



**TIDE SPEEDO RED, WHITE & BLUE
INVITATIONAL
A/BB/B/C Meet
June 15-17, 2018
SANCTION NO. VS-18-107**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-18-107.• USA Swimming, Inc., Virginia Swimming, Inc. TIDE Swimming and Princess Anne YMCA 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:	Princess Anne YMCA, 2121 Landstown Rd, Virginia Beach, VA 23456, (757) 410-9557
FACILITY:	<ul style="list-style-type: none">• Outdoor, 9-lane, 50-meter pool. 6'-7" deep at the start end and 4'-6" deep at the turn end; the pool has overflow gutters; non-turbulent lane markers; Myrtha starting blocks.• Colorado Timing System will be used.• Some sessions may be seeded using all 9 lanes for competition.• There will be lanes available at the YMCA indoor pool for warm-up and cool down.• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of the certification is on file with USA Swimming.
MEET DIRECTORS:	Carri Lamoureux Phone: 757-287-8208 Email: meetdirector@tideswimming.com
ELIGIBILITY:	<ul style="list-style-type: none">• This is a CLOSED meet. Invited teams include TIDE, DIG, Elite (TX), HFY (MD), Quest, RAC (Conn) and their respective unattached athletes. All athletes must be registered with USA Swimming prior to the first day of the meet.• Teams not listed wishing for an invite must receive confirmation from the meet director prior to entries being accepted. Acceptance of additional teams will be based on space available and timeline considerations.• No on deck USA Swimming athlete registration will be permitted.• Age on June 15, 2018 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">• Friday afternoon session will be timed finals.• All 13 and older swimmers will swim preliminary events on Saturday morning.• All 13 and older swimmers will swim timed finals on Sunday morning.• All 12 and younger swimmers will swim in the afternoon sessions on Saturday and Sunday as timed finals.• A 15 minute warm-up for the open distance sessions will start immediately after the conclusion of the morning session on Sunday.• Finals will be three heats, of each gender, consisting of the Top 8 swimmers from preliminaries as follows:<ul style="list-style-type: none">○ One heat of 13-14○ One heat of 15 & Over○ One heat of fastest 8 times, regardless of age.
WARM-UP:	<ul style="list-style-type: none">• Friday afternoon: Open warm-up starts at 1:00 PM, competition starts at 2:00 PM• Morning sessions:<ul style="list-style-type: none">○ 6:30-7:30 AM – All lanes designated as general warm-up○ 7:30-7:55 AM – Lanes 1 and 9 designated for pace, Lanes 2 and 8 designated as sprint; Lanes 3 through 7 will remain as general warm-up;○ Warm-up ends at 7:55 with competition starting at 8:00 am.

	<ul style="list-style-type: none"> • Saturday evening finals <ul style="list-style-type: none"> ○ 4:30-5:10 PM – All lanes designated as general warm-up ○ 5:10-5:25 PM – Lanes 1 and 9 designated for pace, Lanes 2 and 8 designated as sprint; Lanes 3 through 7 will remain as general warm-up; ○ Warm-up ends at 5:25 PM with competition starting at 5:30 PM. • Afternoon sessions: <ul style="list-style-type: none"> ○ Saturday - Start not before 11:30 AM, competition starts not before 12:15 PM ○ Sunday – Start not before 1:45 PM competition starts not before 2:30 PM • Sunday distance sessions: The pool will be opened for 15 minutes of open warm-ups for competitors in distance events immediately following the finish of the morning sessions. The distance session will start 5 minutes thereafter • All of these times are approximate. Lane assignments, warm-up and start times will be posted on the TIDE website tideswimming.com no later than June 10, 2018 and will also be emailed to the contact person of the participating clubs. • If an earlier session runs late, the next session warm-ups will begin immediately thereafter.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, June 5, 2018.</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 should submit entries via email. • 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. • All entry times other than Coach Time (CT) must have been achieved in USA Swimming sanctioned, approved, or observed competition. CT entries 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. • The 1500 M Freestyle will be limited to the top 36 swimmers (2 heats of each gender) and the 800 M Freestyle will be limited to the top 54 swimmers (3 heats of each gender) with time of record noted above. A standby list will also be available to fill the heats. • Swimmers may enter a maximum of 3 individual events per session on Saturday. On Sunday they may enter a maximum of 3 events in their session plus 1 distance event. • 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. • If any session timeline is shorter than normal, additional time between events may be added at the discretion of the Meet Referee. • Email entries to: Carri Lamoureux, meetdirector@tideswimming.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. <ul style="list-style-type: none"> ○ No additional heats will be added. ○ Deck entries and entry fee payment must be submitted to the Meet Director for consideration.
FEES:	<p>Individual events: \$5.50 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: TIDE Swimming • Mail payment to: TIDE Swimming PO Box 4224 Virginia Beach, VA 23454-0224 • Payment must be received by Tuesday, June 12, 2018 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. • Fees will be returned if a swimmer enters the 1500 M or 800 M Freestyle and is not seeded due to a

