
		<div>2024 TIDE SWIMMING ATLANTIC COAST CLASH October 4-6, 2024 Sanction No. VS-25-07</div>		<div>Hosted by: </div>	
SANCTION:		<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-07USA 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 which will be set up in the deep end using 10 lanes.The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and RegulationsPrincess Anne YMCA has an AED on site, lifeguards who will be staffed during the meet, and access to medical supplies should they be needed.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. If applicable			
MEET DIRECTOR:		Mike Salpeter Coachmike@tideswimming.com (757) 375-4394		Morgan Denning Coachmorgan@tideswimming.com (240) 421-1412	
ELIGIBILITY:		<ul style="list-style-type: none">Open to all USA Swimming registered athletes from ODAC and TAC TitansOther teams wishing to participate should email: coachmike@tideswimming.comNo on-deck USA Swimming athlete registration will be permitted.2021-2024 NAG time standards are in effect.Age on October 4, 2024 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.			

ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g. concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion. The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> All 13 and older athletes will swim on Friday evening and Saturday afternoon. All 12 and Under athletes will swim a morning session on Saturday and an afternoon session on Sunday All events will be timed finals. For the 13-14 and 15-Over 400IM and 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.
WARM-UP:	<ul style="list-style-type: none"> 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. Friday Evening Session warmups start not before 3:30pm; with competition not starting before 4:30 pm. Saturday Morning session (12 and Under): Warm-up starts not before 9:00 am; competition starts at 10:00 am. Saturday Afternoon (13 and Over): Warm-ups start not before 2:00pm; competition starts not before 3:00pm Sunday Afternoon (12 and Under): Warm-ups start not before 12:30pm; competition starts not before 1:30pm Lane assignments, warm-up, and start times will be posted on the TIDE website www.tideswimming.com no later than Tuesday, October 1, 2024 and will also be emailed to the contact person of the participating clubs. If an earlier session runs late, the afternoon session warm-ups will begin immediately after the earlier session ends.
ENTRIES:	<ul style="list-style-type: none"> DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, SEPTEMBER 25, 2024. Email entries to: Mike Salpeter (coachmike@tideswimming.com) All Swimmers may enter a maximum of 3 individual events in each session, and 1 relay in each session 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. Teams are limited to 2 relays each (A and B) 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. 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:	<p>Individual events: \$10.00 Relays: \$20.00 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 (Friday, October 4, 2024). 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"> • All events will be pre-seeded using 10 lanes.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first (1st) through eighth (8th) place for 12 and under events. • 13 & Over events will not be given individual awards.
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 Prevention 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. • 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: Jack Granger Email: jagranger@cox.net Phone: (757)817-5860</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 the TIDE Swimming officials chair: officials@tideswimming.com
SAFETY:	<p>MEET SAFETY OFFICER Name: Ricky Perez</p>

	<p>Email: coachricky@tideswimming.com</p> <p>Phone: (414)737-3777</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
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. • Athletes need to provide timers and counters for distance events • The number of timers required per club and their lane assignments will be posted on the TIDE website www.tideswimming.com no later than Tuesday, October 1, 2024 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.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be emailed out to all teams prior to competition each day and will be available on Meet Mobile. • 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. • Grandstand seating will be available for all spectators • 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. • Programs: Meet Programs will be available through meet mobile • Results: Will be announced then posted in the gym. Additionally, results will be posted on Meet Mobile. • Meet results will be emailed to all participating teams and posted to the Virginia Swimming web site www.virginiawswimming.com after the conclusion of the meet. • Snack Bar: TIDE Swimming will have food trucks on site for the meet. • 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. • 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.
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

**2024 TIDE Swimming Atlantic Coast Clash
October 4-6, 2024
ORDER OF EVENTS**

SESSION 1 Friday, October 4, 2024 Evening Session (13-Overs) Warm-up: not before 3:30-4:20pm; Start: 4:30pm			SESSION 3 Saturday, October 5, 2024 Afternoon Session (13-overs) Warm-up: not before 2:00-2:50pm; Start: not before 3:00pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 200 yard Free Relay	2	57	13-14 200 yard Medley Relay	58
3	15-Over 200 yard Free Relay	4	59	15-Over 200 Medley Relay	60
5	13-14 200 Yard IM	6	61	13-14 100 Yard Free	62
7	15-Over 200 Yard IM	8	63	15-Over 100 Yard Free	64
9	13-14 100 Yard Back	10	65	13-14 200 Yard Back	66
11	15- Over 100 Yard Back	12	67	15-Over 200 Yard Back	68
13	13-14 100 100 Yard Breast	14	69	13-14 200 Yard Breast	70
15	15-Over 100 Yard Breast	16	71	15-Over 200 Yard Breast	72
17	13-14 100 Yard Fly	18	73	13-14 200 Yard Fly	74
19	15-Over 100 Yard Fly	20	75	15-Over 200 Yard Fly	76
21	13-14 200 Yard Free	22	77	13-14 50 Yard Free	78
23	15-Over 200 Yard Free	24	79	15-Over 50 Yard Free	80
25	13-14 400 Yard IM	26	81	13-14 500 Yard Free	82
27	15-Over 400 Yard IM	28	83	15-Over 500 Yard Free	84

SESSION 2 Saturday, October 5, 2024 Morning Session (11-12 and 10-Under Session) Warm-up: not before 9:00-9:50am; Start: not before 10:00am			SESSION 4 Sunday, October 6, 2024 Afternoon Session (11-12 and 10-Under Session) Warm-up: not before 12:30-1:20pm; Start: not before 1:30pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	10 and under 200 yard medley Relay	30	85	10 and Under 200 yard Free relay	86
31	11-12 200 yard medley relay	32	87	11-12 200 yard Free Relay	88
33	8-Under 25 Yard Free	34	89	8-Under 25 Yard Breast	90
35	10-Under 200 Yard Free	36	91	10 and Under 200 Yard IM	92
37	11-12 200 Yard Free	38	93	11-12 200 Yard IM	94
39	10-Under 100 Yard Breast	40	95	10 and Under 100 Yard Back	96
41	11-12 100 Yard Breast	42	97	11-12 100 Yard Back	98
43	10-Under 50 Yard Free	44	99	8 and Under 25 Yard Fly	100
45	11-12 50 Yard Free	46	101	12-Under 50 Yard Fly	102
47	12-Under 50 Yard Back	48	103	11-12 200 Yard Fly	104
49	11-12 200 Yard Back	50	105	10 and Under 100 Yard Free	106
51	10-Under 100 Yard Fly	52	107	11-12 100 Yard Free	108
53	11-12 100 Yard Fly	54	109	12 and Under 50 Yard Breast	110
55	8-Under 25 Yard Back	56	111	11-12 200 Yard Breast	112