



TIDE Wipe Out Speedo Challenge
A / BB / B / C Meet
May 01-03, 2020
SANCTION NO. VS-20-102

Hosted by



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-102.• USA Swimming, Inc., Virginia Swimming, Inc., TIDE Swimming, and the Princess Anne Family YMCA 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:	<ul style="list-style-type: none">• Princess Anne Family YMCA, 2121 Landstown Rd, Virginia Beach, VA 23456, (757) 410-9557
FACILITY:	<ul style="list-style-type: none">• Outdoor, 9-lane, 50-meter pool. Depth of 6'7" at the deep (start) end and 4'6" at the shallow (turn) end; the pool has overflow gutters; non-turbulent lane markers; Myrtha starting blocks; and a Colorado Timing System.• Seating for 420 spectators.• The Meet Director reserves the right to seed the sessions up to 9-lanes for competition.• The indoor pool and Lane 9 (13&O session) will be used for continuous warm-up and cool down.• The competition course has been certified in accordance with current <i>USA Swimming Rulebook</i>, Article 104.2.2C (4) The copy of the certification is on file with USA Swimming.
MEET DIRECTORS:	Name: Bao Nguyen Carri Lamoureux Email: coachbao@tideswimming.com Phone: (757) 513-8398 (757) 287-8208
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered prior to the first day of the meet.• No on-deck USA Swimming athlete registration will be permitted.• The Meet Director will accept any team pending space available and timeline considerations.• Age on May 01, 2020 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 Events will be timed finals.• 9 & Over swimmers may compete in the Friday afternoon session.• 13 & Over swimmers will swim in the morning sessions.• 12 & Younger swimmers will swim in the afternoon sessions.• Boys 13 & Over 800-m Freestyle will be swum Saturday AM. Girls 13 & Over 800-m Freestyle will be swum Sunday AM.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, APRIL 21, 2020.</p> <ul style="list-style-type: none">• Entries must be submitted in Long Course Meters using Hy-Tek Team Manager and Commlink-2 software.• Teams must submit entries via e-mail to: Bao Nguyen, coachbao@tideswimming.com.• A Team Manager print-out of entries and fees must be included with the name of the person to contact in case of questions, regardless of how they are submitted.• 9 and older swimmers may enter a maximum of two events on Friday.• All swimmers may enter a maximum of 3 individual events per day. 13 & Over swimmers may swim 4 events per day to account for the 800-m Freestyle.• "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record.• Coach's Times (CT) are allowed for events in which a swimmer does not have a time of record and MUST be slower than an "A" time.• All entry times other than coach's time (CT) must have been achieved in USA Swimming sanctioned, approved, or observed competition.

