
		<div>2024 TIDE SWIMMING</div> <div>October Distance Intrasquad</div> <div>October 19, 2024</div> <div>Sanction No. VS-25-25</div>		<div>Hosted by:</div> <div></div>	
SANCTION:		<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-25USA 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:		<div>Mike Salpeter</div> <div>Coachmike@tideswimming.com</div> <div>(757) 375-4394</div> <div>Morgan Denning</div> <div>Coachmorgan@tideswimming.com</div> <div>(240) 421-1412</div>			
ELIGIBILITY:		<ul style="list-style-type: none">Open to all USA Swimming registered athletes from TIDE SwimmingNo on-deck USA Swimming athlete registration will be permitted.2021-2024 NAG time standards are in effect.Age on October 19, 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 events will be swum fastest to slowest.			

	<ul style="list-style-type: none"> • 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 • Athletes will notified NLT October 14, 2024 if they will not be allowed the swim their chosen event.
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, OCTOBER 8, 2024 • 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
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>
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.

	<ul style="list-style-type: none"> • 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: Jonathan Fauth Email: jefauth@gmail.com Phone: 804-316-8318</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: Ricky Perez Email: coachricky@tideswimming.com Phone: (414)737-3777</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> • All athletes swimming need to provide their own timers and counter.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be emailed 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.virginiawimming.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
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**TIDE Swimming
Fall Intra-Squad Distance Meet**

**Session 1
Saturday, October 19, 2024
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, October 19, 2024
Warm up not before 11:45am
Start 12:25pm**

Girls	Event	Boys
5	12 and Under 500 Free	6
7	12 and Under 400IM	8
9	11-12 1,000 Free	10