

	2025 TIDE SWIMMING ATLANTIC COAST CLASH October 10-12, 2025 Sanction No. VS-26-008		Hosted by: 
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-008 - 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.		
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. - 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:	Catherine Leach coachcat@tideswimming.com (757) 705-2490		
ELIGIBILITY:	- Open to all USA Swimming athletes registered on the first day of the meet. - Other teams wishing to participate should email: coachcat@tideswimming.com - No on-deck USA Swimming athlete registration (and APT) will be permitted. 2024-2028 NAG time standards are in effect. - Age on October 10, 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 using the Disability Accommodation Form.		
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 on Friday evening and Saturday afternoon. - All 8 and under athletes will swim in a Saturday mid-day session. - All 12 and Under athletes will swim a morning session on Saturday and a mid-day session on Sunday		

	• All events will be timed finals. • For the 13-14 and 15-Over 400 IM and 500 Free, entries will be limited to top thirty 13-14s per gender and top thirty 15-Overs per gender. There will be 6 total heats (3 per gender) for each of those events.
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. • Friday Evening Session warmups start not before 3:30pm; with competition not starting before 4:30 pm. • Saturday Morning session (12 and Under): Warm-up starts not before 7:00 am; competition starts at 8:00 am. • Saturday Mid-Day session (8 and Under): Warm-up starts not before 11:30 am; competition starts at 12:00 pm. The meet director reserves the ability to cancel 8-under warm-ups if needed for timeline purposes. • Saturday Afternoon (13 and Over): Warm-ups start not before 2:00pm; competition starts not before 3:00pm. • Sunday Afternoon (12 and Under): Warm-ups start not before 12:30pm; competition starts not before 1:30pm. • Lane assignments, warm-up, and start times will be posted on the TIDE website. www.tideswimming.com no later than Monday, September 30, 2025 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 TUESDAY, SEPTEMBER 23, 2025. • Email entries to: Catherine Leach - coachcat@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. • Teams are limited to 2 relays each (A and B). • 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: \$10.50 Relay events: \$20.00 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 10, 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 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 events. • 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 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: Dennis Garth Email: dgarth88@gmail.com Phone: 757-353-0091 • 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 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:	• 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 Monday, September 30, 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.
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.virginiawswimming.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, the gym, 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
Atlantic Coast Clash
October 10-12, 2025
ORDER OF EVENTS**

Friday, October 10, 2025 Evening Session (13-Overs) Warm-up: Not before 3:30-4:20 PM Start: Not before 4:30 PM			Saturday, October 11, 2025 Morning Session (12-unders) Warm-up: Not before 7:00-7:20 AM Start: Not before 7:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 200 Yard Free Relay	2	29	10 and under 200 Yard Medley Relay	30
3	15-Over 200 Yard Free Relay	4	31	11-12 200 Yard Medley relay	32
5	13-14 200 Yard IM	6	33	12-Under 200 Yard Free	34
7	15-Over 200 Yard IM	8	35	12-Under 50 Yard Back	36
9	13-14 100 Yard Back	10	37	12-Under 100 Yard Free	38
11	15- Over 100 Yard Back	12	39	12-Under 50 Yard Fly	40
13	13-14 100 100 Yard Breast	14	41	12-Under 100 Yard Breast	42
15	15-Over 100 Yard Breast	16	43	12-Under 200 Fly	44
17	13-14 100 Yard Fly	18			
19	15-Over 100 Yard Fly	20			
21	15-Over 200 Yard Free	22			
23	13-14 200 Yard Free	24			
25	13-14 400 Yard IM	26			
27	15-Over 400 Yard IM	28			

Saturday, October 11, 2025 Mid-day Session (8 and Unders) Warm-up: Not before 11:30 am-11:50 am Start: Not before 12:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	8 and Under 25 Yard Free	46
47	8 and Under 25 Yard Breast	48
49	8 and Under 25 Back	50
51	8 and Under 25 Fly	52
53	8 and Under 100 Yard IM	54
55	8 and under 50 Free	56
57	8 and Under 50 Yard Breast	58
59	8 and Under 50 Yard Back	60
61	8 and Under 50 Yard Fly	62

Saturday, October 11, 2025 Afternoon Session (13-Overs) Warm-up: Not Before 1:30-2:20 pm Start: Not before 2:30pm			Sunday, October 12, 2025 Mid-day Session (12- Unders) Warm-up: Not Before 11:30-11:50 am Start: Not before 12:00 pm		
<u>Girls</u>		<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
63	13-14 200 Yard Medley Relay	64	91	10 and Under 200 Yard Free relay	92
65	15-Over 200 Yard Medley Relay	66	93	11-12 200 Yard Free Relay	94
67	13-14 100 Yard Free	68	95	12-Under 200 Yard IM	96
69	15-Over 100 Yard Free	70	97	12-Under 50 Yard Free	98
71	13-14 50 Yard Back	72	99	12-Under 100 Yard Back	100
73	15-Over 50 Yard Back	74	101	12-Under 50 Yard Breast	102
75	13-14 200 Yard Breast	76	103	12-Under 100 Fly	104
77	15-Over 200 Yard Breast	78	105	12-Under 200 Yard Breast	106
79	13-14 200 Yard Fly	80	107	12-Under 200 Yard Back	108
81	15-Over 200 Yard Fly	82			
83	13-14 50 Yard Free	84			
85	15-Over 50 Yard Free	86			
87	13-14 500 Yard Free	88			
89	15-Over 500 Yard Free	90			