

	2025 TIDE SWIMMING October Distance Intrasquad October 18, 2025 Sanction No. VS-26-017	Hosted by: 
SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-017 • 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:	• 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 Regulations. • Princess Anne YMCA has an AED on site, lifeguards who will be staffed during the meet, and access to medical supplies should they be needed.	
MEET DIRECTOR:	Catherine Leach coachcat@tideswimming.com 757-705-2490	
ELIGIBILITY:	• Open to all USA Swimming registered athletes from TIDE Swimming. • No on-deck USA Swimming athlete registration will be permitted. • 2024-2028 NAG time standards are in effect. • Age on October 18, 2025 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.	
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	• 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:	• All events will be swum fastest to slowest. • The meet director reserves the ability to limit the 1,650 free event to 8 heats. • The meet director reserves the ability to limit the 1,000 free event to 4 heats.	

	• The meet director reserves the ability to limit the 500 Free event to 12 heats. • The meet director reserves the ability to limit the 400 IM event to 10 heats. • The meet director reserves the ability to combine heats during the meet.
WARM-UP:	• First session warm ups will be from 7:00-7:30 am with competition starting at 7:40 am. • Second Session warmups will be no earlier than 11:45 am with competition starting at 12:25 pm. • When competition begins there will be 10 lanes available for warmup and warm down during competition as well.
ENTRIES:	• DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, OCTOBER 7, 2025 • Email entries to: Catherine Leach (coachcat@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 time limit.
FEES:	Individual events: \$10.50 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 • The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Saturday, October 18, 2025). • 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:	• All events will be pre-seeded using 10 lanes.
AWARDS:	• No awards will be given.
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 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:	Meet Referee: Megan Parker Email: meganparker65@gmail.com Phone: 757-355-4880 • 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:	MEET SAFETY OFFICER Name: Ricky Perez Email: coachricky@tideswimming.com Phone: (414)737-3777 Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• All athletes swimming need to provide their own timers and counters.
GENERAL:	• 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. • Programs: Meet Programs will be available through meet mobile. • Results: Will be announced and will be posted on Meet Mobile. • Meet results will be emailed to all participating teams and posted to the Virginia Swimming web site www.virginiasswimming.com 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: Lost and Found will be located next to the Announcer's Table. • Hospitality: A light to-go breakfast will be provided to officials and coaches.
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 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 Intrasquad Distance Meet**

**Session 1
Saturday, October 18, 2025
Warm up not before 7:00am
Start 7:40am**

Girls	Event	Boys
1	13 & Over 1000yd Free	2
3	13 & Under 1650yd Free	4

**Session 2
Saturday, October 18, 2025
Warm up not before 11:45am
Start 12:25pm**

Girls	Event	Boys
5	9-12 Year Old 500yd Free	6
7	9-12 Year Old 400yd IM	8
9	11-12 1000yd Free	10