



TIDE Swimming
Intrasquad Distance Meet
November 9, 2022
SANCTION NO. VS-23-19R



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Princess Anne Family 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-23-19R**
 - 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:

Ricky Perez Coachricky@tideswimming.com (414)737-3777	Mike Salpeter coachmike@tideswimming.com (757)375-4394
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- ELIGIBILITY:**
- Open to all TIDE Swimming athletes who are ages 8 and over that are registered before the first day of the meet.
 - No on deck Virginia Swimming athlete registration will be permitted.

	- Any 12 and Under athlete swimming the 500 Free must have a time of record in the 200 Free that is a BB time or faster in their respective age group. - Any 12 and Under athlete swimming the 400IM must have a time of record in the 200IM that is a BB time or faster in their respective age group. - Any athlete swimming the 1,000 Free or the 1,650 Free must have a time of record in either the 500 Free, 1,000 Free, or the 1,650 Free that is a BB time or faster in their respective age group. 2021-2024 NAG time standards are in effect. - Age on November 9, 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 events will be swum fastest to slowest on Wednesday, November 9, 2022 - The meet director reserves the right to limit the 1,650 free event to 8 heats - The meet director reserves the right to limit the 1,000 free event to 4 heats - The meet director reserves the right to limit the 500 Free event to 12 heats - The meet director reserves the right to limit the 400IM event to 10 heats - The meet director reserves the right to combine heats during the meet.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, OCTOBER 26, 2022. - 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 timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. - Email entries to: Mike Salpeter (coachmike@tideswimming.com) - Deck entries will not be accepted for this meet.
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 must be paid prior to the first session of the meet Monday, November 1st. - Failure to pay entry fees by this deadline could result in teams being barred from the meet.
SEEDING:	- Athletes will report behind the blocks one heat prior to their event. Athletes will be responsible for providing their own timer and lap counter. - Swimmers should report directly to the blocks for their events. - All events will be pre-seeded. Coaches will be asked to submit scratches for distance events. At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received. - All Events will be swum fastest to slowest.
WARM-UP:	- Warmups will be from 3:00-3:50pm; with competition starting at 4pm. - When competition begins there will be 10 lanes available for warmup and warmdown during competition as well.
AWARDS:	There will be no awards distributed at this meet.

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 <u>not permitted</u>. - 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. - 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 Virginia Swimming Best Practices, all athletes should shower before entering the pool. - In accordance with Virginia Swimming 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.
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. - Athlete competed in the incorrect age group. - Athlete is 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.
OFFICIALS:	Meet Referee: Dan Demers and Jack Granger Email: ddemers3@cox.net; jagranger@cox.net; Phone: (757)434-3342 - 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 serve basis. - There will be an official's 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:	All athletes participating in this meet will provide their own timers and counters.
GENERAL:	- All heat sheets will be posted to the TIDE Swimming Website on Sunday, November 6th. The meet will also be published on meet mobile. - There will be no hospitality or concessions for this meet.
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 Intra-Squad Distance Meet

Wednesday, November 9, 2022

Warm-up: 3:00 PM; Meet Start: 4:00 PM

Girls	EVENT	Boys
1	12 and under 500 Free	2
3	12 and under 400 IM	4

5	11 and Over 1,000 Free	6
7	13 and Over 1,650 Free	8