

	TIDE Swimming DUEL IN THE POOL W/ TAC TITANS and NCAP October 8-9, 2022 Sanction No. VS-23-04R Re-Sanctioned 8-30-22	Hosted by: 
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We have taken enhanced health and safety measures for all attending this event however we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting Princess Anne YMCA. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-04R • USA Swimming, Inc., Virginia Swimming, Inc., TIDE Swimming, and Princess Anne YMCA 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. • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., Virginia Swimming, Inc., and TIDE Swimming cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.
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 will set up in the deep end using 10 lanes. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). Certification is on file with USA Swimming • This event will be live streamed as well for any out-of-town family members who wish to view the event. By attending or participating in this competition, you acknowledge and grant permission to be included in the video streaming. All MAAPP guidelines will be followed. • 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.
MEET DIRECTOR:	Mike Salpeter Coachmike@tideswimming.com Ricky Perez coachricky@tideswimming.com

	(757)375-4394	(414)737-3777
ELIGIBILITY:	- Open to all TIDE Swimming, TAC Titans, and NCAP athletes registered on the first day of the meet - No on-deck USA Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect. - Age on October 8, 2022 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.	
FORMAT:	- All 13 and older athletes will swim a morning and evening session on Saturday; and a single morning session on Sunday. - All 12 and Under athletes will swim a mid-day session on Saturday and Sunday - 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. - Morning sessions: Warm-up starts at 7:30 am; competition starts at 8:30 am. - Afternoon sessions: Warm-ups start not before 11:30am; competition starts not before 12:30 pm. - Saturday Evening Session warmups start not before 3:30pm; with competition not starting before 4:30pm. - Lane assignments, warm-up, and start times will be posted on the TIDE website www.tideswimming.com no later than Tuesday, October 4, 2022 and will also be emailed to the contact person of the participating clubs. - If an 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 WEDNESDAY, SEPTEMBER 28, 2022. - Email entries to: Mike Salpeter (coachmike@tideswimming.com) - All Swimmers may enter a maximum of 3 individual events in each session, and 1 relay in each 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. - Teams are limited to 3 relays each (A, B, and C) - 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.	
FEES:	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 - The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Friday, October 7, 2022). - 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 Administrative Referee at the time of the request.	
SEEDING:	- The Meet Director reserves the right to seed each session in up to 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. 12 and Under events will be given ribbons for places 1-8 along with hot heat 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 applicable 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 the MAAPP policy 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 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: Genny Kimbel Email: gennykimbel@gmail.com Phone: (757) 876-9134 ● 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: Todd Stowell (tsm4781@gmail.com)
SAFETY:	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. ● Athletes need to provide timers and counters for distance events ● The number of timers required per club and their lane assignments will be posted on the TIDE website www.tideswimming.com no later than Tuesday, October 4, 2022 and will also be emailed to the contact person of each of the individual clubs. Timer's meeting will be held 20 minutes before the start of each session.
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 by 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.virginiaswimming.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

Duel in the Pool
TIDE Swimming VS TAC Titans and NCAP
October 8-9, 2022
ORDER OF EVENTS

SESSION 1 Saturday, October 8, 2022 Morning Session (13-Overs) Warm-up: not before 7:30-8:20am; Start: 8:30am			SESSION 4 Sunday, October 9, 2022 Mid-Morning Session (13-overs) Warm-up: not before 7:30-8:20am; Start: 8:30am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 200 yard Medley Relay	2	61	13-14 200 Yard Free Relay	62
3	15-Over 200 yard Medley Relay	4	63	15-Over 200 Free Relay	64
5	13-14 100 Yard Free	6	65	13-14 200 Yard Free	66
7	15-Over 100 Yard Free	8	67	15-Over 200 Yard Free	68
9	13-14 200 Yard Back	10	69	13-14 200 Yard Breast	70
11	15- Over 200 Yard Back	12	71	15-Over 200 Yard Breast	72
13	13-14 100 Yard Fly	14	73	13-14 50 Yard Free	74
15	15-Over 100 Yard Fly	16	75	15- Over 50 Yard Free	76
SESSION 2 Saturday, October 8, 2022 Mid- Day Session (11-12 and 10-Under Session) Warm-up: not before 11:30-12:20pm; Start: 12:30pm			SESSION 5 Sunday, October 9, 2022 Afternoon Session (11-12 and 10-Under Session) Warm-up: not before 11:30-12:20pm; Start: 12:30pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	10 and under 200 yard medley Relay	18	77	10 and Under 200 yard Free relay	78
19	11-12 200 yard medley relay	20	79	11-12 200 yard Free Relay	80
21	8-Under 25 Yard Free	22	81	8-Under 25 Yard Breast	82
23	10-Under 200 Yard Free	24	83	10 and Under 200 Yard IM	84
25	11-12 200 Yard Free	26	85	11-12 200 Yard IM	86
27	10-Under 100 Yard Breast	28	87	10 and Under 100 Yard Back	88
29	11-12 100 Yard Breast	30	89	11-12 100 Yard Back	90
31	10-Under 50 Yard Free	32	91	8 and Under 25 Yard Fly	92
33	11-12 50 Yard Free	34	93	12-Under 50 Yard Fly	94
35	12-Under 50 Yard Back	36	95	11-12 200 Yard Fly	96
37	11-12 200 Yard Back	38	97	10 and Under 100 Yard Free	98
39	10-Under 100 Yard Fly	40	99	11-12 100 Yard Free	100
41	11-12 100 Yard Fly	42	101	12 and Under 50 Yard Breast	102
43	8-Under 25 Yard Back	44	103	11-12 200 Yard Breast	104

SESSION 3
Saturday, October 8, 2022
Evening Session (13-Overs)

Warm-up: not before 3:30-4:20pm; Start: 4:30pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	13-14 200 Yard IM	46
47	15-Over 200 Yard IM	48
49	13-14 100 Yard Back	50
51	15-Over 100 Yard Back	52
53	13-14 200 Yard Fly	54
55	15-Over 200 Yard Fly	56
57	13-14 100 Yard Breast	58
59	15-Over 100 Yard Breast	60