



**TIDE Swimming**  
**SPRING SHOCKWAVE**  
**May 3-5, 2024**  
**SANCTION NO: VS-24-81**

Hosted by:



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-81</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>• 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.</li> <li>• The Meet Director reserves the right to seed each session in up to 9 lanes for competition. However, the plan is to use 7 lanes for competition and 2 lanes for warmup and warm down for all distance sessions and 8 lanes for competition with 1 lane being left open for warmup and warm down for all other sessions.</li> <li>• Colorado Timing System will be used.</li> <li>• 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.</li> <li>• South Hampton Roads YMCA will have lifeguards on site and in the stand throughout the weekend supervising all athletes. They will also have access to life saving devices such as an AED throughout the meet.</li> <li>• In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will 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.</li> </ul>	
<b>MEET DIRECTOR:</b>	Mike Salpeter <a href="mailto:Coachmike@tideswimming.com">Coachmike@tideswimming.com</a> (757)375-4394	Morgan Denning <a href="mailto:Coachmorgan@tideswimming.com">Coachmorgan@tideswimming.com</a> (240)421-1412
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA swimming athletes registered prior to the first day of the meet.</li> <li>• No on-deck VA Swimming or USA Swimming athlete registration will be permitted.</li> <li>• 2021-2024 NAG time standards are in effect.</li> <li>• Age on May 3, 2024 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>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> <li>• The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>	
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• All events will be timed finals.</li> <li>• The 400 Free and 400 IM events will be offered on Friday.</li> <li>• The 800 Free event (Sunday) will be swum fastest to slowest with alternating girls' and boys' heats. The event will be limited to the fastest 3 heats of girls and fastest 3 heats of boys. Teams will be notified which swimmers will be seeded into the events NLT Monday, April 22, 2024.</li> </ul>	

	<ul style="list-style-type: none"> <li>Any 10 and under athlete competing in the 400IM, 200 Back, 200 Breast, or 200 Fly events must have an "BB" time in the 9-10 age group in the 200IM, 100 Back, 100 Breast, or 100 Fly respectively.</li> <li>Any 8 and Under swimmer wishing to compete in the 12 and Under session must have four 10-Under "B" times in order to be eligible. Additionally, 8 and Under athletes may only swim in one of the sessions on Saturday.</li> <li>The meet will be pre-seeded for all events. All teams are asked to send in scratches to <a href="mailto:coachmike@tideswimming.com">coachmike@tideswimming.com</a> by 4/28/2024.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday: Distance Sessions <ul style="list-style-type: none"> <li>(13 and overs)- not before 2:00pm; competition will begin not before 2:45pm.</li> <li>(12 and Unders)- not before 5:00pm; competition will begin not before 5:35pm.</li> </ul> </li> <li>Saturday and Sunday Morning Sessions (13 and Over Timed Finals): <ul style="list-style-type: none"> <li>Warm-ups will begin not before 6:30am; competition will begin not before 7:30am.</li> </ul> </li> <li>Saturday Mid- Day: 8 and Under session: <ul style="list-style-type: none"> <li>Warmups will begin not before 11:30am; competition will begin not before 12:00pm.</li> </ul> </li> <li>Saturday and Sunday Afternoon Sessions: <ul style="list-style-type: none"> <li>Saturday: Warmups will begin not before 1:00pm; competition will begin not before 2:00pm.</li> <li>Sunday: Warmups will begin not before 1:30pm; competition will begin not before 2:30pm.</li> </ul> </li> <li>Sunday Distance Session (800 Free)- a 20 min warmup period will occur following the conclusion of the Sunday 13 and over Prelims session.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the TIDE website no later than Monday, April 25, 2024, and will also be emailed to the contact person of the participating clubs.</li> <li>If morning or mid-day sessions run long, warm-ups for the following session will begin immediately following the conclusion of the previous session.</li> </ul>
<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, April 16, 2024.</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 7 individual events. They may swim in 1 event on Friday, 3 events on Saturday, and 3 events on Sunday.</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>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)</p> <ul style="list-style-type: none"> <li>Checks should be sent to: TIDE Swimming PO Box 4224 Virginia Beach, VA 23454-0224</li> <li>The total fees for all entries must be paid prior to the first session of the meet (Friday, April 28, 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>All events will be pre-seeded.</li> <li>All distance events (400IM, 400 Free, 800 Free) will be swum fastest to slowest. All other events will be swum slowest to fastest.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Hot heat awards will be distributed for all athletes.</li> <li>Ribbons will be given out to 12 and Under athletes for places 1-8.</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 competing 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> <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 Virginia Swimming 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: jagranger@cox.net</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 (tideofficials@gmail.com)</li> </ul>
<b>SAFETY</b>	<p><b>MEET SAFETY OFFICER</b>  <b>Name: Ricky Perez</b>  <b>Email: coachricky@tideswimming.com</b>  <b>Phone: (414)737-3777</b>  Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>● TIDE Swimming volunteers will handle all timing for the meet.</li> <li>● The timers meeting will be held 20 minutes prior to the start of each session.</li> <li>● Timer lane assignments will be announced during the timers meeting - 2 timers will be required per lane.</li> <li>● During the 800 Free athletes must provide their own lap counters; timers will be provided by TIDE Swimming.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>● Programs: The meet program will be made available to families on Meet Mobile and will be posted on the TIDE website.</li> <li>● Results: Will be available on Meet Mobile. The meet results will be posted to the Virginia Swimming website after the conclusion of the meet.</li> <li>● There will be food trucks on site for this 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: There will be no lost and found.</li> </ul>

