



2023 TIDE SWIMMING
Fall Distance Intrasquad Meet
November 18, 2023
Sanction No. VS-24-32

Hosted by:



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-32. 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. 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. 	
LOCATION:	Princess Anne Family YMCA, 2121 Landstown Rd, Virginia Beach, VA 23456, (757) 410-9557	
FACILITY:	<ul style="list-style-type: none"> 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. All sessions will be run in the 25-yard competition pool will set up in the deep end using up to 10 lanes. 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 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. 	
MEET DIRECTOR:	Mike Salpeter Coachmike@tideswimming.com (757)375-4394	Morgan Hartley Coachmorgan@tideswimming.com (240)421-1412
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all TIDE Swimming athletes who are ages 8 and over that are registered before the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted. Any 12 and Under athlete swimming the 500 Free must have a time of record in the 200 Free that is a B time or faster in their respective age group. Any 12 and Under athlete swimming the 400IM must have a time of record in the 200IM that is a B time or faster in their respective age group. Any athlete swimming the 1,000 Free or the 1,650 Free must have a time of record in either the 500 Free, 1,000 Free, or the 1,650 Free that is a B time or faster in their respective age group 2021-2024 NAG time standards are in effect. Age on November 18, 2023 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 swum fastest to slowest. The meet director reserves the right to limit the 1,650 free event to 8 heats The meet director reserves the right to limit the 1,000 free event to 4 heats The meet director reserves the right to limit the 500 Free event to 12 heats The meet director reserves the right to limit the 400IM event to 10 heats The meet director reserves the right to combine heats during the meet 	
WARM-UP:	<ul style="list-style-type: none"> First session warmups will be from 7:00-7:30am; with competition starting at 7:40am. Second Session warmups will be no earlier than 11:45am; with competition starting at 12:25pm. When competition begins there will be 10 lanes available for warmup and warm down during competition as well. 	
ENTRIES:	<ul style="list-style-type: none"> DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 7, 2023. 	

	<ul style="list-style-type: none"> ● Email entries to: Mike Salpeter (coachmike@tideswimming.com) ● Entries must be submitted in short course times using CommLink-2 software. ● Teams submit entries via email. ● A 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. ● Coach Time (CT) 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. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. ● Swimmers may enter a maximum of 1 individual event ● 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.
FEES:	<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"> ● The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Saturday, November 18, 2023). ● 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.
SEEDING:	<ul style="list-style-type: none"> ● The Meet Director reserves the right to seed each session in up to 10 lanes for competition. ● All events will be pre-seeded.
AWARDS:	<ul style="list-style-type: none"> ● There will be no awards distributed at this meet.
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. ○ Athletes competed in the incorrect age group. ○ Athletes are 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. ● 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. ● 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. ● 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. ● 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. ● In accordance with VSI Best Practices, all athletes should shower before entering the pool. ● 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.

	<ul style="list-style-type: none"> 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: 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. 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. 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. There will be an officials meeting approximately 20 minutes prior to the start of each session. If you wish to officiate at this meet, please contact: Todd Stowell (officials@tideswimming.com)
SAFETY:	<p>MEET SAFETY OFFICER Name: Ricky Perez Email: coachricky@tideswimming.com Phone: (414)737-3777</p> <ul style="list-style-type: none"> Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> All athletes participating in this meet will provide their own timers and counters
GENERAL:	<ul style="list-style-type: none"> All heat sheets will be posted to the TIDE Swimming Website on Thursday, November 16, 2023. The meet will also be published on meet mobile. There will be no hospitality or concessions for this meet.
FACILITY RULES:	<ul style="list-style-type: none"> 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

**TIDE Swimming
Fall Intra-Squad Distance Meet**

**Session 1
Saturday, November 18, 2023
Warm up not before 7:00am
Start 7:40am**

Girls	Event	Boys
1	13& over 1000 Yard free	2
3	13&under 1,650 Yard free	4

**Session 2
Saturday, November 18, 2023
Warm up not before 11:45am
Start 12:25pm**

Girls	Event	Boys
1	12 and Under 500 Free	2
3	12 and Under 400IM	4
5	11-12 1,000 Free	6