



TYDE FALL KICKOFF

Hosted by TYDE

FRIDAY & SATURDAY, SEPTEMBER 19-20, 2025

Held at Kernersville Family YMCA, 1113 W. Mountain St., Kernersville, NC 27284

Held under the APPROVAL of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

APPROVAL #NC25145AP

MEET DIRECTOR	MEET ENTRY COORDINATOR
Pietro Deriu 336-721-2100 coachpietro@swimtyde.org	Sandy Thomerson 336-414-1736 coachsandy@swimtyde.org
MEET REFEREE	MEET MARSHAL
Jon Hutchins, 910-224-7516 cuhutch@yahoo.com Jean Trowbridge, 336-354-8441 Trowbridgejean67@gmail.com	Charlotte Disher (coachcharlotte@swimtyde.org) Neisser Bent (coachneisser@swimtyde.org)

**FACILITY and HOST
TEAM
REQUIREMENTS**

TYDE has discussed specific health and safety procedures with the venue management. At this time, the facility and TYDE have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet

FACILITY

An 8 Lane, 25 yard pool with a depth ranging from 5-7 feet at both the starting end and the turn end, and a lane width of 6 feet. Pool has non-turbulent lane lines, a Colorado Timing System with an 8 lane scoreboard display and custom starting blocks. Timing system will include touch pads, buttons at each lane, and 2 watches per lane. The meet will be run in 6 lanes with one lane separated available for warm up/down. The host will ensure required course dimensions. Lifeguards will provide first aid.

All meet participants must park in the northwest lot.

No deck changing is permitted. Locker rooms with changing stalls are available.

MEET FORMAT

This is a closed YMCA Invitational timed final Age Group/Senior, pre-seeded meet unless otherwise indicated. Positive check in will be 5:30pm for each individual event for ALL events.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:30 PM	6:00 PM	12 & under/13-18
2	Saturday	7:00 AM	8:30 AM	13 -18
3	Saturday	12:00 PM	1:30 PM	12 & Under
<i>*Meet sessions may be adjusted according to actual numbers of swimmers signed up</i>				

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, 9/10/25	8:00 pm	Entry deadline
Friday, Sept 19	5:30pm	Coaches/General Meeting
Friday, Sept 19	30 minutes prior to the meet start time	Positive check in for Friday events
Saturday, Sept 20	30 minutes before session start	Official Briefings

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

- All events will be conducted as timed finals.
- All **Friday evening events** will be **seeded after a positive check-in**. Swimmers must check in **no later than 30 minutes prior to the meet start time**.
- All events on Saturday will be **pre-seeded**.
- **There will be no penalty for no-shows, in pre-seeded events or in events requiring positive check-in.**
- The referee and meet management reserve the right to combine heats, events and/or Sessions.

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend

each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. 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. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. Spectators will only be allowed in the spectator area of the deck.

ELIGIBILITY

This is a Closed YMCA meet that is open only to YMCA teams. All participants must be a member of a local YMCA and must have full privilege annual membership at that YMCA to be eligible.

**MEMBERS WITH
DISABILITIES OR
MEDICAL
CONDITIONS**

TYDE welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit TYDE's ability to accommodate all requests.

ENTRIES

Entries will be submitted to the Meet Coordinator through the TYDE Team Unify Website. Entries submitted in Hy-tek or SDIF format require no hard copy entry forms. Email is preferred for electronic entries. A swimmer's age on the first day of the meet will determine their age for the entire meet.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 2 individual events on Friday and 4 individual events on Saturday

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

Make checks payable to: TYDE; All fees are non-refundable	
Individual Event	\$6 per event
NCS Travel Fund	\$3 per swimmer
Facility Surcharge	\$15 per swimmer
Electronic Heat Sheet Fee	Included
Late Entry Fee	Double the IE fees listed

SEEDING The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

CHECK-IN Positive Check in for Friday Night Events (500 Fr, 400 IM, 200 fr).

SCRATCHES There will be no penalty for scratching events at the block.

SCORING No team or individual scoring will be kept.

AWARDS NO AWARDS

RESULTS Results will be posted on the TYDE TEAM website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.

COACHES All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

OFFICIALS/TIMERS/VOLUNTEERS There will be a need for officials. **TYDE** welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email **prior to the meet.** All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials.
There will be limited concessions available for spectators or swimmers.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there may be a lane available for continuous warm-up/down (if available). **There is to be no diving or horseplay in this area.**

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. TYDE, Kernersville Family YMCA, YMCA of NWNC, YUSA, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

FRIDAY, Sept 19

Warm-up: 4:30 PM; Meet Start: 6:00 PM

Girls/Women	Event	Boys/Men
101	13-18 500 FREE	102
103	12& Under 200 FREE	104
105	13-18 400 IM	106
107	12& Under 200 IM	108

SATURDAY, Sept 20

Warm-up: 7:00 AM; Meet Start: 8:30 AM

Girls/Women	Event	Boys/Men
201	13-18 200 IM	202
203	13-18 50 FR	204
205	13-18 100 FL	206
207	13-18 50 BK	208
209	13-18 100 BR	210
211	13-18 50 FLY	212
213	13 -18 100 BK	214
215	13-18 50 BR	216
217	13-18 100 FR	218

SATURDAY, Sept 20

Warm-up: *12 PM; Meet Start: *1:30 PM

*Time may be adjusted depending on morning session timeline

Girls/Women	Event	Boys/Men
301	12 & UNDER 100 IM	302
303	12 & UNDER 50 FR	304
305	8 & UNDER 25 FR	306
307	12 & UNDER 50 FL	308
309	8 & UNDER 25 FL	310
311	12 & UNDER 50 BR	312
313	8 & UNDER 25 BR	314
315	12 & UNDER 50 BK	316
317	8 & UNDER 25 BK	318
319	12 & UNDER 100 FR	320

Meet Name
Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to TYDE):

TYDE
ATTN: Sandy Thomerson
775 West End Blvd
Winston-Salem, NC, 27101
Email to: coachsandy@swimtyde.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$18 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. TYDE, Kernersville Family YMCA, YMCA of NWN, YUSA,, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE