



**TIDE Swimming
Speedo Spring Showcase
LC Invite
April 8-11, 2021
Sanction No. VS-21-151AM**



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Princess Anne YMCA. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	<p>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO:VS-21-151AM.</p> <ul style="list-style-type: none"> USA Swimming, Inc., Virginia Swimming, Inc., TIDE Swimming, and Princess Anne 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. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Virginia Swimming, Inc., and TIDE Swimming cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH. 	
LOCATION:	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. 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. The Meet Director reserves the right to seed the prelims sessions up to 9-lanes for competition; however the plan is to use 7 lanes with 2 lanes being left open for warmup and warm down during the prelims sessions daily. There will be NO lanes available at the YMCA indoor pool for warm-up and cool down 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. 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. 	
MEET DIRECTOR:	<p>Mike Salpeter Coachmike@tideswimming.com (757)375-4394</p>	<p>Bao Nguyen coachbao@tideswimming.com (757)513-8398</p>

ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all athletes who meet the entry qualifying times provided on the Order of Events page from: • VA Swimming Teams- TIDE, PRVT, and PSDN • Potomac Valley Teams- NCAP • Alleghany Teams- BRY-AM (Blair Regional YMCA). • Any other team looking to be added onto the meet should send their interest to meet director (Mike Salpeter); along with an approximate number of athletes that they'd bring broken down by age group/gender. • No on-deck USA Swimming athlete registration will be permitted. • 2021-2024 NAG time standards are in effect. • Age on April 8, 2021 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:	<p><u>PRELIMS</u></p> <ul style="list-style-type: none"> • 11-12s, 13-14s, and 15-18s will swim in the first prelims session each day. • Individual events will be swum as trials and finals EXCEPT the 800-meter Freestyle and the 1500-meter Freestyle which will be swum as timed finals. • The 1500 Freestyle will be swum fastest to slowest, alternating women and men. It will also be swum as a 13-Over event that will be broken out into separate 13-14 and 15-18 events following the race for placement. This event will be limited to the top 40 athletes. Teams will be notified by Saturday, March 27th regarding whether their athletes are within the top 40 entrants into this event. • The 800 Freestyle will be swum fastest to slowest, alternating women and men. It will also be swum as a 13-Over event that will be broken out into separate 13-14 and 15-18 events following the race for placement. This event will be limited to the top 40 athletes. Teams will be notified by Saturday, March 27th regarding whether their athletes are within the top 40 entrants into this event. • All events in prelims will be circle seeded with the exception of the 800 Free and the 1500 Free • Continuous warmup and warm down lanes will be provided during prelims. • During the distance session there will be 8 lanes used for competition; while one lane will be used for continuous warmup and warm down. <p><u>FINALS Sessions</u></p> <ul style="list-style-type: none"> • The top 8 prelims qualifiers for 11-12s, the top 16 prelims qualifiers for 13-14; and the top 16 qualifiers in prelims of each event for 15-Overs will compete in each day's final session. • All Final swimmers will report directly to their assigned starting block. • During finals 8 lanes will be used for competition while one lane will be used for continuous warmup and warm down.
WARM-UP:	<p>There will be a coaches' meeting at noon on Thursday, April 8, 2021 prior to the start of the distance session warmups. All participating teams are responsible for information discussed at this meeting and should have a team representative present.</p> <ul style="list-style-type: none"> • Sessions 1: (Thursday Distance Session): Warmups will be from 1:30-2:45pm; with competition starting at 3:00pm. • Sessions 2, 4, and 6:(All ages Prelims): 7:45-8:45 am; competition at approximately 9:00am • Sessions 3, 5, and 8: (FINALS): 4:00-5:00 will be general warmups with specific warmups occurring from 5:00-5:30pm; competition will begin at 5:45pm • Session 7 (Sunday Distance Session): 1:15-2:15pm; competition at approximately 2:30pm. • After the completion of each session and prior to the beginning of warm-ups for the next session, 30 minutes will be allowed for clearing the deck and clean-up. Because of this, warm-up times are approximate. • There will be 2 lanes left open in the competition pool for continuous warmup and warm down during the prelims sessions unless the Meet Director decides to use 9 lanes due to the number of entries that are submitted. • There will be 1 lane open in the competition pool for continuous warm up and warm down during the distance and finals sessions. • There will be NO access to the indoor pool for continuous warm up and warm down at any time.

