

	TIDE Swimming SCHOOL'S OUT CLASSIC June 2-4, 2023 SANCTION NO: VS-23-99		Hosted by: 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-99 - 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:	- 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 7 lanes for competition and 2 lanes for warmup and warm down for all distance sessions and 8 lanes for competition with 1 lane being left open for warmup and warm down for all other sessions. - Colorado Timing System will be used. - The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4) The copy of the certification is on file with USA Swimming. - South Hampton Roads YMCA will have lifeguards on site and in the stands throughout the weekend supervising all athletes. They will also have access to life saving devices such as an AED throughout the meet. - In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will 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 (757)375-4394	Ricky Perez Coachricky@tideswimming.com (414)737-3777	
ELIGIBILITY:	- Open to all USA swimming athletes registered prior to the first day of the meet. - No on-deck VA Swimming or USA Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect. - Age on June 2, 2023 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 timed finals. - Those athletes wishing to compete in the 400 Free, 400IM, or the 800 Free events must have an "A" time in their respective age group in those events. - The 13 and Over 800 Free will be swum fastest to slowest with alternating girls' and boys' heats in the Saturday distance session. The fastest 4 heats of each gender will be able to swim the 800 Free once entries are received. Teams will be notified by Wednesday, May 24th if any of their athletes are eliminated from these events. - Any 9-10yr old athlete competing in the 400IM, 200 Back, 200 Breast, or 200 Fly events must have an "A" time in the 9-10 age group in the 200IM, 100 Back, 100 Breast, or 100 Fly respectively.		

	- Any 8 and Under swimmer wishing to compete in the 12 and Under session must have a total of three "B" times in order to be eligible; otherwise they must compete in their specific sessions on Saturday and Sunday. Additionally, 8 and Under athletes may only compete in one session per day. - All teams are asked to send in scratches to coachmike@tideswimming.com by 5/28/2023. There will also be a positive check in for all events 200 meters or longer. Any heats needing to be reseeded as a result of scratches will be done so, with reseeded heat sheets provided to coaches and officials the day of the meet.
WARM-UP:	13 and Over Sessions (all days): Warmups will be no earlier than 6:30-7:20am; with competition starting no earlier than 7:30am. 8 and Under Sessions (Saturday and Sunday): Warmups will be no earlier than 11:30am, competition starting no earlier than 12:00pm. 12 and under Session (Friday): Warmups will be no earlier than 11:30am; with competition starting no earlier than 12:30pm. 12 and Under Sessions (Saturday and Sunday): Warmups will be no earlier than 1:30-2:20pm; with competition starting no earlier than 2:30pm. - Saturday distance events - There will be a 10 min warmup period following Event 26 athletes entered in the 800 freestyle to warm up. Competition will start 15 minutes after the conclusion of the warmup period. - Lane assignment and warm-up times for individual clubs will be posted on the TIDE website no later than Monday, May 29, 2023, and will also be emailed to the contact person of the participating clubs. - If a morning or mid-day session runs long, warm-ups for the following session will begin immediately following the conclusion of the previous session.
ENTRIES:	- DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, May 23, 2023. - Email entries to: Mike Salpeter (coachmike@tideswimming.com) - All Swimmers may enter a maximum of 8 individual events. They may swim in 3 events on Friday, 2 events on Saturday, and 3 events on Sunday. - 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:	Individual events: \$10.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) - Checks should be sent to: TIDE Swimming PO Box 4224 Virginia Beach, VA 23454-0224 - The total fees for all entries must be paid prior to the first session of the meet (Friday, June 2, 2023). - 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. - All distance events (400IM, 400 Free, 800 Free) will be swum fastest to slowest. All other events will be swum slowest to fastest.
AWARDS:	- Hot heat awards will be distributed for all athletes. - Ribbons will be given out to 12 and Under athletes for places 1-8.
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 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 re-scored 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 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.
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 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:	• To the extent possible, TIDE Swimming volunteers will handle all timing for the meet. In the event of a shortage of TIDE volunteers, participating teams may be asked to provide timers in proportion to the number of swimmers entered in 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. • Athletes swimming in the 800 Free must provide their own lap counters; timers will be provided by TIDE Swimming.
GENERAL:	• 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. • There will be food trucks on site for this 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: Hospitality will be located inside of the YMCA building (Mind and Body room) and will be grab-and-go (*and coffee). Additionally, bottled water will be available on deck (Announcer's Table and TIDE coaches' area) for coaches, officials, and volunteers.

