

	<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"> • “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 session, 5 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. • 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: 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.
<p>FEES:</p>	<p>Individual events: \$4.00 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: <p style="margin-left: 40px;">Tidewater Aquatic Club P.O. Box 16304 Chesapeake, VA 23328 (757) 373 - 0199</p> • Payment must be received by Friday, January 27, 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.
<p>AWARDS:</p>	<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 events will not be given awards. ○ 13 & Over events will not be given awards.
<p>SEEDING:</p>	<ul style="list-style-type: none"> • All events will be pre-seeded except for all events except: Events 5 & 6 (Open 200 Fly); 15 & 16 (Open 200 Breast), 23 & 24 (Open 400 IM), 25 & 26 (Open 500 Free), 41 & 42 (Open 200 Back), 47 & 48 (Open 1650 Free). • A positive check-in is required to swim all Open Events. Events 5 & 6 (Open 200 Fly); 15 & 16 (Open 200 Breast), 23 & 24 (Open 400 IM), 25 & 26 (Open 500 Free), 41 & 42 (Open 200 Back), 47 & 48 (Open 1650 Free). • Positive check-in for all Morning Session Open Events will close at 8:40 AM each day (Saturday: Events 5 & 6 and 15 & 16/Sunday: 35 & 36 and 41 & 42). • Positive check-in for all Distance Session Events will close at 11:00 AM each day (Saturday: Events 23 & 24 and 25 & 26/Sunday Events 47 & 48). • SWIMMERS FAILING TO POSITIVELY CHECK-IN MAY NOT BE ALLOWED TO SWIM THE EVENT. • The 1650 Free will be swum fastest to slowest, alternating 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. • 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. • 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. • 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: <p style="text-align: center;">Ralph Ingraham Tidewater Aquatic Club Officials Chairman Phone: (901) 292-3958 Email: ralph.ingraham@cox.net</p> • We ask all officials be on the pool deck one (1) hour prior to the start of the session (8:20 AM) for an Officials Meeting in the hospitality room. • 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

	<p>website www.swimtac.com no later than Wednesday, January 25, 2017, and will also be emailed to the contact person of each of the individual clubs.</p> <ul style="list-style-type: none"> • Swimmers will be required to provide their own timers for the afternoon 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 and in the meet program will be disqualified from the meet and escorted from the facility. • ODU policies prohibit 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. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff <u>only</u> will be permitted on the deck during warm-ups and the competition. • Parking: Parking will be available on the ODU campus in designated areas ONLY. Further details will be sent to team contact prior to the meet. • Swimmer bags and equipment are only allowed on the deck and are not permitted to be left in the athletic locker-rooms.
DIRECTIONS:	<ul style="list-style-type: none"> • From Southside: 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 3 miles) and make a right follow down 48th Street facility is on your right. • From Peninsula: 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. Follow to 1520 West 48th Street.

Tidewater Aquatic Club's

2017 Winter Bash

Order of Events

Saturday January 28th			Sunday January 29th		
Morning Session			Morning Session		
9:20 AM Start Time			9:20 AM Start Time		
1	12 & Under 50 Free	2	27	12 & Under 100 Free	28
3	13 & Over 50 Free	4	29	13 & Over 200 Free	30
5	Open 200 Fly	6	31	12 & Under 100 Fly	32
7	12 & Under 100 IM	8	33	13 & Over 100 Fly	34
9	13 & Over 200 IM	10	35	12 & Under 200 IM	36
11	12 & Under 50 Breast	12	37	13 & Over 100 Breast	38
13	12 & Under 50 Fly	14	39	12 & Under 100 Breast	40
15	Open 200 Breast	16	41	Open 200 Back	42
17	12 & Under 100 Back	18	43	12 & Under 50 Back	44
19	13 & Over 100 Back	20	45	13 & Over 100 Free	46
21	12 & Under 200 Free	22			
20 Minute Warm-up, 5 Minute Clear Pool			20 Minute Warm-up, 5 Minute Clear Pool		
Start Not Before 1:45 PM			Start Not Before 1:45 PM		
Saturday Afternoon Session			Sunday Afternoon Session		
23	Open 400 IM	24	47	Open 1650 Free	48
25	Open 500 Free	26			