
	<p style="text-align: center;">TIDE Swimming Intrasquad: Black vs. Blue Meet April 12, 2025 Sanction No. VS-25-79</p>		<p style="text-align: center;">Hosted by:</p> 
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-79 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"> 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 for competition and 1 lane for warmup and warm down. Colorado Timing System will be used. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations South Hampton Roads YMCA will be staffing the meet with lifeguards who will be on stand throughout the meet and have access to AED and other life saving devices. 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 permissions to be included in the video-streaming. 		
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 TIDE Swimming athletes who are USA swimming registered athletes prior to the first day of the meet. No on deck VA Swimming or USA Swimming athlete registration will be permitted. 2024-2028 NAG Standards are in effect. Age on April 12, 2025, 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 using the Disability Accommodation Form. 		
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 timed finals. During the 10-minute breaks, fun team competitions will take place between the Black and Blue teams. 		
WARM-UP:	<ul style="list-style-type: none"> Warmups will take place from 7:00am-8:00am with competition starting at 8:10am 		

ENTRIES:	<ul style="list-style-type: none"> ● DEADLINE FOR THE RECEIPT OF ENTRIES IS Monday, March 31, 2025 ● Email entries to: Mike Salpeter (coachmike@tideswimming.com) ● All Swimmers may enter a maximum of 3 individual events. ● 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:	<p>Individual events: All athletes will be charged a flat fee of \$30 for all events they swim. Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> ● Checks should be sent to: TIDE Swimming PO Box 4224 Virginia Beach, VA 23454-0224
SEEDING:	<ul style="list-style-type: none"> ● All events will be pre-seeded.
AWARDS:	<ul style="list-style-type: none"> ● There will be no awards given out for 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 competing 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 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.
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.

OFFICIALS:	<p>Meet Referee: Megan Parker Email: meganparker65@gmail.com Phone: 757-355-4880</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. The 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' briefing approximately 30 minutes prior to the start of each session. The meeting area will be outside the fencing near the coaches and officials parking lot. If you wish to officiate at this meet, please enter your information in the Google Sheet link: https://docs.google.com/spreadsheets/d/1UN6wTSdUhMERAY2pX-ooVTGKc1TBQjhVCj4p5D6cwIM/edit?usp=sharing. For other questions, please contact Todd Stowell (officials@tideswimming.com)
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> TIDE Swimming volunteers will handle all timing for the meet. The timers meeting will be held 20 minutes prior to the start of each session. Timer lane assignments will be announced during the timers meeting - 2 timers will be required per lane.
GENERAL:	<ul style="list-style-type: none"> 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. 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: There will be bottled water, Gatorade, and light snacks provided for coaches and officials 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 and 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 which is 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
2025 TIDE Swimming Black vs. Blue Intrasquad Meet
ORDER OF EVENTS

Warm-ups: 7:00-8:00am. Competition will start at 8:10am (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 and Under 50 Fly	2
3	13 and Over 50 Fly	4
	10min break (50 tandem kick)	
5	12 and Under 50 Back	6
7	13 and Over 50 Back	8
	10min break: (Cheer and Dance off)	
9	12 and Under 50 Breast	10
11	13 and Over 50 Breast	12
	10min break: (Cannon Ball Contest)	
13	12 and Under 50 Free	14
15	13 and Over 50 Free	16
	10min Break (Floaty or Boogie Board Relay)	