

TIDE INTRA-SQUAD DISTANCE SC Meet
Monday, November 11, 2019
VS-20-45



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-45 USA Swimming, Inc., Virginia Swimming, Inc., TIDE Swimming, and the Princess Anne Family YMCA shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
TIDE	<ul style="list-style-type: none"> Princess Anne YMCA, 2121 Landstown Rd, Virginia Beach, VA 23456, (757) 410-9557
FACILITY:	<ul style="list-style-type: none"> Outdoor, 50-meter competition pool offers two-25yard competition pools with a depth of 6'-7" at the deep end and 4'-6" deep at the shallow end. The pool has overflow gutters; non-turbulent lane markers; Paragon starting blocks and Colorado Timing System. All sessions will run in the 25-yard competition pool will be set up in the deep end using 8 lanes. The Meet Director reserves the right to seed the sessions with 10 lanes should it become necessary to keep the sessions manageable. 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.
MEET DIRECTORS:	<p>Mike Salpeter Phone (757)375-4394 Email: coachmike@tideswimming.com</p> <p>Richard Hunter Phone (949)338-0466 Email: coachrichard@tideswimming.com</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all 11 and Over USA Swimming athletes from TIDE Swimming registered prior to the first day of the meet. No on deck USA Swimming athlete registration will be permitted. Age on November 11, 2019 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.
FORMAT:	<ul style="list-style-type: none"> All swimmers will swim in the afternoon on Monday. All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> Monday afternoon warm-up starts at 3:30 PM.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Sunday, November 3rd.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software. All Swimmers may enter a maximum of 1 individual event. NT entry times WILL be accepted for this meet. If the session timeline is shorter than normal, additional time between events may be added at the discretion of the Meet Referee. Email entries to: Mike Salpeter, coachmike@tideswimming.com Deck entries will be accepted in the order received, to the extent that open lanes are available and they have not reached the maximum per day event limit. <ul style="list-style-type: none"> No additional heats will be added. Deck entries must be submitted to the Meet Directors for consideration.
FEES:	<p>Individual events: \$7.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p>

AWARDS:	<ul style="list-style-type: none"> No awards will be given for this meet.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded and will be swum fastest to slowest alternating girls and boys' heats.
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 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. 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. 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 Any swimmer entered in the meet must be dive certified by a USAS 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. 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>. In accordance with VSI Best Practices, swimmers should shower before entering the pool. Any 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. <p>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.</p>
OFFICIALS:	<p>Meet Referee: Dan Demers Email: ddemers3@cox.net Phone: (757) 434-3342</p> <ul style="list-style-type: none"> Officials will be needed for all positions for this meet. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jim Nickel, TIDE Officials Chairman, Phone: (757) 813-7062 or Email: Jimnickel@Outlook.com Official's Uniform is white polo shirt, blue pants/shorts/skirt, white socks, and white shoes. There will be an Officials meeting @ 12:00 PM on-deck.
SAFETY	<ul style="list-style-type: none"> Virginia Swimming Meet Safety Procedures will be in effect
TIMERS:	<ul style="list-style-type: none"> Each swimmer needs to provide one timer and one lap counter for his/her event.
FACILITY RULES:	<ul style="list-style-type: none"> Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violate YMCA facility rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. Please enter the meet/pool from the drop off parking lot area located at the back left of the building. Parents are responsible for any siblings brought to the meet. Please chaperone them closely. No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. Meet participants and spectators should remain in the event areas (Outdoor or indoor pool, grassy areas, locker rooms, grand stand seating). 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. Trashcans are located throughout the facility.

	<ul style="list-style-type: none"> • No shaving anywhere in the venue. • The YMCA and its' property is a smoke-free environment. Smoking, include E-cigarettes, or any kind of tobacco is NOT permitted on YMCA property •

TIDE Swimming
Intra-Squad Distance Meet
November 11, 2019

Warm-up: 3:30 PM; Start: 4:30 PM

GIRLS #	EVENT	BOYS #
1	11 and over 1,650 Y Free	2