	<p>slower time.</p>
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"> ○ Speedo Hot heat prizes will be awarded to randomly selected heats during the 13 & Over sessions on Saturday and Sunday. ○ 11 & Over events will be given separate awards for 11-12. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. ○ Open events (43, 44, 45, 46) will not be given awards. ○ Heat winner awards will be provided for all 12 & Under events.
SEEDING:	<ul style="list-style-type: none"> • The events listed below will be deck-seeded. Listed next to the events is when the positive check-in period closes. All other events not listed will be pre-seeded. • Friday Afternoon - Events 1-2 (11&O 400 Free), and Events 5-6 (11&O 400 IM) at 1:30 PM. • Sunday Distance – Events 43-44 (11&O 1500 Free) and Events 45-46 (11&O 800 Free) -Start of Event 41. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • The Top 4 heats of the 400 Free, 400 IM will swim fastest to slowest, alternating heats of girls and boys. The remaining heats will be swum slowest to fastest, alternating heats of girls and boys. • The 800 Freestyle and the 1500 Freestyle will be swum fastest to slowest, 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 results will be corrected. • 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 by the first day of the meet may be fined \$100 per swimmer in each event so entered. • 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 into 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 accompanied by a member coach, the swimmer's legal guardian must ensure compliance with this requirement. • The overhead start procedure will be in effect for all sessions at the discretion of the Referee. • For 13 & O session on Saturday, the scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.12.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to all heats (A, B & C) and a swimmer qualifying for A, B or C Final who fails to compete shall be barred from their next individual event, unless excused by the Meet 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 the locker rooms or other designated areas is not appropriate and is PROHIBITED. • Drones are prohibited over the venue any time athletes, coaches, officials and/or spectators are present. • 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 with expired or non-current credentials will be required to leave the deck area

OFFICIALS:	<p>Meet Referee: Dan Demers Email: ddemers3@cox.net Phone: (757) 434-3342</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Anyone in the process of achieving certification through on-deck training is welcome. Opportunities for training will be accepted on first come, first serve basis. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Georg Fuhs, TIDE Officials Chairman, Phone: (757) 685-9310 or Email: hgfuchs@verizon.net. • Official's Uniform is white polo shirt, blue pants/shorts/skirt, white socks, and white shoes. Additionally, hats may be worn as sun protection. • There will be an Officials meeting one (1) hour prior to the start of each session in hospitality. • There will be a coaches' meeting immediately following the close of warm-ups for Session 2.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide times 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 TIDE website tideswimming.com no later than Tuesday, June 12, 2018 and will also be emailed to the contact person of each of the individual clubs. • The timers meeting will be held 20 minutes prior to the start of each session. • Distance Sessions – Each swimmer needs to provide one timer and one lap counter.
GENERAL:	<ul style="list-style-type: none"> • Deck Access: 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 outside of the pool deck. • Team Areas: Tents will be allowed in grass areas surrounding the pool. PLEASE stake down tents well. Seating is also permitted in the gym. The gym floor is not covered so swimmers will be required to dry off before entering. • Team Banners: No team banners are allowed on the fences. • Programs: Meet Programs will be sold for \$7.00 by Concessions. • Results: Will be announced then posted by in the gym. Additionally, results will be posted on Meet Mobile. <ul style="list-style-type: none"> ○ Meet results will be emailed to all participating teams at the conclusion of the meet . ○ The meet results will be posted to the Virginia Swimming web site www.viriniawswimming.com after the conclusion of the meet. • Snack Bar: TIDE Swimming will operate a concession stand during the meet. • Swim Supplies: A Swim Shop might be operated during the meet. • First Aid: YMCA lifeguards are on deck and available for first aid. • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: Tide Swimming will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided Saturday and Sunday. Hospitality will be located in the "Mind and Body" Room inside the YMCA lobby near the entrance to the gym. Bottle water will also be available on deck.
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 who violate YMCA facility rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. • Please enter the meet/pool from the drop off parking lot area located at the back left of the building. • Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • 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. • No spectator chairs are allowed on the pool deck. Swimmers and their equipment should remain in

