



**TIDE Swimming**  
**2023 TIDE SWIMMING**  
**ATLANTIC COAST CLASH**  
**October 6-8, 2023**  
**Sanction No. VS-24-09**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-09.</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Princess Anne Family YMCA, and TIDE Swimming 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.</li> <li>In applying for this sanction, the Host, TIDE Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and the City of Virginia Beach.</li> </ul>		
<b>LOCATION:</b>	Princess Anne Family YMCA, 2121 Landstown Rd, Virginia Beach, VA 23456, (757) 410-9557		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>The outdoor 50-meter competition pool offers two-25-yard competition pools with a depth of 6'-7" at the deep end and 4'-6" at the shallow end. The pool has overflow gutters; non-turbulent lane markers, Paragon starting blocks and Colorado Timing System.</li> <li>All sessions will be run in the 25-yard competition pool will set up in the deep end using up to 10 lanes.</li> <li>The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). Certification is on file with USA Swimming</li> <li>Princess Anne YMCA has an AED on site, lifeguards that will be staffed during the meet, and access to medical supplies should they be needed.</li> </ul>		
<b>MEET DIRECTOR:</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Mike Salpeter Coachmike@tideswimming.com (757)375-4394</td> <td style="width: 50%;">Morgan Hartley Coachmorgan@tideswimming.com (240)421-1412</td> </tr> </table>	Mike Salpeter Coachmike@tideswimming.com (757)375-4394	Morgan Hartley Coachmorgan@tideswimming.com (240)421-1412
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all TIDE Swimming, TAC Titans, NOVA, and NCAP athletes registered on the first day of the meet.</li> <li>Additional teams may be added in at a later date.</li> <li>No on-deck USA Swimming athlete registration will be permitted.</li> <li>2021-2024 NAG time standards are in effect.</li> <li>Any 8 and Unders wishing to swim in the 10 and Under events must have a B time in order to compete.</li> <li>Age on October 6, 2023 will determine age for the entire meet.</li> </ul>		
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>		
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All 13 and older athletes will swim in the morning on Saturday and Sunday.</li> <li>All 12 and Under athletes will swim a mid-day session on Saturday and Sunday</li> <li>All events will be timed finals.</li> <li>For the 13-14 and 15-Over 500 Free entries will be limited to top thirty 13-14s per gender and top thirty 15-Overs per gender. There will be 6 total heats (3 per gender) for each of those events.</li> <li>For the 13-Over 1,000 Free and 12 and Under 500 Free on Friday it will be limited to 8 heats of 1,000 Free (4 of each gender) and 8 heats of 500 Free (4 for each gender).</li> </ul>		
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>The shallow end will have a maximum of 10 lanes of continuous warm-up and cool down. Swimmers must enter feet first from the turn end side of the venue.</li> <li>Morning sessions: Warm-up starts at 7:30 am; competition starts at 8:30 am.</li> <li>Afternoon sessions: Warm-ups start not before 11:30am; competition starts not before 12:30 pm.</li> <li>Saturday Evening Session warmups start not before 3:30pm; with competition not starting before 4:30pm.</li> </ul>		

	<ul style="list-style-type: none"> <li>Lane assignments, warm-up, and start times will be posted on the TIDE website <a href="http://www.tideswimming.com">www.tideswimming.com</a> no later than Monday, October 2 ,2023 and will also be emailed to the contact person of the participating clubs.</li> <li>If an earlier session runs late, the afternoon session warm-ups will begin immediately after the earlier session ends.</li> </ul>
<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, SEPTEMBER 27, 2023.</b></li> <li>Email entries to: Mike Salpeter (<a href="mailto:coachmike@tideswimming.com">coachmike@tideswimming.com</a>)</li> <li>All Swimmers may enter a maximum of 3 individual events in each session, and 1 relay in each session.</li> <li>Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>Teams are limited to 3 relays each (A, B, and C)</li> <li>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 must be slower than an “A” time.</li> <li>Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$10.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)  Checks should be sent to: TIDE Swimming  P.O Box 4224  Virginia Beach, VA 23454-0224</p> <ul style="list-style-type: none"> <li>The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Friday, October 6, 2023).</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet. Payment for events entered at the meet must be made to the Administrative Referee at the time of the request.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>The Meet Director reserves the right to seed each session in up to 10 lanes for competition.</li> <li>All events will be pre-seeded.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first (1st) through eighth (8th) place for 12 and under athletes.</li> <li>13 &amp; Over events will not be given individual awards.</li> <li>12 and Under events will be given ribbons for places 1-8 along with hot heat awards.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>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"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athletes competed in the incorrect age group.</li> <li>Athletes are not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>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.</li> <li>Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</li> <li>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.</li> <li>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.</li> <li>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.</li> </ul>

