

## Swim Omaha vs Aquatic Club of Elkhorn Dual Meet

### Swim Omaha

January 23-24, 2021

- SANCTION:** The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS21006
- It is understood and agreed that USA Swimming and Midwestern Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
  - Swim Omaha has agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Nebraska, and Omaha.
- DISCLAIMER:**
- Swim Omaha has taken enhanced health and safety measures for all athletes, officials, and family members. Participants must follow all posted instructions while in and around the venue of Ralston High School. 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, people with underlying medical conditions are especially vulnerable. By attending and participating in this activity, participants voluntarily assume all risks related to exposure to COVID-19.
  - To Parents: USA Swimming, Inc., cannot prevent you or your children from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in this USA 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 MIDWESTERN SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- LOCATION:** Ralston High School      8969 Park Drive, Ralston, NE 68127
- POOL:**
- Indoor 25-yard pool, six racing lanes with starting blocks at the deep end. Colorado Timing System with touch pads at deep end. The water depth of the competition pool measured for a distance of 3' 3 1/2" (1.0 meter to 16' 5" (5.0 meters) from the start wall is 12' to 10'6" and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" to 16' 5" (5.0 meters) is 4' to 5'6". (USA-S Rule 202.3.4.D.) Height of blocks is 29 1/2". Course, indoor or outdoor, number of lanes, type of lane lines, special pool characteristics
  - Pool has not been certified in accordance with 104.2.2C(4)
- FACILITY:**
- Mask requirements – all participants and officials must wear a mask while in the venue. Swimmers must wear a mask when not participating in an event.
  - Team seating in separate areas for athletes only
  - Meet will be live-streamed.
  - Absolutely no glass allowed in the facility
  - No concessions.
  - Hand sanitizers will be available at the entry point, outside the locker rooms, by the snack bar and behind the blocks.
  - Swim Omaha and Ralston High School reserve the right to remove from the premises any individual who might jeopardize safety and facility privileges.
  - Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms, or locker rooms.
  - 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.
  - There are unisex bathrooms under the bleachers at both ends of the facility.
  - NO parents or spectators will be allowed in the bleachers. Athletes will be spread out (6' in between) in the bleachers and should be wearing masks when not competing.

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- Meet will be live streamed.
- Each team can have two (2) ADULTS to help supervise swimmers in the bleachers and get them to the deck in time for their events.

**SCHEDULE:** Sat/Sun January 23-24 AM Warmups 8:30 – 9:15am Meet Starts at 9:30am  
Sat/Sun January 23-24 mid-day Warmups and Meet Start – TBD  
Sat/Sun January 23-24 PM Warmups and Meet Start - TBD

**MEET DIRECTOR** Lisa Ellis` 402-415-7323 [socoachlisa@gmail.com](mailto:socoachlisa@gmail.com)

**OFFICIALS:** Meet Referee: Jerry Nevins  
Admin Official: Stephen Marchitelli  
Meet Marshal: Docker Hartfield

**MEET FORMAT:** Timed Finals; Pre-seeded; NTS; NO deck entries  
Age Groups: 10 & Under; 11 & 12; 13 & Over

**DISABILITY SWIMMERS:** Athletes with a disability are welcomed 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 Deck Referee of any disability prior to competition.

**RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") and Midwestern Rules will govern this meet.

**CREDENTIALS:**

- Presentation of coach's membership credentials will be required at coach sign-in. Credentials shall be available at all times. Deck Pass is acceptable proof of USA Swimming membership.
- In accordance with MWS Policy, only those coaches who hold current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

**ELIGIBILITY:**

- All swimmers, coaches and clubs must be currently registered with USA Swimming.
- NO on deck registration permitted. NO late entries permitted.
- Athletes who appear as unregistered on the first pre-meet recon must register with Midwestern immediately. A second pre-meet recon will be run 4 days prior to the start of the meet and any unregistered athlete that appears on that list must register with Midwestern Swimming and will be charged an additional \$30.00 above the current MW registration fee and must provide proof of registration before being allowed to swim in the meet. Meet management must delete unregistered athletes from the meet file prior to meet commencement.
- The age of the swimmer on January 23, 2021 determines his/her age for the entire meet.
- Swimmers will be in sessions according to age group.
- NTS for all sessions
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."

**ENTRY LIMITS:**

- A swimmer may participate in four (4) individual per day.
- Meet will be limited to 150 athletes per session.
- No time trials.
- The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & Under swimmers where a 4-hour projected time limit is reached. The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit (205.3.1F). Teams will be notified of any and all necessary adjustments.

