



2025 TYDE WINTER CHAMPIONSHIP

Hosted by TYDE

FRIDAY, SATURDAY & SUNDAY, DECEMBER 5-7, 2025

Held at the Greensboro Aquatics Center, 1921 West Gate City Blvd, Greensboro, NC 27403 Held

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

Approved Meet #NC25182AP

MEET DIRECTOR	MEET ENTRY COORDINATOR	
Pietro Deriu 336-245-5838 coachpietro@swimtyde.org	Sandy Thomerson 336-414-1736 coachsandy@swimtyde.org	
MEET REFEREE	MEET MARSHAL	
Jon Hutchins, 910-224-7516 cuhutch@yahoo.com	Neisser Bent, (coachneisser@swimtyde.org) 336-712-1200	Charlotte Disher coachcharlotte@swimtyde.org 336-721-2100 x6282

**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

The Greensboro Aquatics Center main competition pool is a 50-meter pool which can be broken into two short course venues with a separate diving well. This competition will use two short course competition venues that are 8 lanes with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence.

The lane width is 9'. An Omega timing system with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms. TYDE will confirm appropriate course dimensions. Lifeguards will provide first aid.

No outside Food or Drink will be permitted. There is a spectator seating area with a capacity of 1850 persons. Spectators are not allowed on the deck at any time. The 650 bleacher seats on deck are reserved for swimmers only. No chairs are permitted in the stands or on deck.

MEET FORMAT

This is a Championship meet in preliminaries/finals and timed finals formats, with no qualifying times required. Meet sessions may be adjusted based on the actual number of swimmers entered.

Session #	Session	Warm Up	Meet Start	Age Groups
1	Fri. Dec. 5- TIMED FINAL	4:30 PM*	5:30 PM	Open/12&u/13&up
2	Sat. Dec.6-prelim	7:00 AM	8:45 AM	13 & over
3	Sat. Dec. 6-TIMED FINAL	12:00 PM*	1:30 PM*	11-12/10&Under
4	Sat. Dec 6-finals	5:00 PM	6:00 PM	13-14/15-18
5	Sun. Dec 7-prelim	7:00 AM	8:45 AM	13 & over
6	Sun. Dec. 7-TIMED FINAL	12:00 PM*	1:30 PM*	11-12/10&Under
7	Sun. Dec. 7-finals	4:30 PM	5:30 PM	13-14/15-18

***Meet start and warm-up session will be adjusted based on the end of the morning session, but not earlier than 45 minutes from the time posted in this form.**

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Monday, Nov 24	12:00 PM	Entry deadline-teams voted approval outside 10 days- Psych sheet sent by 10am Tue, Nov 25
Wed, Nov 26	10am -final changes due	GAC requires meet file no less than 8 days prior to meet-(Nov 27-Thanksgiving)- plan to send Wed afternoon 26th
Friday, Dec 5	4:45 PM	Coaches/General Meeting
	5:00 PM or 30 minutes prior the start of the session	Check-in Close for events: 500 FR (12 & U); 400 IM (Open); 1650 FR (13 & up)
Dec 5 - Dec 7	30 minutes before the session starts	Official Briefings
December 6	8:15 AM (30 min from start)	Check-in Close for 13 and over Relay
	1:00 PM or 30 minutes prior the start of the session	Check-in Close for 12&U relay
December 7	8:15 AM (30 min from start)	Check-in Close for 13 and over Relay
	9:00 AM	check-in close for 13&O 500 Free
	1:00 PM or 30 minutes prior to the start of the session	Check-in Close for 12&U events: 200 free relay; 200 IM; 200 FR

SAFETY

The NCS Safety Program is in effect for this meet. Coaches are required to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Greensboro Aquatic Center or any other restrictions that are posted for the safety of the people in attendance or to protect Greensboro Aquatic Center property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action.

RACING STARTS

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. Any swimmer entered in the meet, unaccompanied by a YMCA Swimming Coach, must be certified by a YMCA Swimming Coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.

Swimmers competing in the 500 Freestyle and 1650 freestyle events are required to furnish their own timers and lap counters. Swimmers competing in the 400 IM event are required to furnish their own timers.

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 MAAPP 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 TYDE 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 at any time.

In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Greensboro Aquatic Center or any other restrictions that are posted for the safety of the people in attendance or to protect Greensboro Aquatic Center property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action.

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. There are no minimum/maximum time standards for qualification to enter an event.

