

	TIDE SWIMMING Going the Distance Intrasquad Meet June 21, 2023 Sanction No. VS-23-105		Hosted by: 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-105 - 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:	- 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 and Colorado Timing System that will be used. - The Meet Director reserves the right to seed each session in up to 9-lanes for competition; however, the plan is to use 8 lanes with 1 lane being left open for warmup and warm down. - Colorado Timing System will be used. - 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. - The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4) The copy of the certification is on file with USA Swimming. - In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.		
MEET DIRECTOR:	Mike Salpeter Coachmike@tideswimming.com (757)375-4394	Ricky Perez Coachricky@tideswimming.com (414)737-3777	
ELIGIBILITY:	- Open to all athletes on TIDE Swimming who are registered with USA Swimming before the first day of the meet. - No on-deck USA Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect. - Age on June 21, 2023 will determine age for the entire meet.		
DISABILITY SWIMMERS:	- 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:	- All athletes may swim up to 2 individual events - Any athlete swimming the 400 Free must have a time of record in the 200 Free in order to participate. Those who are 8 and Under must have a 10 & U BB time in the 200 free to swim the 400 Free. - Any 8 and Under athlete swimming the 200 Free must have a 10 & U B time in the 100 Free in order to swim the 200 Free. - Any 8 and Under athlete swimming the 200IM must have a 10 & U B time in each of the 4 strokes in order to swim the 200IM. - Athletes may enter either the 800 free or the 1500 free, NOT BOTH. - All events will be timed finals. - All athletes competing in the 800 or the 1500 Free must have a time of record in that event (or 1000 Free and 1650 Free) in order to compete.		

	• All events will be swum fastest to slowest. • The meet director reserves the right to combine any heats.
WARM-UP:	• First Session: A general open warmup will take place from 1:45-2:20pm • Second Session: Athletes swimming in this session (1,500 free) will use the warmup and warmdown lane during the first session of the meet to warmup for the second session.
ENTRIES:	• DEADLINE FOR THE RECEIPT OF ENTRIES IS Sunday, June 11, 2023. • Email entries to: Mike Salpeter (coachmike@tideswimming.com) • 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. • 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.
FEES:	Individual events: \$10.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)
SEEDING:	• The Meet Director reserves the right to seed each session in up to 9-lanes for competition; however, the plan is to use 8 lanes with 1 lane being left open for warmup and warm down. • All athletes will report to the blocks prior to their heat. • All events will be pre-seeded.
AWARDS:	• No meet awards will be distributed.
PENALTIES:	• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as ◦ 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:	• 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 Virginia Swimming 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. • 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:	Meet Referee: Genny Kimbell Email: gennykimbel@gmail.com

	Phone: (757)876-9134 - 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. - Please contact Todd and Kate Stowell (tsm4781@gmail.com) if interested in officiating at this event
TIMERS:	All athletes swimming in this meet must provide their own timers and lap counters
GENERAL:	- Programs: The meet program will be made available to families on Meet Mobile and will be posted on the TIDE website. - Results: Will be available on Meet Mobile. The meet results will be posted to the Virginia Swimming website after the conclusion of the meet. - Snack Bar: There will be no concessions provided. - 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: There will be no lost and found. - Hospitality: Hospitality will be located outside of YMCA building and will be grab-and-go. It'll be limited to bottled water, Gatorade and snacks
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 are a smoke-free environment. Smoking, to include e-cigarettes, or using any kind of tobacco products is NOT permitted on YMCA property

TIDE Swimming
Summer Intra-Squad Distance Meet
June 21, 2023

Warm-up: 1:45 PM; Meet Start: 2:30 PM

Session 1

GIRLS #	EVENT	BOYS #
1	8 and Under 200 Meter Free	2
3	8 and Over 400 Meter Free	4
5	8 and Under 200 Meter IM	6
7	11 and Over 400 Meter IM	8

Warmup: Athletes will utilize warmup and warmdown lane during the first session to warmup. The meet start will be 10min following the competition of the first session.

Session 2

GIRLS #	EVENT	BOYS #
9	13 and Over 800 Meter Free	10
11	13 and over 1,500 Meter Free	12