



TIDE Swimming
Speedo Premier Racing Championships
May 31- June 2, 2024
Sanction No. VS-24-88



SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-88 • 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:	<ul style="list-style-type: none"> • 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 using 8 lanes; with lane 9 being used for warmup and warmdown at all times. • 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 that will be staffed during the meet, and access to medical supplies should they be needed. • 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:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Mike Salpeter Coachmike@tideswimming.com (757)375-4394</td> <td style="width: 50%;">Morgan Hartley Coachmorgan@tideswimming.com (240)421-1412</td> </tr> </table>	Mike Salpeter Coachmike@tideswimming.com (757)375-4394	Morgan Hartley Coachmorgan@tideswimming.com (240)421-1412
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes who are registered prior to 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 May 31, 2024 will determine age for the entire meet. 		
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • 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. 		
ATHLETES WITHA SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> • 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:	<p>PRELIMS</p> <ul style="list-style-type: none"> • All prelims events will be swum as "Open" events. <p>FINALS Sessions</p> <ul style="list-style-type: none"> • Four heats will come back for finals broken out as follows: <ol style="list-style-type: none"> a) "Premier A final" Heat championship heat= fastest 5 athletes (regardless of age) b) "B" and "C" consol heats= remaining fastest sixteen 15 and Over athletes c) "D" consol heats= remaining fastest eight 14 and Under athletes 		

	<ul style="list-style-type: none"> The 800 Free and 1,500 Free will be limited to the 6 fastest heats for each event (3 heats of each gender). Athletes who are cut out of the event after entries are collected will be able to shift into a different event. The “premier A final” heat will be swum in finals on Saturday night.
WARM-UP:	<ul style="list-style-type: none"> All prelims sessions will be general warmup starting no earlier than 7am; with specifics starting at 8am, and competition starting no earlier than 8:30am. All finals sessions will be general warmup starting no earlier than 3:30pm; with specifics starting at 4:30pm, and competition starting no earlier than 5pm. There will be 1 lane open in the competition pool for continuous warm up and warm down during the distance and finals sessions.
ENTRIES:	<ul style="list-style-type: none"> DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday, May 16, 2024. All entries should be e-mailed to coachmike@tideswimming.com by the entry deadline. Once received, a confirmation email will be sent within 48hrs to confirm receipt of entries. Swimmers may enter a maximum of 3 individual events per day with a total of no more than 8 individual events for the entire weekend. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. 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:	<p>Individual events: \$13.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p>Checks should be sent to: TIDE Swimming P.O Box 4224 Virginia Beach, VA 23454-0224</p> <ul style="list-style-type: none"> The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Friday, May 31, 2024). 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 meet director at the time of the request.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded with all participants swimming in “Open” events for prelims. At the finals sessions there will be 4 heats that are brought back to finals. One heats are reserved for 14 and Under athletes; two heats for 15-Over athletes; and one heat (championship heat) that will be the top 5 athletes in that respective event.
AWARDS:	<ul style="list-style-type: none"> Awards (Speedo give-a-ways) will be awarded to the top two finishers in the “Premier A final.”
PENALTIES:	<ul style="list-style-type: none"> A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> 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.

	<ul style="list-style-type: none"> 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 Virginia Swimming best practices, swimmers 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:	<p>Meet Referee: Dan Demers/Genny Kimbel Email: ddemers3@cox.net/gennykimbel@gmail.com Phone: (757) 434-3342/(757)876-9134</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. 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' briefing approximately 30 minutes prior to the start of each session. The meeting area will be outside the fencing near the coaches and officials parking lot. If you wish to officiate at this meet, please enter your information in the Google Sheet link: https://forms.gle/594BHKTCHL2BkAD27 For other questions, please contact Todd Stowell (officials@tideswimming.com)
SAFETY:	<p>Meet Safety Officer: Ricky Perez Email: coachricky@tideswimming.com</p> <ul style="list-style-type: none"> Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> TIDE Swimming volunteers will handle all the timing for 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.
GENERAL:	<p>Information pertaining to but not limited to:</p> <ul style="list-style-type: none"> 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. 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: There will be bottled water, Gatorade, and light snacks provided for coaches and officials for this meet.
FACILITY RULES:	<ul style="list-style-type: none"> 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.

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| | <ul style="list-style-type: none">• The YMCA and its property are 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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Speedo Premier Racing Championships
Hosted by: TIDE Swimming
(May 31- June 2, 2024)
SCHEDULE OF EVENTS

Session 1 (PRELIMS): Friday May 31, 2024

	Events	
Women		Men
1	OPEN 100M FLY	2
3	OPEN 200M BREAST	4
5	OPEN 100M FREE	5
7	OPEN 400M FREE	8

Session 2 (FINALS): Friday May 31, 2024

	Events	
Women		Men
1A	14-Under 100M FLY	2A
1B	15&O 100M FLY	2B
3A	14-Under 200M BREAST	4A
3B	15&O 200M BREAST	4B
5A	14-Under 100M FREE	6A
5B	15&O 100M FREE	6B
7A	14-Under 400M FREE	8A
7B	15&O 400M FREE	8B

Session 3 (PRELIMS): Saturday, June 1, 2024

	Events	
Women		Men
9	OPEN 200M FREE	10
11	OPEN 100M BREAST	12
13	OPEN 200M BACK	14
15	OPEN 200M MEDLEY	16

Session 4: Saturday, June 1, 2024 (Mid-Day Distance Session)

	Events	
Women		Men
17	OPEN 800 M FREE	18
19	OPEN 1,500 M FREE	20

Session 5 (FINALS): Saturday, June 1, 2024

Events		
Women		Men
17	Open 800 Free (premier final)	18
9A	14-Under 200M FREE	10A
9B	15&O 200M FREE	10B
11A	14-Under 100M BREAST	12A
11B	15&O 100M BREAST	12B
13A	14-Under 200M BACK	14A
13B	15&O 200M BACK	14B
15A	14-Under 200M IM	16A
15B	15& O 200M IM	16B
19	Open 1,500 Free (premier final)	20

Session 6: (PRELIMS) Sunday, June 2, 2024

Events		
Women		Men
21	OPEN 400M MEDLEY	22
23	OPEN 50M FREE	24
25	OPEN 200M FLY	26
27	OPEN 100M BACK	28

Session 7: (FINALS) Sunday, June 2, 2024

Events		
Women		Men
21A	14-Under 400M MEDLEY	22A
21B	15& O 400M MEDLEY	22B
23A	14-Under 50M FREE	24A
23B	15&O 50M FREE	24B
25A	14-Under 200M FLY	26A
25B	15&O 200M FLY	26B
27A	13-14 100M BACK	28A
27B	15&O 100M BACK	28B