	<ul style="list-style-type: none"> • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The 800-m Freestyle will be limited to 7 heats (56 swimmers) per gender. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Meet Director on the provided forms as well as entry fee payment for consideration. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. • The Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	<p>Individual events: \$7.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: TIDE Swimming • Mail payment to: TIDE Swimming PO Box 4224 Virginia Beach, VA 23454-0224 • Payment must be received by Tuesday, April 28, 2020 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. <p>IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.</p>
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded with the exception of the following: • Friday Evening: Event 1-2 (9&O 400-m Freestyle) and Event 3-4 (11&O 400-m IM) – positive check-in closes at 4:00 pm. • The 400-m Freestyle and the 400-m Individual Medley will be swum slowest to fastest and alternating heats of women and men. • Saturday Distance: Event 16 (Boys 13 & Over 800-m Freestyle) – Positive check-in closes at start of Event 11 • Sunday Distance: Event 15 (Girls 13 & Over 800-m Freestyle) – Positive check-in closes at start of Event 41 • The 800-m Freestyle will be swum fastest to slowest. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
WARM-UP:	<ul style="list-style-type: none"> • Friday afternoon: 3:30-4:25 pm; competition starts at 4:30 pm. • Saturday and Sunday morning: 6:30-7:55 am; competition starting at 8:00 am. • Distance sessions: The pool will be opened for 15 minutes of open warm-up for competitors in the distance event immediately following the finish of the morning sessions. The distance session will start 5 minutes later. • Saturday and Sunday afternoon: Warm-up starts not before 2:00 pm; competition starts not before 3:00 pm. These times are approximate. • Warm-up lane assignments and times will be posted on the TIDE website (tideswimming.com) no later than Monday, April 27, 2020 and will also be emailed to the point of contact of the participating teams. • If an earlier session runs late, the next session warm-ups will begin immediately after the morning session ends. • During the meet, entry into the warm-up / cool down lane, if available, will be FEET FIRST from the shallow (turn end) of the pool. Diving is prohibited.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first (1st) through eighth (8th) place. <ul style="list-style-type: none"> ○ 13 & Over events will not be given individual awards. ○ Speedo “Hot Heat” raffle tickets will be awarded to randomly selected heats during the 13&O sessions on Saturday and Sunday for a prize drawing during the Sunday 13&O session. ○ 11 & Over events will be given separate awards for 11-12 only. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. ○ Heat winner awards will be provided for all 12&U events.

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. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • If the swimmer is representing a team in competition, the fine will be levied on the Team. If the swimmer is unattached, the fine will be levied on the swimmer. <ul style="list-style-type: none"> ○ Any event in which an athlete participated illegally will be re-scored and re-awarded.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rulebook, 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. • 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>. • 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 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. • 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: Name: Georg Fuhs Email: hgfuhs@verizon.net Phone: (757) 685-9310</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. • 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: tidevaofficials@gmail.com no later than Tuesday, April 28, 2020. • Official's uniform is white polo shirt, blue pants/shorts/skirt, white socks, and white shoes. If the weather is cool, please bring a white long sleeve shirt, sweater, or jacket. Sunglasses and sun screen are recommended. • There will be an officials meeting approximately 1 hour prior to the start of each session in hospitality.
SAFETY:	<ul style="list-style-type: none"> • VSI Safety and Warm-up procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Teams will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the TIDE website*, no later than Monday, April 27, 2020, and will also be emailed to the contact person of each of the individual teams. • The timers meeting will be held 20 minutes prior to the start of each session.

	<ul style="list-style-type: none"> • Swimmers will be required to provide their own timers and counters for the 800-m Freestyle.
GENERAL:	<ul style="list-style-type: none"> • 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 during warm-ups and competition. Spectators must remain outside the pool deck or in the grandstand. Additional facility information will be emailed to the contact person for each club. • Team Areas: Tents will be allowed in grassy areas surrounding the pool. Please stake down tents well. Tents will be allowed to be left overnight provided they are properly secured. Should heavy weather become a factor, we will request they be removed overnight. Seating is also permitted in the gym. The gym floor is not covered so swimmers will be required to dry off before entering. • Heat Sheets: Heat sheets will be will be posted to the Tide website*, around the facility, and on Meet Mobile. • Results: Will be announced and then posted inside the gym and also available on Meet Mobile. <ul style="list-style-type: none"> ○ Meet results will be emailed to all participating teams at the conclusion of the meet. ○ The meet results will be posted to the Virginia Swimming website# after the conclusion of the meet. • Snack Bar: TIDE Swimming will provide two food trucks during the meet: Names and menus will be provided closer to meet date. They will be located on the sidewalk outside the start end of the pool near the flag pole. • Swim Supplies: Aquawear will be onsite 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. Additionally, the YMCA front desk has their own lost and found. • Hospitality: TIDE Swimming will operate a Hospitality Room for all coaches and officials during the meet. Dinner and snacks will be provided Friday evening. Breakfast, lunch, and snacks will be provided Saturday and Sunday. It will be located in the "Mind and Body" room inside the YMCA lobby near the gym entrance. Bottled water will also be available on deck (Announcer's Table and TIDE coaches' area). Hospitality will not open until warm ups begin each day. Will stop serving breakfast ½ hour after competition starts, snacks available, lunch from 11:30AM-1:30PM, snacks and drinks available until ½ hour before conclusion of afternoon session. • Websites: #: Virginia Swimming (https://www.virginiaswimming.org/) *: TIDE (https://www.tideswimming.com/)
FACILITY RULES:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers and spectators. Any swimmer / spectator who violates YMCA facility rules (posted at the pool) will be escorted from the facility (athletes will be disqualified from the meet). • Parents are responsible for the supervision of any siblings brought to the meet. • 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 areas (outdoor/indoor pool, grass areas, locker rooms, grandstand seating area, and gym). 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. • Shaving is not allowed at the YMCA. • 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.
HOTEL:	<ul style="list-style-type: none"> • Our sponsor, Holiday Inn Virginia Beach Norfolk in nearby Town Center, will have group rates available. They are located at 5655 Greenwich Rd, Virginia Beach, Virginia 23462, (757) 499-4400.
DIRECTIONS:	<ul style="list-style-type: none"> • Take I-64E to I-264E, take exit 17A towards Independence Blvd, follow until Princess Anne Rd, take left onto Princess Anne Rd then take a Right onto Dam Neck Rd, turn left onto Landstown