**EVENT FEES:** Individual Events: \$3.00  
Midwestern Fee: \$3.25  
Facility Fee: \$10.00

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- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email.
  - All entry times should be YARD times.
  - A check for the entry fees must accompany all entries.
  - Make checks payable to **OWSC**. NO REFUNDS
  - Entries submitted electronically will be acknowledged within 24 hours of receipt.
- ENTRY DEADLINE:**
- DEADLINE FOR RECEIPT OF ENTRIES IS **January 16** at 8:00 p.m. NO late entries.
  - Psych sheets will be sent to club entry chair within 24 hours of entry deadline. Corrections may be submitted until Monday, January 18, 2021 at 8:00 p.m.
  - NO deck entries.
- ENTRY CHAIR:** Lisa Ellis                      [socoachlisa@gmail.com](mailto:socoachlisa@gmail.com)                      402-415-7323  
6931 Spencer Street                      Omaha, NE 68104
- COACH MEETING:** Prior to sessions
- GENERAL MEET CONDUCT:**
- All events will be timed finals and pre-seeded.
  - Report any scratches as soon as possible.
  - Starts and Touch pads are in the deep end
  - All events swum Fastest to Slowest.
  - Fly over starts WILL be used.
  - Each swimmer shall report promptly to his/her assigned lane while previous heat is in the water and stand on tape provided behind the blocks when waiting for their heat to be called to the block to keep social distancing behind the blocks.
  - Exhibition swimming will not be allowed.
- WARM-UP PROCEDURES:**
- Athletes should arrive in their suits and depart in their suits. Locker rooms will be available for restroom use only and will be monitored for usage and social distancing.
  - MWS Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
  - Teams will be assigned time and lanes for warm-ups.
  - Swimmers are to sit and slide entering water.
  - During sprint starts, swimmers must swim one direction only from deep to shallow.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
  - Team area will be located on deck.
  - Each team must provide an adult with non-athlete USA Swimming membership to supervise the swimmers in the team area at all times. Only registered coaches, swimmers, and officials will be allowed on deck.
- SCORING:** Meet will not be scored.
- AWARDS:** Each participant will receive a participation medal.
- MEET RESULTS:** Meet results will be posted on Meet Mobile.  
Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – [www.mwswim.org](http://www.mwswim.org) .
- PHOTOGRAPHY POLICY:** The MWS Photography Policy will be followed (MWS Policies and Procedures 8.5.15). Photographers taking pictures must adhere to MW policies and have advanced, written permission from the Meet Director or the Meet Referee to be on deck.
- GENERAL INFORMATION:** There will be hospitality for coaches and officials.  
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**Event List**

**Saturday, January 23, 2021**

**Warm-ups: 8:30-9:15 am**

**Meet Start: 9:30 am**

Mixed	Age Group	Distance and Stroke
1	11 & 12	200 Back
2	11 & 12	50 Free
3	11 & 12	100 Fly
4	11 & 12	200 Breast
5	11 & 12	50 Back
6	11 & 12	100 Free

**Saturday, January 23, 2021**

**Warm-ups: TBD**

**Meet Start: TBD**

Mixed	Age Group	Distance and Stroke
7	10 & Under	100 back
8	10 & Under	25 back
9	10 & Under	50 free
10	10 & Under	50 Fly
11	10 & Under	100 Breast
12	10 & Under	25 Free

**Saturday, January 23, 2021**

**Warm-ups TBD**

**Meet Start: TBD**

Mixed	Age Group	Distance and Stroke
13	13 & Over	200 Back
14	13 & Over	50 Free
15	13 & Over	100 Fly
16	13 & Over	200 Breast
17	13 & Over	100 Free

**Sunday, January 24, 2021**

**Warm-ups: 8:30-9:15am**

**Meet Start: 9:30am**

Mixed	Age Group	Distance and Stroke
18	11 & 12	200 Free
19	11 & 12	50 Breast
20	11 & 12	100 Back
21	11 & 12	200 IM
22	11 & 12	100 Breast
23	11 & 12	200 Fly
24	11 & 12	50 Fly

**Sunday, January 24, 2021**

**Warm-ups: TBD**

**Meet Start: TBD**

Mixed	Age Group	Distance and Stroke
25	10 & Under	100 Free
26	10 & Under	25 Breast
27	10 & Under	100 Fly
28	10 & Under	50 Back
29	10 & Under	100 IM
30	10 & Under	50 Breast
31	10 & Under	25 Fly

**Sunday, January 24, 2021**

**Warm-ups: TBD**

**Meet Start: TBD**

Mixed	Age Group	Distance and Stroke
32	13 & Over	200 Free
33	13 & Over	100 Back
34	13 & Over	200 IM
35	13 & Over	100 Breast
36	13 & Over	200 Fly

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**USA Swimming and Midwestern Swimming**  
**Supplement Document for Sanction**

A statement of the local protocols and requirements

- a. Temperatures will be checked as swimmers enter the pool at the beginning of each session
- b. Locker rooms and showers will not be available to swimmers. Swimmers should come to the meet and leave in their suits
- c. All volunteers and officials will wear face masks while in the pool area and on deck
- d. Swimmers should socially distance within their clubs to the greatest extent possible. Each club will provide two adults to help supervise swimmers.
- e. The pool deck and bleachers will be sanitized between sessions.

For meet spectators:

- a. **There will be no spectators allowed.**
- b. Each team can have two (2) ADULTS to supervise swimmers in the stands and help get them to the deck for their events.
- c. SO is planning on streaming the meet for others (details to follow)
- d. An attestation statement in which the meet hosts attest that the conduct of the meet will adhere to local jurisdictional guidelines:  
In applying for this sanction, the Host, Swim Omaha, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, Inc, the State of Nebraska, and Omaha and Ralston Public Schools.

The assumption of risk disclaimer language (listed in the Meet Information under Disclaimer) must be included in all meet information, announcements, and heat sheets.