ENTRIES:	<ul style="list-style-type: none"> DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, March, 30, 2021. 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 or the limits as mandated by current Commonwealth of Virginia guidelines. 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. <p>ENTRY LIMITS:</p> <ul style="list-style-type: none"> Individual Events: Athletes may enter all events for which they qualify, however they may only compete in eight (8) individual events for the meet, and no more than three (3) individual events per day. Bonus Events: Swimmer may swim bonus events based on the number of events they are qualified to swim. The following are the bonus event qualifications: <ul style="list-style-type: none"> 1 Qualifying Time: 5 bonus events 2 Qualifying Times: 4 bonus events 3 Qualifying Times: 3 bonus events 4 Qualifying times: 2 Bonus events 5 Qualifying times: 1 Bonus event 6 Qualifying Times: 0 bonus events Any event may be selected as a bonus event. There are no qualifying times for bonus events. Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior the scratch or positive check in deadline for that event in order to be seeded. LATE ENTRIES: Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input. Late entries at the meet must be made to the Administrative Referee and will only be accepted for events for which the scratch box has not closed. All late entries must be submitted with proof of time. Late entries may not be used to improve the seed time of an earlier entry The Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	<p>Individual events: \$10.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Entry Fees: In addition to the regular entry fee, a fee of \$20 per event prior to the first day of the meet and \$45 per event on or after the first day of the meet will be charged for any entry received after the Entry Deadline.</p> <ul style="list-style-type: none"> Checks should be sent to: TIDE Swimming 726 10th Street Virginia Beach, VA 23451 The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, April 8, 2021). 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 Administrative Referee at the time of the request.
SEEDING:	<ul style="list-style-type: none"> A series of clerk of course tents will be set up at the shallow end of the pool. All athletes will progress forward from one tent to the next while maintaining social distancing and chairs/benches being disinfected as athletes progress from one clerk of course to the next. All events will be pre-seeded. All Events will be swum with slowest to fastest with the fastest three heats being circle seeded.
AWARDS:	<ul style="list-style-type: none"> No meet awards will be distributed.
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.

	<ul style="list-style-type: none"> ○ 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.
COVID 19 RULES:	<ul style="list-style-type: none"> ● Athletes must arrive in their suits. Locker rooms will not be available. ● All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. ● Coaches, officials, athletes, and spectators must wear masks. ● 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 warmups and competition. Spectators must remain outside the pool deck. ● Team Areas: Tents for families will be allowed in grass areas surrounding the pool. Please stake down tents well. Tents must be spaced 10 feet apart between families. There will be no grouping of tents together. ● Spectator Viewing- There will be no spectator seating. All viewing of races will be done behind the fence along the side of the pool. Spectators are asked to watch their son/daughter race and then to please exit along the fence following the one way flow of traffic pattern.
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. ● 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 swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. ● 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 Email: ddemers3@cox.net Phone: (757) 434-3342</p> <ul style="list-style-type: none"> ● 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 serve basis. If officials are still training social distancing measures will be taken while they're working. ● There will be an officials meeting approximately 20 minutes prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> ● TIDE Swimming volunteers will handle all 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 - 1 timer will be required per lane. ● All timers must wear a face mask.

