

	TIDE Swimming King Neptune Invite September 20-21, 2025 Sanction No. VS-26-003		Hosted by: 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-003 - 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 and 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 and medical supplies should they be needed. Lifeguards will be staffed during the meet. - The Princess Anne Family YMCA is an outdoor facility. As such the meet will be conducted to the best of the host team and facility's ability. The safety of all participants will take precedent at all times. Should unforeseen circumstances, such as weather, impact the ability to hold event(s), there will be no guarantee of make-up swims.		
MEET DIRECTOR:	Cat Leach coachcat@tideswimming.com 757-705-2490		
ELIGIBILITY:	- Open to all USA Swimming or Virginia Swimming athletes registered on the first day of the meet. - No on-deck USA Swimming athlete registration will be permitted. 2024-2028 NAG time standards are in effect. - Age on September 20, 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 13 and older athletes will swim Saturday and Sunday morning sessions. 13 & Over Women's 500-yard Freestyle will be swum Saturday AM. 13 & Over Men's 500-yard Freestyle will be swum Sunday AM. - All 12 and younger athletes will swim Saturday and Sunday afternoon sessions.		

	• There will be an 8 & Under session on Saturday midday. • All events will be timed finals.
WARM-UP:	• 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. Diving is prohibited in the designated warm-up/cool down lanes. • Morning sessions (13 and Over): Warm-up starts not before 6:30 am; competition starts not before 7:30 am. • Saturday Early Afternoon Session (8 and Under) and Sunday (9-12yr old) Warmup starts not before 11:30 am; with competition starting not before 12:00 pm. • Saturday Late Afternoon sessions (9-12 yr olds): Warm-ups start not before 1:30 pm; competition starts not before 2:00 pm. • Lane assignments, warm-up, and start times will be posted on the TIDE website www.tideswimming.com no later than Tuesday Sept 16 and will also be emailed to the contact person of the participating clubs. • If the earlier session runs late, the afternoon session warm-ups will begin immediately after the earlier session ends.
ENTRIES:	• DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, SEPTEMBER 9, 2025 • Email entries to: Cat Leach coachcat@tideswimming.com • All Swimmers may enter a maximum of 4 events each day/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. • 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. • Entries for the 500 freestyle may be limited to adhere to targeted timelines. Entries will be limited to the top 5 heats of 13&O girls and top 5 heats of 13&O boys. Teams will be notified no later than Monday September 15th, 2025 if any cuts have been made to the event.
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 (Friday, September 19, 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:	• The Meet Director will seed each session in 10 lanes for competition. • All events will be pre-seeded.
AWARDS:	• Individual events: Ribbons will be awarded for first (1st) through eighth (8th) place for 12 and under athletes. • 13 & Over events will not be given individual awards.
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 Protection 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: Jack Granger Email: jagranger@cox.net Phone: 757-817-5860 • 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 60 minutes prior to the start of each session. • If you wish to officiate at this meet, please contact: Dennis Garth (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:	• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the TIDE website www.tideswimming.com no later than Monday, September 15, 2025 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. • Athletes swimming the 500 Free will need to provide their own timers and counters.
GENERAL:	• 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.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:	• 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

**TIDE Swimming
King Neptune Invite
September 20-21, 2025
ORDER OF EVENTS**

Saturday, September 20, 2025 Morning Session (13-Overs) Warm-up: Not before 6:30am Start: Not before 7:30am				Sunday, September 21, 2025 Morning Session (13-overs) Warm-up: Not before 6:30am Start: Not before 7:30am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>		<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13- Over 200 Yard Back	2		42	13-Over 200 Yard Free	43
3	13- Over 100 Yard Free	4		44	13- Over 50 Yard Fly	45
5	13-Over 100 Yard Fly	6		46	13- Over 100 Yard Breast	47
7	13-Over 200 Yard IM	8		48	13- Over 50 Yard Free	49
9	13-Over 50 Yard Breast	10		50	13-Over 100 Yard Back	51
11	13- Over 500 Yard Free				13-Over 500 Yard Free	52

Saturday, September 20, 2025 Afternoon Session (8 and Unders) Warm-up: Not before 11:30 am Start: Not before 12:00 pm			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
12	8 and Under 25 Yard Free	13	
14	8 and Under 25 Yard Breast	15	
16	8 and Under 25 Back	17	
18	8 and Under 25 Fly	19	
20	8 and Under 100 Yard IM	21	
22	8 and under 50 Free	23	
24	8 and Under 50 Yard Breast	25	
26	8 and Under 50 Yard Back	27	
28	8 and Under 50 Yard Fly	29	

Saturday, September 20, 2025 Afternoon Session (12- Unders) Warm-up: Not Before 1:30 Start: Not before 2:30pm				Sunday, September 21, 2025 Afternoon Session (12- Unders) Warm-up: Not Before 11:30 Start: Not before 12:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>		<u>Girls</u>	<u>Events</u>	<u>Boys</u>
30	9-12 yr old 50 Yard Free	31		53	9-12 yr old 50 Yard Breast	54
32	9-12 yr old 100 Yard Breast	33		55	9-12 yr old 100 Yard Free	56
34	9-12 yr old 50 Yard Back	35		57	9-12 yr old 50 Yard Fly	58

36	9-12 yr old 200 Yard Free	37		59	9-12 yr old 100 Yard Back	60
38	9-12 yr old 100 Yard Fly	39		61	9-12 yr old 200 Yard IM	61
40	9-12 yr old 100 Yard IM	41				