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 electronically. Entries submitted in Hy-tek or SDIF format require no hard copy entry forms. Email is preferred for electronic entries; however, disks are also acceptable. 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:
Friday- one (1) event for all ages
Saturday-four (4) events for 12 & under/ three (3) for 13 & up
(usa swimming rule for preliminaries/finals)
Sunday - four (4) events for 12 & under/ three (3) for 13 & up
(usa swimming rule for preliminaries/finals)
Total of nine (9) 12 & under/ seven (7) for 13 & over

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	\$10.00 per event
Relay Events	\$15 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Electronic heat sheet	\$5.00 per swimmer
Late Entry Fee	\$15.00 per event

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.

Swimmers must provide their own counters & timers for Freestyle events 500Y or longer. Counters & timers must be athletes, officials, coaches or volunteers approved to participate in the meet.

CHECK-IN

All Friday events are positive check-ins. All 13 & over relay check-ins are due before the start of each session. All 12 & under relays are due 30 minutes before the beginning of the session. 13 & over 500 Free positive check-in is due by 9:00 am. All 12 & under Sunday Relays, 200IM and 200 FR are due by 1pm.

SCRATCHES

The current NCS Scratch Rule will be in effect during the conduct of this meet for prelims/finals and deck-seeded events. This will serve as the official guide for technical and procedural rules except when stated otherwise in the Meet Announcement. Coaches and swimmers are expected to be familiar with this rule. **A swimmer must scratch or place intent on an event within 30 minutes of announcing preliminary results and declare final intent within 30 minutes of final event. A final "no-show" (original top 8 places for 13-14 and 15-18 events) will result in removal from the rest of the meet.**

TIMED FINALS

All events that swam during the Friday Session are time finals.
All events 12 and under are timed finals
All Relays are Timed finals
500 Free for 13 and over are timed finals

FINALS

All preliminaries will be conducted for 13 & over.
8 Athletes will advance to the finals for the age group: 13-14
8 Athletes will advance to the finals for the age group: 15-18

Finals will be in the following order: Championship(A) for 13-14 then Championship(A) for 15-18 Girls then same event for Boys, with 8 Athletes qualifying for each Final Heat. The Top 8 qualifiers in each category must scratch by the scratch deadlines if they do not wish to swim in finals. Failure to scratch and result in a no-show at finals, the athlete will be removed from the rest of the meet.

RELAY:	Relays for 13 and over will be conducted at the end of the prelims session. Relay for 12 and under will be conducted at the beginning of the Time finals session. All relays will be timed finals.
SCORING	Individual scoring: 1-16 ; relay scoring: double individual points.
INDIVIDUAL AWARDS	Medal for 13-14/15-18 Individual events:1st-3rd places Ribbons for 13-14/15-18 Individual event:4th-8th places Ribbons for 11-12 and 10 & under Individual Events: 1 st -8 th place ribbons No ribbon or medal will be assigned for relay.
RESULTS	Results will be posted on TYDE's website within 24 hours of the meet's conclusion. After 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 or YUSA. 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 or YUSA. 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.

**Additional
Facility
Information**

Cashless: As of September 2024, Greensboro Complex and Greensboro Aquatic Center no longer accept cash for **parking fees, ticket sales, and concessions**. A debit or credit card will be required for payment. Contactless and mobile payment options, including Apple Pay, Google Pay, and Samsung Pay, will be accepted at most payment terminals.

Spectator Bag Policy:

For safety and efficiency, the Greensboro Aquatic Center recommends entering without a bag. If necessary, guests are permitted to bring one small bag that meets the following guidelines:

- Clear vinyl or Plastic Bag (no larger than 12"x6"x12")
- Clear Vinyl or Plastic Backpack (no larger than 12"x6"x12")
- Small Clutch Bag (no larger than 4.5"x6.5")
- Medical Bags* (no larger than 12"x6"x12")
- Diaper Bags* (no larger than 12"x6"x12")
- One-Gallon Clear Plastic Storage Bag

*Medical bags, including diaper bags when accompanied by a child, will be inspected, and tagged before entry. Please note this is not a comprehensive list. The Greensboro Aquatic Center reserves the right to deny any bag at any time on a case-by-case basis. Please note that athletes are allowed to bring in their bags and do not have to abide by the above policy.