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. • Snack Bar: There will be no concessions provided. • 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: Hospitality will be located outside of YMCA building and will be grab-and-go (*and coffee) style to ensure social distancing. Additionally, bottled water will be available on deck (Announcer's Table and TIDE coaches' area) for coaches, officials, and volunteers.
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. • 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

**TIDE Swimming
Speedo Spring
LC Invite (April 8-11, 2021)
SCHEDULE OF EVENTS**

Session 1: Thursday April 8, 2021 (13 and Over Distance Session)

	Qualifying Times		Events	Qualifying Times		Men
	Women	LCM		SCY	LCM	
1	19:48.09	19:12.89	13-14 1500M FREE	18:58.89	18:19.79	2
3	18:49.99	18:20.99	15&O 1500M FREE	17:31.99	17:05.99	4

Events will be swum as alternating 13& Over female (events 1 and 3) and 13 & Over male (events 2 and 4); and then broken out into separate age groups to determine placing.

Sessions 2 and 3: Friday April 9, 2021

	Qualifying Times		Events	Qualifying Times		Men
	Women	LCM		SCY	LCM	
5	1:11.19	1:02.69	13-14 100M FLY	1:06.79	58.49	6
7	1:07.39	59.99	15&O 100M FLY	1:00.99	53.99	8
9	1:16.99	1:07.49	11 & 12 100M FLY	1:14.69	1:05.89	10
11	3:00.49	2:36.79	13-14 200M BREAST	2:48.79	2:25.09	12

13	2:53.99	2:32.49	15&O 200M BREAST	2:38.99	2:16.99	14
15	40.19	35.39	11 &12 50M BREAST	39.39	34.39	16
17	1:06.19	57.99	13-14 100M FREE	1:01.79	53.89	18
19	1:01.69	53.99	15&O 100M FREE	56.59	48.99	20
21	1:09.09	1:00.49	11 &12 100M FREE	1:06.79	58.29	22
23	5:01.29	5:34.99	13- 14 400M FREE	4:46.69	5:17.59	24
25	4:38.99	5:13.99	15&O 400M FREE	4:20.99	4:51.99	26
27	5:15.39	5:52.19	11 &12 400M FREE	5:08.49	5:42.79	28

Session 4 and 5: Saturday April 10, 2021

Women	Qualifying Times		Events	Qualifying Times		Men
	LCM	SCY		LCM	SCY	
29	2:23.19	2:04.99	13-14 200M FREE	2:14.79	1:57.49	30
31	2:13.99	1:57.19	15&O 200M FREE	2:02.99	1:47.49	32
33	2:29.69	2:11.79	11 &12 200M FREE	2:25.79	2:06.99	34
35	1:23.89	1:12.29	13-14 100M BREAST	1:17.89	1:06.79	36
37	1:19.99	1:09.49	15&O 100M BREAST	1:12.49	1:02.49	38
39	1:28.79	1:16.69	11 & 12 100M BREAST	1:26.19	1:13.99	40
41	2:38.09	2:17.09	13-14 200M BACK	2:29.59	2:08.39	42
43	2:29.19	2:10.99	15&O 200M BACK	2:18.49	1:59.99	44
45	36.09	31.29	11 &12 50M BACK	35.39	30.69	46
47	5:41.29	4:58.69	13-14 400M MEDLEY	5:22.59	4:40.49	48
49	5:23.99	4:42.49	15&O 400M MEDLEY	4:56.59	4:19.99	50
51	6:01.19	5:15.59	11&12 400M MEDLEY	5:53.09	5:06.49	52

Session 6 and 8: Sunday April 11, 2021 (13 and Over Prelims)