FACILITY RULES:	• Swimmer / Spectator Conduct: Any swimmer / spectator who violates YMCA facility rules (posted at the pool) 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 - 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
School's Out Classic (June 2-4, 2023)
ORDER OF EVENTS

Friday June 2, 2023					
Friday Morning Session (13-Overs) Warm-up: NB 6:30-7:20am; Start: NB 7:30am			Friday Afternoon Session (12 and Unders) Warm-up: NB 12:30-1:20pm; Start: NB 1:30pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13- Over 200 Meter Breast	2	11	9-12 100 Meter Breast	12
3	13- Over 100 Meter Free	4	13	9-12 50 Meter Back	14
5	13- Over 100 Meter Fly	6	15	9-12 100 Meter Free	16
7	13-Over 200 Meter Back	8	17	9-12 200 Meter IM	18
9	13-Over 400 Meter Free	10	19	9-12 400 Meter Free	20

Saturday June 3, 2023							
Saturday Morning Session (13-Overs) Warm-up: NB 6:30-7:20am; Start: NB 7:30am			Saturday Late Afternoon Session (12 and Unders) Warm-up: NB 1:30-2:20pm; Start: NB 2:30pm (Times are approximate)				
<u>Girls</u>	<u>Events</u>	<u>Boys</u>		<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
21	13- Over 200 Meter IM	22		39	12-Under 100 Meter Back	40	
23	13- Over 100 Meter Back	24		41	9-12 200 Meter Fly	42	
25	13- Over 200 Meter Fly	26		43	12-Under 50 Meter Fly	44	
	15min Break			45	12-Under 50 Meter Free	46	
27	13-Over 800 Meter Free	28		47	9-12 200 Meter Back	48	
Saturday Early Afternoon (8-Unders) Warm-up: NB 11:30-11:50am ; Start: NB 12:00pm (Times are approximate)							
<u>Girls</u>	<u>Events</u>	<u>Boys</u>					
29	8-Under 50 Free	30					
31	8-Under 50 Breast	32					
33	8-Under 100 Back	34					
35	8 and Under 100 Fly	36					
37	8 and Under 200 Free	38					

Sunday June 4, 2023						
Sunday Morning Session (13-Overs) Warm-up: 6:30-7:20am; Start: 7:30am			Sunday Afternoon Session (12 and Unders) Warm-up: 1:30-2:20pm; Start 2:30pm (Times are approximate)			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>			<u>Events</u>	<u>Girls</u>
49	13- Over 200 Meter Free	50		67	12-Under 200 Meter Free	68
51	13- Over 100 Meter Breast	52		69	9-12 200 Meter Breast	70
53	13- Over 50 Meter Free	54		71	12 and Under 50 Meter Breast	72
55	13- Over 400 Meter IM	56		73	12 and Under 100 Meter Fly	74
				75	9-12 400 Meter IM	76
Sunday Morning Session (8-Unders) Warm-up: NB 11:30am-11:50am; Start: NB 12:00pm (Times are approximate)						
<u>Girls</u>	<u>Events</u>	<u>Boys</u>				
57	8-Under 50 Back	58				
59	8-Under 50 Fly	60				
61	8-Under 100 Free	62				
63	8-Under 100 Breast	64				
65	8-Under 200 Meter IM	66				