



**TAC “SPRING FLING”
Long Course A/BB/B/C Meet
April 30 – May 2, 2010
SANCTION NO. VS-10-63**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-63						
LOCATION:	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573						
FACILITY:	<ul style="list-style-type: none"> 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. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 						
MEET DIRECTOR:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Colm Doherty</td> <td style="width: 50%;">Sonny Grissom</td> </tr> <tr> <td>Phone: (757) 288-8281</td> <td>Phone: (757) 286-8640</td> </tr> <tr> <td>Email: colm7@mac.com</td> <td>Email: sonny.grissom@cox.net</td> </tr> </table>	Colm Doherty	Sonny Grissom	Phone: (757) 288-8281	Phone: (757) 286-8640	Email: colm7@mac.com	Email: sonny.grissom@cox.net
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Email: colm7@mac.com	Email: sonny.grissom@cox.net						
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes registered by the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. Age on April 30, 2010 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"> Swimmers of all ages entered into distance events will swim Friday evening. All 12 & Under swimmers will swim on Saturday and Sunday morning. All 13 & Over swimmers will swim Saturday and Sunday Afternoon. All events will be timed finals. Friday evening Session: 400 IM for 11 & Over swimmers, 400 Freestyle all ages. The 400 Freestyle events will be swum fastest to slowest, alternating heats of Girls and Boys. The 800 Freestyle events will be swum fastest to slowest. All events will be timed finals. Distance Sessions: Saturday Girls 11 & Over 800 Free and Sunday Boys 11 & Over 800 Free will start 15 minutes after the conclusion of the PM session. 						
WARM-UPS:	<ul style="list-style-type: none"> Friday night warm-ups are general from 4:00-4:45 pm; competition starts at 5:00 pm and there will be specific warm-ups the last 15 minutes of warm-ups (4:30-4:45 pm). Morning session warm-ups: 7:00 am, competition starts: 8:10 am. There will be three 20 minute warm-up sessions. Afternoon session warm-ups: Not earlier than 12:00 pm; competition starts: Not earlier than 1:10 pm. There will be three 20 minute warm-up sessions. Saturday and Sunday 11 & Over 800 Free will have a 10 minute General warm-up. Lane assignment and warm-up times for individual clubs will be posted on the TAC website no later than April 28, 2010, and will also be emailed to the contact person of the participating clubs. If any session runs late, the following session warm-ups will begin immediately after the earlier session ends. 						
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, APRIL 20, 2010</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 submit entries as an e-mail attachment. A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Swimmers may enter one (1) individual event on Friday evening and three (3) individual 						

	<p>events and one (1) relay per day on Saturday and Sunday.</p> <ul style="list-style-type: none"> • Additional Entries may be allowed at the discretion of the Meet Director. To add a swimmer after the meet has been seeded, there must be room in an existing heat. No new heats will be added. • Coach's Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • "No Time" (NT) entries will not be accepted. • Relay teams must be designated A, B, C, etc. if a team enters more than one relay. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour per session timeline limit. An e-mail will be sent confirming receipt of the teams' entries. • 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: sonny.grissom@cox.net • Mail entries to: Sonny Grissom 629 Herron Drive Chesapeake, VA 23320 (757) 286-8640 • IMPORTANT: If entries are 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.
<p>FEES:</p>	<p>Individual events: \$4.50 Relay Events: \$12.00 Swimmer surcharge: \$2.50 per swimmer (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Tidewater Aquatic Club • Payment must be received by April 27, 2008 for email entries. Payment must be included with all mailed entries. An entry fee summary printout from Team Manager must accompany the entry fee payment. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
<p>AWARDS:</p>	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first (1st) through eighth (8th) place for BB & Below swimmers and first (1st) through eighth (8th) for A & Above swimmers. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 12 & Under events will be given separate awards for 8 & Under, 9-10 and 11-12 age groups. ○ 11 & Over events will be given separate awards for 11-12, 13-14, and 15 & Over age groups. ○ 10 & Under events will be given separate awards for 8 & Under and 9-10 age groups. • Heat winner ribbons will be awarded for all 10 & Under and 11-12 individual events. • Relay Events: Awards will be presented to first (1st) through fourth (4th) place for each event.
<p>SEEDING:</p>	<ul style="list-style-type: none"> • All events will be pre-seeded, except the 400 IM, 400 Freestyle, and 800 Freestyle which will be deck seeded. • The Events #1-2 (11-14 400 IM), #3-4 (12 & Under 400 Freestyle), #5-6 (13 & Over 400 Freestyle), and #55 and #108 (11 & Over 800 Freestyle) will require a positive check-in to swim. <ul style="list-style-type: none"> ○ Positive check-in for the 400 IM will close 20 minutes prior to the start of the session. ○ Positive check-in for the 400 Freestyle events will close at the start of the Friday distance session. ○ Positive check-in for the Girls 800 Freestyle will close at the start of event #49. ○ Positive check-in for the Boys 800 Freestyle will close at the start of event #101. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Swimmers in all sessions should report directly to the blocks for their events.
<p>PENALTIES:</p>	<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 shall be re-scored and awarded.