Event Streaming: The Greensboro Aquatic Center will stream this meet on their official YouTube channel. You can access the stream by visiting the link: <https://www.youtube.com/@GreensboroAquaticCenter>

2025 TYDE WINTER CHAMPIONSHIP ORDER OF EVENTS

SESSION #1 FRIDAY, DEC 5, 2025 - TIMED FINALS

Warm-up: 4:00 PM; Meet Start: 5:30 PM

Girls/Women	Event	Boys/Men
101	12 & U 500 FR+	102
103	OPEN 400 IM+	104
105	13 & over 1650 FR+	106

+ **Positive Check-In required**

Swimmers competing in the 500 Freestyle and 1650 Freestyle events are required to furnish their own timers and lap counters. Swimmers competing in the 400 IM event are required to furnish their own timers.

SESSION #2 SATURDAY, DEC 6, 2025- PRELIMS(except relays)

Warm-up: 7:00 AM; Meet Start: 8:45 AM

Girls/Women	Event	Boys/Men
201	13 & over 200 IM	202
203	13 & over 50 FR	204
205	13 & over 200 FLY	206
207	13 & over 100 BR	208
209	13 & over 100 BK	210
211	13 & over 50 Fly	212
213	13 & over 200 FR	214
215	13 & over 400 FR RELAY+	216

+ **Positive Check-In required**

SESSION #3 SATURDAY, DEC 6, 2025-TIMED FINALS

Warm-up: 12:00 PM*; Meet Start: 1:30 PM*

Girls/Women	Event	Boys/Men
301	11-12 200 Medley RELAY	302
303	10 & U 200 Medley RELAY	304
305	11-12 100 IM	306
307	10 & U 100 IM	308
309	11-12 50 FL	310
311	10 & U 50 FL	312
313	11-12 100 FR	314
315	10 & U 100 FR	316
317	11-12 50 BR	318
319	10 & U 50 BR	320
321	11-12 100 BK	322
323	10 & U 100 BK	324

*Meet start and warm-up session will be adjusted based on the end of the morning session, but not earlier than 45 minutes from the time posted in this form.

SESSION #4- SATURDAY, DEC 6, 2025

Warm-up: 5:00 PM; Starts 6:00 PM- FINALS FOR 13-18

Girls/Women	Event	Boys/Men
201	13-14/15-18 200 IM	202
203	13-14/15-18 50 FR	204
205	13-14/15-18 200 FLY	206
207	13-14/15-18 100 BR	208
209	13-14/15-18 100 BK	210
211	13-14/15 50 Fly	212
213	13-14/15-18 200 FR	214

SESSION #5 Sunday, Dec. 7, 2025-Prelims (except relays &500)**Warm up: 7:00 AM; Meet Start: 8:45 AM**

Girls/Women	Event	Boys/Men
501	13 & over 200 BK	502
503	13 & over 50 BR	504
505	13 & over 100 FL	506
507	13 & over 50 BK	508
509	13 & over 100 FR	510
511	13 & over 200 BR	512
513	13 & over 400 Medley RELAY+	514
515	13 & over 500 FR+	516

+ Positive Check-In required

Swimmers competing in the 500 Freestyle events are required to furnish their own timers and lap counters.

SESSION #6 Sunday, Dec. 7, 2025-TIMED FINALS**Warm up: 12:00 PM*; Meet Start: 1:30 PM***

Girls/Women	Event	Boys/Men
601	11-12 200 FR RELAY+	602
603	10 & U 200 FR RELAY+	604
605	12 & Under 200 IM+	606
607	11-12 50 FR	608
609	10 & UNDER 50 FR	610
611	11-12 100 FL	612
613	10 & U 100 FL	614
615	11-12 50 BK	616
617	10 & UNDER 50 BK	618
619	11-12 100 BR	620
621	10 & UNDER 100 BR	622
623	12 & UNDER 200 FR+	624

***Meet start and warm-up session will be adjusted based on the end of the morning session, but not earlier than 45 minutes from the time posted in this form.**

+ Positive Check-In required**SESSION #7- Sunday, DEC 7, 2025**

W-up: 4:30 PM; Starts 5:30 PM-FINALS FOR 13-18

Girls/Women	Event	Boys/Men
501	13-14/15-18 200 BK	502
503	13-14/15-18 50 BR	504
505	13-14/15-18 100 FL	506
507	13-14/15-18 50 BK	508
509	13-14/15-18 100 FR	510
511	13-14/15-18 200 BR	512

***Meet start and warm-up session will be adjusted based on the end of the timed Finals session, but not earlier than 45 minutes from the time posted in this form.**

**2025 TYDE WINTER CHAMPIONSHIP
FRIDAY, SATURDAY & SUNDAY, DECEMBER 5-7, 2025**

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/Lisa Greene

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		\$10 per event	
Relay Entries		\$15 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$23 per swimmer	
Electronic heat sheet		\$5 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, 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