Women	Qualifying Times		Events	Qualifying Times		Men
	LCM	SCY		LCM	SCY	
53	2:40.79	2:19.49	13-14 200M MEDLEY	2:31.69	2:11.39	54
55	2:31.49	2:12.99	15&O 200M MEDLEY	2:19.49	2:01.49	56
57	2:49.29	2:27.99	11&12 200M MEDLEY	2:25.49	2:23.00	58
59	30.49	26.79	13-14 50M FREE	28.29	24.59	60
61	28.59	24.99	15&O 50M FREE	25.99	22.69	62
63	31.69	27.79	11&12 50M FREE	30.69	26.79	64
65	2:38.59	2:18.79	13-14 200M FLY	2:28.59	2:09.99	66
67	2:32.59	2:15.09	15&O 200M FLY	2:18.99	2:01.99	68
69	33.89	29.99	11&12 50M FLY	33.59	29.69	70
71	1:13.89	1:02.99	13-14 100M BACK	1:08.89	58.69	72
73	1:09.19	59.99	15&O 100M BACK	1:04.49	55.09	74
75	1:19.29	1:08.09	11&12 100M BACK	1:16.69	1:05.99	76

Session 7: Sunday April 11, 2021 (Distance Session)

	Qualifying Times	Events	Qualifying Times	
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Women	LCM	SCY		LCM	SCY	Men
77	10:20.99	11:31.59	13-14 800 M FREE	9:56.29	10:58.09	78
79	9:48.49	10:49.99	15&O 800 M FREE	9:15.99	10:14.99	80

Events will be swum as alternating 13& Over female (events 77 and 79) and 13 & Over male (events 78 and 80); and then broken out into separate age groups to determine placing. This distance session will be session 9 for the meet.

2021 TIDE Swimming Spring LC Invite Additional Information

Statement

In applying for this sanction, 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.

Flow of Ingress and Egress at Meet for Athletes and Spectators

Athletes will enter at front gate, and exit from middle gate (25m mark to right of bleachers)

Spectators will be off deck at all times except for those who are volunteers. They will be allowed to set up tents 10 feet apart in the grassy area outside the pool deck.

Coaches will be stationed up in bleachers, keeping the 25yard side of the deck clear so that spectators may watch from outside the gate. We will mark the gate where they may stand, 10 feet apart. Athletes will come up the left-hand side of the deck to talk to coaches but will stay 3 rows down from coaches and exit down right-hand side of the deck after talking to coaches. We will mark flow of traffic with arrows/tape.

Please see flow map below:



Estimated Numbers at each session for the meet

For each session:

4 lifeguards

4-6 officials

10-12 staff

12 volunteers (8 timers, 4 deck marshals)

100-150 swimmers

All in estimate: 150 to 200 total people per session.

Statement of Local Guidelines and Protocols: Mandatory Requirements

Pools:

- Post signage at the entrance that states that no one with a fever or symptoms of COVID-19 or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- Post signage to provide public health reminders regarding physical distancing, gatherings, options for high-risk individuals, and staying home if sick (samples at bottom of this document).

- Hot tubs, spas, saunas, splash pads, spray pools, and interactive play features must be closed.
- Seating may be provided on pool decks with at least ten feet of spacing between persons who are not members of the same household.
- All seating (including lifeguard stations) must be cleaned and disinfected between uses.
- Employees working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using CDC Use of Cloth Face Coverings guidance. Lifeguards responding to distressed swimmers are exempt from this requirement.
- Provide hand sanitizing stations, including at the entrance/exit and where shared equipment is utilized.
- Facilities should screen patrons for COVID-19 symptoms prior to admission to the facility. Patrons should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise). Children should be screened per the CDC guidance for screening children. Anyone experiencing symptoms should not be permitted in the facility. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.

Sporting events:

- Indoor and outdoor recreational sports should maintain ten feet of physical distance between all instructors, participants, and spectators, where practicable.
- The total number of attendees (including both participants and spectators) of recreational sports cannot exceed the lesser of 50% of the occupancy load on the certificate of occupancy, if applicable, or 250 persons. For sports played on a field, attendees are limited to 250 persons per field.
- Ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation. Persons with symptoms should stay home until CDC criteria for ending isolation have been met. Persons with severe symptoms may need to be evaluated by a healthcare provider. Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- All shared items must be disinfected between each use to the extent practicable.