	<p>team seating areas and not on the deck.</p> <ul style="list-style-type: none"> • Meet participants and spectators should remain in the event areas (Outdoor or indoor pool, grassy areas, locker rooms, grand stand seating and gym). All other YMCA areas are off limits. • No running or horseplay. • Shoes/sandals should be worn by swimmers and spectators in all areas except on the pool deck prior to swimming. • Clean up your area when you leave after each session. Trashcans are located throughout the facility. • No shaving anywhere in the venue. • The YMCA and its' property is a smoke-free environment. Smoking, include E-cigarettes, or any kind of tobacco is NOT permitted on YMCA property.
HOTEL:	Our sponsor, Holiday Inn Virginia Beach Norfolk in nearby Town Center will have group rates available. They are located at 5655 Greenwich Rd, Virginia Beach, VA 23462, (757) 499-4400.
DIRECTIONS:	I-64 E to 264E, take exit 17A towards Independence Rd, follow until Princess Anne Rd, Left on to Princess Anne Rd then take right onto Dam Neck Rd, then turn left onto Landstown Rd. Address is 2121 Landstown Rd, Virginia Beach, VA, 23454. The pool is behind the YMCA.

TIDE SPEEDO RED, WHITE & BLUE INVITATIONAL ORDER OF EVENTS

Friday, June 15, 2018

Warm-up: 1:00 PM; Start: 2:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & O 400 Freestyle	2
3	13 & O 50 Freestyle	4
5	11 & O 400 Individual Medley	6

Saturday, June 16, 2018

Morning Session (Prelims) Warm-up: 6:30 AM; Start: 8:00 AM		
Evening Session (Finals) Warm-up: 4:30 PM; Start 5:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	13 & Over 100 Butterfly	8
9	13 & Over 100 Backstroke	10
11	13 & Over 100 Breaststroke	12
13	13 & Over 100 Freestyle	14
15	13 & Over 200 Individual Medley	16

Sunday, June 17, 2018

Morning Session Warm-up: 6:30 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	13 & Over 200 Butterfly	36
37	13 & Over 200 Freestyle	38
39	13 & Over 200 Breaststroke	40
41	13 & Over 200 Backstroke	42

Distance Session (20-minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	Open 1500 Freestyle	44
45	Open 800 Freestyle	46

Afternoon Session Warm-up: Not before 11:30 AM Start: Not before 12:15 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	10 & Under 200 Freestyle	18
19	11-12 200 Freestyle	20
21	12 & Under 50 Breaststroke	22
23	10 & U 100 Butterfly	24
25	11-12 100 Butterfly	26
27	10 & Under 100 Backstroke	28
29	11-12 100 Backstroke	30
31	12 & Under 50 Freestyle	32
33	11-12 200 Breaststroke	34

Afternoon Session Warm-up: Not before 1:45 PM Start: Not before 2:30 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
47	11-12 200 Butterfly	48
49	10 & Under 200 Individual Medley	50
51	11-12 200 Individual Medley	52
53	12 & Under 50 Backstroke	54
55	10 & Under 100 Freestyle	56
57	11-12 100 Freestyle	58
59	10 & Under 100 Breaststroke	60
61	11-12 100 Breaststroke	62
63	12 & Under 50 Butterfly	64
65	11-12 200 Backstroke	66
67	12 & Under 400 Freestyle	68