

**TIDE Swimming**  
**Neptune New Year Meet**  
**January 12, 2020**  
**Sanction # VS-20-49**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-49</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., TIDE Swimming, and Old Dominion University 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.</li> </ul>	
<b>LOCATION:</b>	<ul style="list-style-type: none"> <li>Old Dominion University JC Scrap Chandler Natatorium located in the Student Recreation Center at the corner of 48th Street and Powhatan Avenue, Norfolk, VA 23508. (757) 683-3384</li> </ul>	
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Eight (8) lane 25-yard indoor pool, 15 feet in depth at the start end and 4 feet in depth at the turn end.</li> <li>All sessions will be run using an eight (8) lane course for competition. Facility uses a Colorado Timing System. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4).</li> </ul>	
<b>MEET DIRECTORS:</b>	<p>Mike Salpeter          Phone (757)375-4394          Email: <a href="mailto:coachmike@tideswimming.com">coachmike@tideswimming.com</a></p>	<p>Cat Ware          Phone (757) 705-2490          Email: <a href="mailto:coachcat@tideswimming.com">coachcat@tideswimming.com</a></p>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all 10 and younger Novice or Developmental athletes from TIDE Swimming registered prior to the first day of the meet</li> <li>Age on January 12, 2020 will determine age for the entire meet.</li> </ul>	
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>	
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All swimmers will swim in the afternoon on Sunday.</li> <li>All events will be timed finals.</li> </ul>	
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Saturday warm-up starts at 12:00 PM.</li> </ul>	
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, January 2, 2020.</b></p> <ul style="list-style-type: none"> <li>All Swimmers may enter a maximum of 4 individual <b>events</b>.</li> <li>If any session timeline is shorter than normal, additional time between events may be added at the discretion of the Meet Referee.</li> <li><b>Email entries to: Mike Salpeter, <a href="mailto:coachmike@tideswimming.com">coachmike@tideswimming.com</a></b></li> <li>Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available and they have not reached the maximum per day event limit. No additional heats will be added.</li> <li><b>Deck entries</b> must be submitted to the Meet Directors for consideration.</li> </ul>	
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Heat winner awards will be provided.</li> </ul>	
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> </ul>	
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>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.</li> <li>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.</li> <li>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,</li> </ul>	

	<p>officials, and/or spectators are present without written USA Swimming approval</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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>.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee:</b> Dan Demers  <u>Email:</u> <a href="mailto:ddemers3@cox.net">ddemers3@cox.net</a>  <u>Phone:</u> (757) 434-3342</p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions for this meet.</li> <li>• Official's Uniform is white polo shirt, blue pants/shorts/skirt, white socks, and white shoes.</li> <li>• There will be an Officials meeting @ 12:00 PM on-deck.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• Virginia Swimming Meet Safety Procedures will be in effect</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Timers will be provided by the host club.</li> <li>• Three timers per lane will be used at this meet.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that violates Aquatic Center rules, posted at the pool and in the meet, program will be disqualified from the meet and escorted from the facility.</li> <li>• ODU policies prohibit food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.</li> <li>• Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition.</li> <li>• Parking: Parking will be available on the ODU campus in designated areas ONLY. Further details will be sent to team contact prior to the meet.</li> <li>• Swimmer bags and equipment are only allowed on the deck and are not permitted to be left in the athletic locker-rooms.</li> <li>• Parents are responsible for any siblings brought to the meet. Please chaperon them closely.</li> <li>• No glass, food, or chewing gum will be permitted on the pool deck.</li> </ul>

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Warm-up: 12:00 PM; Start: 12:45 PM

<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
1	6 & under 25 Y Free	2
3	7-8 yr old 25 Y Free	4
5	9-10 yr old 25 Y Free	6
7	10 & under 50 Y Free	8
9	6 & under 25 Y Back	10
11	7-8 yr old 25 Y Back	12
13	9-10 yr old 25 Y Back	14
15	10 & under 50 Y Back	16
17	8 & under 100Y Free Relay	18
19	9-10 yr old 100Y Free Relay	20
21	6 & under 25 Y Fly	22
23	7-8 yr old 25 Y Fly	24
25	9-10 yr old 25 Y Fly	26
27	10 & under 50 Y Fly	28
29	6 & under 25 Y Breast	30
31	7-8 yr old 25 Y Breast	32
33	9-10 yr old 25 Y Breast	34
35	10 & under 50 Y Breast	36
37	10 & under 100 Y IM	38