



2022 VSI REGIONAL SUMMER AWARDS
July 8-10,2022
SANCTION NO. VS-22-110



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:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-22-110. • 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 against 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 each session in up to 9-lanes for competition; however, the plan is to use 7 lanes and use 2 lanes for warmup and warm down for all distance events and 8 lanes with 1 lane being left open for warmup and warm down for all other events. • Colorado Timing System will be used. • 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 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 DIRECTORS:	<table border="0"> <tr> <td>Mike Salpeter Coachmike@tideswimming.com (757)375-4394</td> <td>Bao Nguyen Coachbao@tideswimming.com (757)513-8398</td> </tr> </table>	Mike Salpeter Coachmike@tideswimming.com (757)375-4394	Bao Nguyen Coachbao@tideswimming.com (757)513-8398
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes registered prior to the first day of the meet from the following teams: 757, CGBD, CVAC, ECAT, ODAC, TIDE, WAC, YOBX • The qualifying period for this meet is January 1, 2021 through July 7, 2022. • No on deck Virginia Swimming athlete registration will be permitted. • 8 and younger swimmers may compete in any event regardless of their time. • 14 and younger swimmers may compete in any event in which they have a time that is slower than the Age Group Championship qualifying time. • 15 and older swimmers may compete in any event in which they have a time that is slower than the Senior Championship qualifying time. • Age on July 8, 2022 will determine age for the entire meet. • 10 & 12 year-old swimmers aging up from July 8 to July 21, 2022 and 14 year-old swimmers aging up from July 8 to July 14, 2022 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> ○ Any 10 or 12 year-old swimmer who does not qualify in his/her new age group at Age Group Champs may enter the event. ○ Any 14year-old swimmer who does not qualify for Senior Champs may enter the event ○ The swimmers will be seeded correctly by time but will swim exhibition only and will not be eligible to receive an award.
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. • 12 & under swimmers will swim in the morning sessions • 13 & over swimmers will swim in the afternoon sessions
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, June 28, 2022</p> <ul style="list-style-type: none"> • Conforming and Non-Conforming times will be used for entry – LCM, SCM, then SCY. • Teams submit entries via e-mail using Commlink-2 software. • Swimmer may enter a maximum of 9 individual events, no more than 3 per day. • “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 not allowed. • All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Email entries to: Mike Salpeter (coachmike@tideswimming.com) • Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added. • The Meet Referee reserves the right to combine heats and events, which may require reseeding.
FEES:	<p>Individual events \$10.00 per event Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline..</p> <p>Checks should be made payable to, and mailed to: : TIDE Swimming P.O Box 4224 Virginia Beach, VA 23454-0224</p> <ul style="list-style-type: none"> • Payment must be received by July 8, 2022 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.</p>

SEEDING:	<ul style="list-style-type: none"> • All events, except those requiring a positive check-in (400 and 800 freestyles, and the 400 IM) will be pre-seeded. • Positive check-in deadlines: The events listed below will require a positive check-in. <ul style="list-style-type: none"> ○ 8:30am Friday: Events #17 & 18 (11-12 400 IM) ○ 1:00pm Friday: Events #25 & 26 (13 & O 400 IM) ○ 8:30am Saturday: Events #45 & 46 (10 & U 400 Free), #47-48. (11-12 400 Free) ○ 12:30pm Saturday: Events #57 & 58 (13 & O 400 Free) ○ 1:00pm Sunday: Events #87 & 88 (13 & O 800 Free) • A swimmer who positively checks-in to swim for an event and does not show up to compete, will not be able to swim his/her next event. • Events #87 & 88 (800 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 7:00am; Friday competition starts not before 8:20am. Saturday and Sunday – not before 8:10am. • Afternoon sessions: Warm-ups not before 11:00am; competition starts not before 12:20pm. • 800 Free: The pool will be opened for 15 min. of open warm-ups immediately following the finish of the afternoon session with competition starting 5 min. thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the TIDE Swimming website, no later than Monday, July 4, 2022, and will also be emailed to the contact person of the participating clubs. ○ The event will start no earlier than the estimated start time. • Lane assignment and warm-up times for individual clubs will be posted on the TIDE Swimming website, no later than Monday, July 4, 2022 and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded medals 1st through 3rd place and ribbons 4th through 16th place. • 10 & under events will be awarded as 9-10 and 8 & under. • 13 & over events will be awarded as 13-14 and 15 & over.
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 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 RULES	<ul style="list-style-type: none"> • Any athletes, coaches, or spectators who do not pass the self-assessed health screening prior to arriving to the meet should not attend this meet.
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. • 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.