	<ul style="list-style-type: none"> • 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 United States 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. • The overhead start procedure will be used for all sessions. • 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. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Bob Hood Email: bob.hood@us.army.mil Phone: (757) 878-5777</p> <ul style="list-style-type: none"> • Officials at all positions will be required 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 Jill Stewart, TAC's Officials Chairman at (757) 410-2073 or jillbstewart@cox.net . • There will be an Officials' Meeting one (1) hour prior to each session in Room 102.
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 Web site at www.swimtac.com no later than April 28, 2010 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Meet Programs: Meet Programs will be sold for \$5.00. • Snack Bar: TAC will operate a Concessions Stand during the meet. • Swim Shop: Aquawear will be operating a swim shop during the meet for your apparel and equipment needs. • Hospitality: TAC will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and lunch will be served. Drinks and snacks will be provided during the day. • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms. • Lost and Found: Lost and Found will be located next to the Announcer's Table.
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 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 should 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 that 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).

	<ul style="list-style-type: none">• Parents are responsible for any siblings brought to the meet. Please chaperon them closely.• No glass, food, chewing gum.• No shaving anywhere in the venue.
DIRECTIONS:	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.

**2010 TAC "Spring Fling"
Long Course A/BB/B/C Meet
ORDER OF EVENTS**

Friday, April 30, 2010, Evening Session		
Warm-up: 4:00 pm; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11 & Over 400 Ind. Medley	2
3	12 & Under 400 Freestyle	4
5	13 & Over 400 Freestyle	6

Saturday, May 1, 2010, Morning Session		
Warm-up: 7:00 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 100 Freestyle	8
9	10 & Under 200 Freestyle	10
11	11-12 100 Butterfly	12
13	10 & Under 50 Butterfly	14
15	11-12 200 Ind. Medley	16
17	10 & Under 200 Ind. Medley	18
19	11-12 200 Breaststroke	20
21	10 & Under 50 Breaststroke	22
23	11-12 100 Backstroke	24
25	10 & Under 100 Backstroke	26
27	11-12 50 Breaststroke	28
29	10 & Under 200 Medley Relay	30
31	11-12 200 Medley Relay	32

Sunday, May 2, 2010, Morning Session		
Warm-up: 7:00 am; Start: 8:10 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	10 & Under 100 Freestyle	58
59	11-12 200 Freestyle	60
61	10 & Under 100 Butterfly	62
63	11-12 50 Butterfly	64
65	11-12 200 Butterfly	66
67	10 & Under 50 Backstroke	68
69	11-12 50 Backstroke	70
71	11-12 200 Backstroke	72
73	10 & Under 100 Breaststroke	74
75	11-12 100 Breaststroke	76
77	10 & Under 50 Freestyle	78
79	11-12 50 Freestyle	80
81	10 & Under 200 Freestyle Relay	82
83	11-12 200 Freestyle Relay	84

Saturday, May 1, 2010, Afternoon Session		
Warm-up: 12:00 noon; Start: 1:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	13-14 100 Freestyle	34
35	15 & Over 100 Freestyle	36
37	13-14 200 Butterfly	38
39	15 & Over 200 Butterfly	40
41	13-14 200 Ind. Medley	42
43	15 & Over 200 Ind. Medley	44
45	13-14 200 Breaststroke	46
47	15 & Over 200 Breaststroke	48
49	13-14 100 Backstroke	50
51	15 & Over 100 Backstroke	52
53	13 & Over 200 Medley Relay	54

Sunday, May 2, 2010, Afternoon Session		
Warm-up: 12:00 noon; Start: 1:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
85	13-14 200 Freestyle	86
87	15 & Over 200 Freestyle	88
89	13-14 100 Butterfly	90
91	15 & Over 100 Butterfly	92
93	13-14 200 Backstroke	94
95	15 & Over 200 Backstroke	96
97	13-14 100 Breaststroke	98
99	15 & Over 100 Breaststroke	100
101	13-14 50 Freestyle	102
103	15 & Over 50 Freestyle	104
105	13 & Over 200 Freestyle Relay	106

Distance Session (15 minute break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
55	Girls 11 & Over 800 Free	-

Distance Session (15 minute break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
-	Boys 11 & Over 800 Free	108