	<ul style="list-style-type: none"> <li>● Hospitality: Hospitality will be located inside of the YMCA building (Mind and Body room) and will be grab-and-go (*and coffee). Additionally, bottled water will be available on deck (Announcer's Table and TIDE coaches' area) for coaches, officials, and volunteers.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>● 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 and athletes will be disqualified from the meet.</li> <li>● 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).</li> <li>● Parents are responsible for any siblings brought to the meet. Please chaperone them closely.</li> <li>● 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.</li> <li>● Meet participants and spectators should remain in the event area - the pool or grass area surrounding the pool.</li> <li>● All other YMCA areas are off-limits.</li> <li>● No running or horseplay.</li> <li>● Shoes/sandals should be worn by swimmers and spectators in all areas except on the pool deck prior to swimming.</li> <li>● Clean up your area when you leave after each session.</li> <li>● Trash cans are located throughout the facility.</li> <li>● No shaving anywhere in the venue.</li> <li>● 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</li> </ul>

**TIDE Swimming**  
**Speedo Wipeout Challenge Meet (May 3-5, 2024)**  
**ORDER OF EVENTS**

<b>Friday, May 3, 2024</b>			
<b>Session 1: 13 and Over Distance Session</b> <b>Warm-up: not before 2:00-2:40pm</b> <b>Start: not before 2:45pm</b> (Times are approximate)			
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	
1	13-Over 400 Meter IM	2	
3	13-Over 400 Meter Free	4	
<b>Session 2: 9-12yr old Distance Session</b> <b>Warm-up: not before 5:00-5:30pm</b> <b>Start: not before 5:35pm</b> (Times are approximate)			
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	
5	12 and under old 400 Meter IM	6	
7	12 and under old 400 Meter Free	8	
<b>Saturday, May 4, 2024</b>			
<b>Morning Session (13-Overs)</b> <b>Warm-up: not before 6:30-7:20am; Start: 7:30am</b> (Times are approximate)			
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	
9	13- Over 100 Meter Free	10	
11	13- Over 200 Meter Back	12	
13	13- Over 100 Meter Breast	14	
15	13-Over 200 Meter Fly	16	
17	13- Over 200 Meter IM	18	
<b>Mid-Day (8 and Unders)</b> <b>Warm-up: not before 11:30am</b> <b>Start: not before 12:00pm</b> (Times are approximate)			
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	
19	8 and Under 50 Meter Free	20	
21	8 and Under 50 Meter Breast	22	

23	8 and under 50 Meter Back	24	
25	8 and Under 50 Meter Fly	26	
27	8 and Under 100 Meter Free	28	
<b>Afternoon Session (Saturday 12 and Under)</b> <b>Warm-up: not before 1:00pm; Start: 2:00pm</b> (Times are approximate)			
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	
29	12 and Under 50 Meter Free	30	
31	12 and Under 50 Meter Back	32	
33	9-12 200 Meter Breast	34	
35	12 and Under 100 Meter Back	36	
37	12-Under 100 Meter Fly	38	
39	12-Under 200 Meter Free	40	
<b>Sunday, May 5, 2024</b>			
<b>Morning Session (Sunday 13-Over)</b> <b>Warm-up: 6:30-7:20am; Start: 7:30am</b> (Times are approximate)			
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	
41	13- Over 200 Meter Free	42	
43	13- Over 100 Meter Back	44	
45	13- Over 50 Meter Free	46	
47	13-Over 200 Meter Breast	48	
49	13- Over 100 Meter Fly	50	
<b>Sunday Distance Session (800 Free)</b> <b>A 20min warmup will start at the conclusion of the</b> <b>Sunday 13 and Over session. Competition will start</b> <b>after the 20min warmup.</b>			
51	13 and Over 800 Free	52	
<b>Afternoon Session (Sunday 12 and Under)</b> <b>Warm-up: 1:30-2:20pm; Start: 2:30pm</b> (Times are approximate)			
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	
53	12 and under 50 Meter Breast	54	
55	12 and under 50 Meter Fly	56	
57	12 and under 200 Meter Fly	58	
59	12 and Under 100 Meter Breast	60	

61	12 and Under 200 Meter IM	62	
63	12 and Under 200 Meter Back	64	
64	12 and Under 100 Meter Free	66	