	Rd. Address is 2121 Landstown Rd, Virginia Beach, VA 23454. The pool is located behind the YMCA building.
DROP-OFF and PARKING:	<ul style="list-style-type: none">• Limited parking is available at the facility to patrons of the pool associated with the meets, employees, coaches and officials.• Off-site parking will also be available. Location and directions will be provided in the Meet Information packet.

TIDE WIPE OUT SPEEDO LC CHALLENGE ORDER OF EVENTS

Friday, May 01, 2020

Evening Session		
Warm-up: 3:30 PM; Start: 4:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9 & Over 400 M Freestyle	2
3	11 & Over 400 M Individual Medley	4

Saturday, May 02, 2020

Morning Session		
Warm-up: 6:30 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	13 & Over 100 M Freestyle	6
7	13 & Over 200 M Backstroke	8
9	13 & Over 100 M Breaststroke	10
11	13 & Over 200 M Butterfly	12
13	13 & Over 200 M Individual Medley	14

Distance Session		
(20-minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
--	13 & O 800 M Freestyle	16

Afternoon Session		
Warm-up: Not before 2:00 PM		
Start: Not before 3:00 PM		
(Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	9-12 200 M Freestyle	18
19	8 & Under 50 M Breaststroke	20
21	9-12 50 M Breaststroke	22
23	11-12 200 M Breaststroke	24
25	9-12 100 M Backstroke	26
27	8 & Under 100 M Freestyle	28
29	9-12 100 M Butterfly	30
31	8 & Under 50 M Backstroke	32
33	9-12 50 M Freestyle	34

Sunday, May 03, 2020

Morning Session		
Warm-up: 6:30 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	13 & Over 200 M Freestyle	36
37	13 & Over 100 M Backstroke	38
39	13 & Over 50 M Freestyle	40
41	13 & Over 200 M Breaststroke	42
43	13 & Over 100 M Butterfly	44

Distance Session		
(20-minute Break)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
15	13 & O 800 M Freestyle	--

Afternoon Session		
Warm-up: Not before 2:00 PM		
Start: Not before 3:00 PM		
(Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
45	9-12 200 M Individual Medley	46
47	8 & Under 50 M Butterfly	48
49	9-12 50 M Butterfly	50
51	11-12 200 M Butterfly	52
53	9-12 100 M Breaststroke	54
55	8 & U 50 M Freestyle	56
57	9-12 50 M Backstroke	58
59	11-12 200 M Backstroke	60
61	9-12 100 M Freestyle	62