
	<p style="text-align: center;"><b>TIDE Swimming</b>  <b>Intrasquad TIDE Memorial Weekend</b>  <b>Distance Meet</b>  <b>May 23, 2025</b>  <b>SANCTION NO: VS-25-106</b></p>		<p style="text-align: center;">Hosted by:</p> 
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-25-106</b></li> <li>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.</li> <li>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.</li> </ul>		
<b>LOCATION:</b>	Princess Anne Family YMCA, 2121 Landstown Rd, Virginia Beach, VA 23456 (757) 410-9557		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>Colorado Timing System will be used.</li> <li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. (USA-S Rule change.)</li> <li>Princess Anne YMCA will have lifeguards on site and in the stand throughout the weekend supervising all athletes. They will also have access to life saving devices such as an AED throughout the meet.</li> <li>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.</li> </ul>		
<b>MEET DIRECTOR:</b>	Mike Salpeter <a href="mailto:Coachmike@tideswimming.com">Coachmike@tideswimming.com</a> (757)375-4394		
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all TIDE Swimming athletes registered prior to the first day of the meet with a BB or above time in the 400m or 500y freestyle in their respective age group.</li> <li>No on-deck VA Swimming or USA Swimming athlete registration will be permitted.</li> <li>2025-2028 NAG time standards are in effect.</li> <li>Age on May 23, 2025 will determine age for the entire meet.</li> </ul>		
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the <u>Disability Accommodation Form</u>.</li> </ul>		
<b>ATHLETES WITHA SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>		
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All athletes may swim up to 1 individual event.</li> <li>All events will be timed finals.</li> <li>All events will be swum fastest to slowest.</li> </ul>		

	<ul style="list-style-type: none"> <li>The meet director reserves the right to combine any heats.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>General Warmups will take place from 2:00-2:50pm; with competition starting at 3:00pm.</li> </ul>
<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li>DEADLINE FOR THE RECEIPT OF ENTRIES IS Wednesday, May 21, 2025.</li> <li>Email entries to: Mike Salpeter (<a href="mailto:coachmike@tideswimming.com">coachmike@tideswimming.com</a>)</li> <li>All Swimmers may enter a maximum of 1 individual event.</li> <li>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.</li> <li>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.</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>All athletes will pay a \$10 fee to participate in the meet.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> <li>All events will be swum fastest to slowest.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>No awards will be distributed</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool.</li> <li>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.</li> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Tommy Lovell</b>  <b>Email: <a href="mailto:scoutmastertommy@gmail.com">scoutmastertommy@gmail.com</a></b>  <b>Phone: (757)642-4113</b></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>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.</li> <li>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.</li> <li>There will be an officials meeting approximately 20 minutes prior to the start of each session.</li> <li>If you wish to officiate at this meet, please contact: <a href="mailto:tideofficials@gmail.com">tideofficials@gmail.com</a></li> </ul>
<b>SAFETY</b>	<p><b>MEET SAFETY OFFICER</b>  <b>Name: Ricky Perez</b></p>

	<p><b>Email: coachricky@tideswimming.com</b>  <b>Phone: (414)737-3777</b>          Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• All athletes must provide their own timers and lap counters</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Programs: The meet program will be made available to families on Meet Mobile and will be posted on the TIDE website.</li> <li>• Results: Will be available on Meet Mobile. The meet results will be posted to the Virginia Swimming website after the conclusion of the meet.</li> <li>• First Aid: YMCA lifeguards are on deck and available for first aid.</li> <li>• Lost and Found: There will be no lost and found.</li> <li>• Hospitality: There will be no hospitality at this meet.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• 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 and athletes will be disqualified from the meet.</li> <li>• 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).</li> <li>• Parents are responsible for any siblings brought to the meet. Please chaperone them closely.</li> <li>• 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.</li> <li>• Meet participants and spectators should remain in the event area - the pool or grass area surrounding the pool.</li> <li>• All other YMCA areas are off-limits.</li> <li>• No running or horseplay.</li> <li>• Shoes/sandals should be worn by swimmers and spectators in all areas except on the pool deck prior to swimming.</li> <li>• Clean up your area when you leave after each session.</li> <li>• Trash cans are located throughout the facility.</li> <li>• No shaving anywhere in the venue.</li> <li>• 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</li> </ul>

**TIDE Swimming**  
**Intrasquad Memorial Weekend Distance Meet (May 23, 2025)**  
**ORDER OF EVENTS**

<b>Friday, May 23, 2025</b>			
Warm-up: not before 3:00-3:55pm Start: not before 4:00pm			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
1	Mixed Open 800 Free	1	