	<ul style="list-style-type: none"> • 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: Genny Kimbel Email: gennykimbel@gmail.com Phone: 757-876-9134</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions 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: Todd and Kate Stowell: (tsm4781@gmail.com) no later than Tuesday, July 5, 2022. • Officials should follow this link to apply to officiate no later than July 5th. • There will be an officials' meeting approximately 1 hour prior to the start of each session. • There will be a coaches' meeting on Thursday, July 7th held over Zoom for this meet. Details will be sent out one week prior to the meet.
SAFETY:	VSI Safety and Warm-up procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs 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 swimming website, no later than Monday, July 4, 2022 and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in the 800 Free must provide their own timers and counters.
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. • There will be food trucks on site for this 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: Hospitality will be located inside of the YMCA building (Mind and Body room). A specific menu for hospitality will be emailed out one week prior to the meet. 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.

	<ul style="list-style-type: none"> • 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 is a smoke-free environment. Smoking, to include e-cigarettes, or using any kind of tobacco products is NOT permitted on YMCA property
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.
PARKING:	<ul style="list-style-type: none"> • Parking will be permitted in the YMCA parking lots until full capacity is reached. Once full capacity is reached there will be an overflow lot at the VA Beach Parks and Rec complex. A map for parking will be emailed out to all teams prior to the meet.

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ORDER OF EVENTS

Friday, July 8, 2022

Morning Session Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200m Backstroke	2
3	9-10 50m Breaststroke	4
5	11-12 50m Breaststroke	6
7	8 & U 50m Breaststroke	8
9	11-12 200m Freestyle	10
11	10 & U 200m Freestyle	12
13	11-12 100m Butterfly	14
15	10 & U 100m Butterfly	16
17	11-12 400m Individual Medley	18

Afternoon Session Warm-up: 12:00pm; Start: 1:10pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	13 & O 200m Freestyle	20
21	13 & O 100m Breaststroke	22
23	13 & O 100m Butterfly	24
25	13 & O 400m Individual Medley	26

Saturday, July 9, 2022

Morning Session Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	11-12 200m Butterfly	28
29	8 & U 50m Freestyle	30
31	9-10 50m Freestyle	32
33	11-12 50m Freestyle	34
35	10 & U 100m Breaststroke	36
37	11-12 100m Breaststroke	38
39	8 & U 50m Backstroke	40
41	9-10 50m Backstroke	42
43	11-12 50m Backstroke	44
45	10 & U 400m Freestyle	46
47	11-12 400m Freestyle	48

Afternoon Session Warm-up: 12:00pm; Start: 1:10pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	13 & O 200m Butterfly	50
51	13 & O 50m Freestyle	52
53	13 & O 200m Breaststroke	54
55	13 & O 100m Backstroke	56
57	13 & O 400m Freestyle	58

Sunday, July 10, 2022

Morning Session Warm-up: 7:00 AM; Start: 8:10 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
59	11-12 200m Breaststroke	60
61	10 & U 100m Backstroke	62
63	11-12 100m Backstroke	64
65	8 & U 100m Freestyle	66
67	9-10 100m Freestyle	68
69	11-12 100m Freestyle	70
71	8 & U 50m Butterfly	72
73	9-10 50m Butterfly	74
75	11-12 50m Butterfly	76
77	10 & U 200m Individual Medley	78
79	11-12 200m Individual Medley	80

Afternoon Session Warm-up: 12:00pm; Start: 1:10pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	13 & O 200m Backstroke	82
83	13 & O 100m Freestyle	84
85	13 & O 200m Individual Medley	86
	15 min warm-up	
87	13 & O 800m Freestyle	88