	<ul style="list-style-type: none"> <li>Changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>In accordance with VSI Best Practices, all athletes should shower before entering the pool.</li> <li>An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Jack Granger</b>  <b>Email: <a href="mailto:jagranger@cox.net">jagranger@cox.net</a></b>  <b>Phone: (757)817-5860</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>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.</li> <li>Anyone in the process of achieving certification through on-deck training is welcome. Opportunities for training will be accepted on a first come, first served basis.</li> <li>There will be an officials meeting approximately 20 minutes prior to the start of each session.</li> <li>If you wish to officiate at this meet, please contact: Todd Stowell (<a href="mailto:officials@tideswimming.com">officials@tideswimming.com</a>)</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER</b>  <b>Name: Ricky Perez</b>  <b>Email: <a href="mailto:coachricky@tideswimming.com">coachricky@tideswimming.com</a></b>  <b>Phone: (414)737-3777</b></p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>Athletes need to provide timers and counters for distance events</li> <li>The number of timers required per club and their lane assignments will be posted on the TIDE website <a href="http://www.tideswimming.com">www.tideswimming.com</a> no later than Monday, October 2, 2023 and will also be emailed to the contact person of each of the individual clubs. Timers meeting will be held 20 minutes before the start of each session.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat sheets will be emailed out to all teams prior to competition each day and will be available on Meet Mobile.</li> <li>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.</li> <li>Grandstand seating will be available for all spectators</li> <li>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.</li> <li>Programs: Meet Programs will be available through meet mobile</li> <li>Results: Will be announced then posted in the gym. Additionally, results will be posted on Meet Mobile.</li> <li>Meet results will be emailed to all participating teams and posted to the Virginia Swimming web site <a href="http://www.virginiawimming.com">www.virginiawimming.com</a> after the conclusion of the meet.</li> <li>Snack Bar: TIDE Swimming will have food trucks on site for the meet.</li> <li>Swim Supplies: A Swim Shop might be operated during the meet.</li> <li>First Aid: YMCA lifeguards are on deck and available for first aid.</li> <li>Lost and Found: Lost and Found will be located next to the Announcer's Table.</li> <li>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. Bottled water will also be available on deck.</li> </ul>

**FACILITY  
RULES:**

- Swimmer / Spectator Conduct: 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 removable top/lid are acceptable.
- Meet participants and spectators should remain in the event area, the pool, or grass area surrounding the pool.
- 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

**2023 TIDE Swimming Atlantic Coast Clash  
October 6-8, 2023  
ORDER OF EVENTS**

**Session 1  
Friday, Oct 6, 2023  
Warm up not before 3:00pm  
Start 4:00pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	<b>13&amp; over 1000 Yard free</b>	<b>2</b>
<b>3</b>	<b>12&amp;under 500 Yard free</b>	<b>4</b>

**SESSION 2  
Saturday, October 7, 2023  
Morning Session (13-Overs)  
Warm-up: not before 7:30-8:20am; Start:  
8:30am**

**SESSION 4  
Sunday, October 8, 2023  
Mid-Morning Session (13-overs)  
Warm-up: not before 7:30-8:20am; Start: 8:30am**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>		<b>Girls</b>	<b>Events</b>	<b>Boys</b>
5	13-14 200 yard Medley Relay	6		65	13-14 100 Yard Free	66
7	15-Over 200 yard Medley Relay	8		67	15-Over 100 Yard Free	68
9	13-14 500 Yard Free	10				
11	15-Over 500 Yard Free	12		69	13-14 200 Yard Back	70
13	13-14 200 Yard IM	14				
15	15-Over 200 Yard IM	16		71	15-Over 200 Yard Back	72
17	13-14 100 Yard Back	18		73	13-14 200 Yard Breast	74
19	15- Over 100 Yard Back	20		75	15-Over 200 Yard Breast	76
21	13-14 100 100 Yard Breast	22		77	13-14 200 Yard Fly	78
23	15-Over 100 Yard Breast	24		79	15-Over 200 Yard Fly	80
25	13-14 100 Yard Fly	26		81	13-14 50 Yard Free	82
27	15-Over 100 Yard Fly	28		83	15-Over 50 Yard Free	84
29	13-14 200 Yard Free	30		85	13-14 400 Yard IM	86
31	15-Over 200 Yard Free	32		87	15-Over 400 Yard IM	88
33	13-14 200 Yard Free Relay	34		89	13-14 400 Yard Free Relay	90
35	15-Over 200 Yard Free Relay	36		91	15-Over 400 Yard Free Relay	92

**SESSION 3  
Saturday, October 7, 2023  
Mid- Day Session (11-12 and 10-Under Session)  
Warm-up: not before 11:30-12:20pm; Start:  
12:30pm**

**SESSION 5  
Sunday, October 8, 2023  
Afternoon Session (11-12 and 10-Under Session)  
Warm-up: not before 11:30-12:20pm; Start:  
12:30pm**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>		<b>Girls</b>	<b>Events</b>	<b>Boys</b>
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37	10 and under 200 yard medley Relay	38		93	10 and Under 200 yard Free relay	94
39	11-12 200 yard medley relay	40		95	11-12 200 yard Free Relay	96
41	8-Under 25 Yard Free	42		97	8-Under 25 Yard Breast	98
43	10-Under 200 Yard Free	44		99	10 and Under 200 Yard IM	100
45	11-12 200 Yard Free	46		101	11-12 200 Yard IM	102
47	10-Under 100 Yard Breast	48		103	10 and Under 100 Yard Back	104
49	11-12 100 Yard Breast	50		105	11-12 100 Yard Back	106
51	10-Under 50 Yard Free	52		107	8 and Under 25 Yard Fly	108
53	11-12 50 Yard Free	54		109	12-Under 50 Yard Fly	110
55	12-Under 50 Yard Back	56		111	11-12 200 Yard Fly	112
57	11-12 200 Yard Back	58		113	10 and Under 100 Yard Free	114
59	10-Under 100 Yard Fly	60		115	11-12 100 Yard Free	116
61	11-12 100 Yard Fly	62		117	12 and Under 50 Yard Breast	118
63	8-Under 25 Yard Back	64		119	11-12 200 Yard Breast	120