (12 & Under 400 Freestyle), #67 & 68 (13 & Over 400 Freestyle), and #69 & 70 (Open 1500 Freestyle). • Positive check-in for the events #19 & 20 (12 & Under 400 IM) will close at 8:00AM on Saturday. Positive check-in for the events #31 & 32 (13 & Over 400 IM) and #33 & 34 (Open 800 Freestyle) will close at 1:00PM on Saturday. Positive check-in for the events #55 & 56 (12 & Under 400

	<p>Freestyle) will close at 8:00AM on Sunday. Positive check-in for the events #67 & 68 (13 & Over 400 Freestyle) and #69 & 70 (Open 1500 Freestyle) will close at 1:00PM on Sunday.</p> <ul style="list-style-type: none"> • SWIMMERS FAILING TO POSITIVELY CHECK-IN <u>WILL NOT BE ALLOWED TO SWIM THE EVENT.</u> • Events #33 & 34 (Open 800 Free) and #69 & 70 (Open 1500 Free) will be swum <u>fastest to slowest</u> 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 swum 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 of the meet may be fined \$100 per swimmer in each event(s) swum • 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. • 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 • 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 not permitted. • 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. • 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: Art Zachary Email: zacharyaa@gmail.com (757) 537-0945</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to: Ralph Ingraham Tidewater Aquatic Club Officials Chairman Phone: (901) 292-3958 Email: ralph.ingraham@cox.net • We ask all officials be on the pool deck one (1) hour prior to the start of the session (7:00 AM) for an Officials Meeting in the hospitality room.

	<ul style="list-style-type: none"> The meet director and/or meet referee reserve the right to host a coaches' meeting if needed, before the start of each 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 16, 2017, and will also be emailed to the contact person of each of the individual clubs. Swimmers will be required to provide their own timers for 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.
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 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. 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, or chewing gum will be permitted on the pool deck. 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
ORDER OF EVENTS**

**Saturday, May 20, 2017
MORNING SESSION**

Warm-up: 6:50 AM; Start: 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 200 Freestyle	2
3	11-12 200 Freestyle	4
5	12 & Under 50 Breaststroke	6
7	10 & Under 100 Butterfly	8
9	11-12 100 Butterfly	10
11	10 & Under 100 Backstroke	12
13	11-12 100 Backstroke	14
15	12 & Under 50 Freestyle	16
17	11-12 200 Breaststroke	18
19	12 & Under 400 IM **	20

**Sunday, May 21, 2017
MORNING SESSION**

Warm-up: 6:50 AM; Start: 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	11-12 200 Butterfly	36
37	10 & Under 200 IM	38
39	11-12 200 IM	40
41	12 & Under 50 Backstroke	42
43	10 & Under 100 Freestyle	44
45	11-12 100 Freestyle	46
47	10 & Under 100 Breaststroke	48
49	11-12 100 Breaststroke	50
51	12 & Under 50 Butterfly	52
53	11-12 200 Backstroke	54
55	12 & Under 400 Freestyle **	56

**Saturday, May 20, 2017
AFTERNOON SESSION**

Warm-up: NB 12:00 PM; Start: NB 1:15 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	13 & Over 100 Butterfly	22
23	13 & Over 200 Freestyle	24
25	13 & Over 100 Backstroke	26
27	13 & Over 200 Breaststroke	28
29	13 & Over 50 Freestyle	30
31	13 & Over 400 IM **	32

**Sunday, May 21, 2017
AFTERNOON SESSION**

Warm-up: NB 12:00 PM; Start: NB 1:15 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	13 & Over 200 IM	58
59	13 & Over 100 Freestyle	60
61	13 & Over 200 Butterfly	62
63	13 & Over 100 Breaststroke	64
65	13 & Over 200 Backstroke	66
67	13 & Over 400 Freestyle **	68

DISTANCE SESSION

(15 Minute Warm-up Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	Open 800 Freestyle **	34

DISTANCE SESSION

(15 Minute Warm-up Break)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
69	Open 1500 Freestyle **	70

**** Positive Check-In REQUIRED.**