



2019 TIDE Indian Summer Speedo Challenge
October 5-6, 2019
SANCTION NO. VS-20-11

Hosted by



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-11. USA Swimming, Inc., Virginia Swimming, Inc., TIDE Swimming, and the Princess Anne Family 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:	<ul style="list-style-type: none"> Princess Anne Family YMCA, 2121 Landstown Rd, Virginia Beach, VA 23456, (757) 410-9557 						
FACILITY:	<ul style="list-style-type: none"> Outdoor 50-meter pool offers two 25-yard competition pools. 6'7" deep at the deep end and 4'6" deep at the shallow end; the pool has overflow gutters; non-turbulent lane markers; and Paragon starting blocks. Colorado Timing System will be used. The Meet Director reserves the right to seed the sessions up to 10-lanes for competition. Sessions will be run in the 25-yd competition pool set up in the deep end. The shallow end of the pool will have a maximum of 10-lanes for continuous 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:	<table border="0"> <tr> <td>Carri Lamoureux</td> <td>Bao Nguyen</td> </tr> <tr> <td>Email: meetdirector@tideswimming.com</td> <td>coachbao@tideswimming.com</td> </tr> <tr> <td>Phone: (757) 287-8208</td> <td>(757) 513-8398</td> </tr> </table>	Carri Lamoureux	Bao Nguyen	Email: meetdirector@tideswimming.com	coachbao@tideswimming.com	Phone: (757) 287-8208	(757) 513-8398
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes registered prior to the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. The Meet Director will accept any team pending space available and timeline considerations. Age on October 5, 2019 will determine age for the entire meet. 						
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome 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 Events will be timed finals. 13 and older swimmers will swim in the morning session 12 and younger swimmers will swim in the afternoon session Women's 500-yd Free will be swum Saturday AM. Men's 500-yd Free will be swum Sunday AM. 						
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Wednesday, September 25.</p> <ul style="list-style-type: none"> Entries must be submitted in Short Course Yards using Hy-Tek Team Manager and Commlink-2 software. Teams submit entries via e-mail to: Carri Lamoureux, meetdirector@tideswimming.com and Bao Nguyen, coachbao@tideswimming.com A Team Manager printout of entries must be included with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. Swimmer may enter a maximum of 4 individual events per session. "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. Coach's Times (CT) are allowed for events in which a swimmer does not have a time of record and MUST be slower than an "A" time. All entry times other than coach's time (CT) must have been achieved in USA Swimming sanctioned, approved, or observed competition. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. 						

	<ul style="list-style-type: none"> • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Meet Director on the provided forms as well as entry fee payment for consideration. • The Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	<p>Individual events: \$7.00 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: TIDE Swimming • Mail payment to: TIDE Swimming PO Box 4224 Virginia Beach, VA 23454-0224 • Payment must be received by October 1, 2019 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. <p>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.</p>
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded with the exception of Event 11 & 12: 500 Freestyle. • Positive check-in deadlines: <ul style="list-style-type: none"> ○ Event 11 (500 Free): Closes at the start of Event 7. ○ Event 12 (500 Free): Closes at the start of Event 37. • The 500 Free will be swum fastest to slowest and alternating heats of girls and boys. • Depending on the number of swimmers, some sessions may be seeded with 10-lanes.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 06:30am; Competition starts at 08:00am. • Afternoon sessions: Warm-ups not before 01:00 PM; competition starts not before 02:00pm. • All of these times are approximate. • Warm-up lane assignments and times will be posted on the TIDE website* no later than Tuesday, October 1, 2019 and will also be emailed to the point of contact of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. • During the meet, entry into the warm-up / cool down area will be FEET FIRST from the turn end of the pool. Diving is prohibited.
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"> ○ 13 & Over events will not be given individual awards. ○ 11 & Over events will be given separate awards for 11-12 only. • 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as: <ul style="list-style-type: none"> ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be rescored and re-awarded.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet. • 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 dive certified by a USAS 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.

	<ul style="list-style-type: none"> • 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 locker rooms or other designated areas 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. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Name: Georg Fuhs Email: hgfuchs@verizon.net Phone: (757) 685-9310</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 a 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 Jim Nickel, TIDE Officials Chairman, Phone (757) 813-7062 or email: tidevaofficials@gmail.com no later than Tuesday, October 1, 2019. • Official's uniform is white polo shirt, blue pants/shorts/skirt, white socks, and white shoes. Additionally, hats may be worn to protect from the sun. • There will be an officials meeting approximately 1 hour prior to the start of each session in hospitality.
SAFETY:	<ul style="list-style-type: none"> • VSI Safety and Warm-up 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 TIDE website*, no later than Tuesday, October 1, 2019, 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. • Swimmers will be required to provide their own counters for the 500-yd Free.
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 the pool deck. Additional facility information will be emailed to the contact person for each club. • Team Areas: Tents will be allowed in grass areas surrounding the pool. Please stake down tents well. Tents will be allowed to be left overnight provided they are properly secured. Should heavy weather become a factor, we will request they be removed overnight. • Programs: The meet program will be distributed to each team's point of contact. Session heat sheets will be posted to the Tide website* and on Meet Mobile. • Results: Will be posted inside the indoor pool and also available 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 website# after the conclusion of the meet. • Snack Bar: TIDE Swimming will provide two food trucks during the meet: JR's Street Dining and Tropical Smoothie Café. They will be located on the sidewalk outside the turn end of the pool near the flag pole. • 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. Additionally, the YMCA front desk has their own lost and found. • 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. It is located in the "Mind and Body" room inside the YMCA lobby near the gym entrance. Bottled water will also be available on deck (Announcer's Table and TIDE coaches' area).

	<ul style="list-style-type: none"> • Websites: #: Virginia Swimming (https://www.virginiaswimming.org/) • *: TIDE (https://www.teamunify.com/team/vatst/page/events#/team-events/)
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 YMCA facility rules (posted at the pool and included in the Programs) will be escorted from the facility (athletes will be disqualified from the meet). • Please enter the meet/pool from the drop off parking lot area located at the back left of the building (nearest the shallow end of the pool). • Parents are responsible for any siblings brought to the meet. Please chaperone them closely. • No glass, chewing gum, or open drinks are allowed in the pool area. Drinks in closed containers with some type of removeable top/lid are acceptable. • Meet participants and spectators should remain in the event areas (outdoor/indoor pool, grass areas, locker rooms, grandstand seating area, 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. Trash cans are located throughout the facility. • No shaving anywhere in the venue. • The YMCA and its property is a smoke-free environment. Smoking, to include e-cigarettes, or using any kind of tobacco products is NOT permitted on YMCA property.
HOTEL:	<ul style="list-style-type: none"> • 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, Virginia 23462, (757) 499-4400.
DIRECTIONS:	<ul style="list-style-type: none"> • Take I-64E to I-264E, take exit 17A towards Independence Blvd, follow until Princess Anne Rd, take left onto Princess Anne Rd then take a Right onto Dam Neck Rd, turn left onto Landstown Rd. Address is 2121 Landstown Rd, Virginia Beach, VA 23454. The pool is located behind the YMCA building.

TIDE INDIAN SUMMER SPEEDO CHALLENGE ORDER OF EVENTS

Saturday, October 5, 2019

Morning Session Warm-up: 06:30AM; Start: 08:00AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 & Over 200 Butterfly	2
3	13 & Over 100 Freestyle	4
5	13 & Over 200 Backstroke	6
7	13 & Over 100 Breaststroke	8
9	13 & Over 200 Individual Medley	10
11	13 & Over 500 Freestyle	

Sunday, October 6, 2019

Morning Session Warm-up: 06:30AM; Start: 08:00AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
31	13 & Over 200 Freestyle	32
33	13 & Over 100 Butterfly	34
35	13 & Over 200 Breaststroke	36
37	13 & Over 50 Freestyle	38
39	13 & Over 100 Backstroke	40
	13 & Over 500 Freestyle	12

Afternoon Session
Warm-up: Not before 01:00PM
Start: Not before 02:00 PM
(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	12 & Under 100 Freestyle	14
15	12 & Under 50 Backstroke	16
17	8 & Under 50 Backstroke	18
19	12 & Under 100 Butterfly	20
21	8 & Under 50 Butterfly	22
23	12 & Under 100 Breaststroke	24
25	12 & Under 50 Freestyle	26
27	8 & Under 50 Freestyle	28
29	12 & Under 200 Individual Medley	30

Afternoon Session
Warm-up: Not before 01:00PM
Start: Not before 02:00 PM
(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	12 & Under 200 Freestyle	42
43	12 & Under 100 Backstroke	44
45	8 & Under 50 Breaststroke	46
47	12 & Under 50 Breaststroke	48
49	12 & Under 50 Butterfly	50
51	8 & Under 100 Individual Medley	52
53	12 & Under 100 Individual Medley	54