



ANSC First Splash
Allegheny North Swim Club
October 2 & 3, 2021

*This meet is held under the Sanction of USA Swimming and Allegheny Mountain Swimming, # AM-100221-01
 In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

Meet Information			
Facility	North Allegheny Senior High School, 10375 Perry Highway, Wexford, PA 15090		
Facility Description	Six lane, 25 yard competition pool with a Colorado timing system The depth of the water at the start end of the pool is 12 feet and at the turn end of the pool is 4 feet.		
Pool Certification	The competition course has not been certified in accordance with Article 104.2.2C (4)		
Entries Open	Friday, September 17, 2021	Entries Close	Friday, September 24, 2021
Supplemental Entries	N/A		
Entry Fees	Individual - \$5.00	Swimmer Surcharge	None
Event Limit	4 Individual Events per day (excluding relays).		
Meet Director	Brittany Glass	Phone: 412-477-4073	E-Mail: bglass@northallegheny.org
Meet Entry Chair	Brittany Glass		E-Mail entries to: ansc-entries@amswim.org
Mail Entry Fees to:	Tony Masztak 182 Cooper Run Ct., Pittsburgh, PA 15237	Checks Payable to	ANSC
	Payments <u>shall</u> be made for the entries to the host prior to the start of the meet. No refunds will be given, except for mandatory scratch down of events		
Operational Risk Director	Eric Pennock	Phone: 412-867-7617	E-MAIL: epennock23@gmail.com
Officials Contact	Eric Jones	Phone: 412-367-8992	E-MAIL: eric_michele.jones@gmail.com
Meet Referee	Eric Jones	Phone: 412-367-8992	E-MAIL: eric_michele.jones@gmail.com
Administrative Official	Doug Lindblad	Phone: 412-607-5433	E-MAIL: dsindblad03@gmail.com
Awards	Individual- Places 1-8 for 12 & Under Events 1-3 for 13-14 Events	Scoring	This meet will not be scored.
Session	Warm-Up Times – (Times listed below may be modified based upon entries)		Meet Start Time
1, 5	7:00 AM -8:00 AM		8:05 AM
2,6	Immediately following sessions 1 & 5		After 20 minute warm-up
3,7	12:30 PM -1:30 PM		1:35 PM
4,8	Immediately following sessions 3 & 7		After 20 minute warm-up
Events	This meet will be conducted in accordance with the attached schedule of events, and if applicable, per the Qualifying Times stated. Events will be TIMED FINALS for all events.		
Relays	There will not be any relays at this meet.		
Deck Entries	Deck entries are not permitted as part of USA Swimming's Return to Competition plan.		
Seeding	Event seeding will be done in accordance with USA Swimming Rule 207.11.7B. This meet will be <u>PRESEEDED</u> . Entry times must be in SCY. Non-conforming times will be seeded last, entry times shall not be converted. Individual events that are 400 yards/meters or longer that are Timed Finals will be seeded through Positive Check-In and swim alternating girls' and boys' heats, seeded fastest to slowest. A swimmer circle-in will be provided for swimmers that will be scratching from an event for that session. Scratches will be due 35 minutes prior to the start of the session. <i>Any swimmer not scratched from an event will be entered into the meet. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from their next individual event or relay, unless if the Referee or Administrative Official is notified of a DFS prior to the start of the race.</i>		
Proof of Times	"NT" (No Time) entries are not accepted Proof of Times is not required for this meet. If Proof of Times is Required, all entry times must be proven through the National SWIMS Database. Times not in SWIMS must be proven 30 minutes prior to the start of the session with official results from a USA Swimming Sanctioned, Approved, or Observed meet. See Allegheny Mountain Swimming Policy II.4.0.B.4.		
Meet Duration	For sessions with 12&U events, the USA Swimming rule 205.3.1F governs meet duration. Meet session duration may also be subjected to any facility restrictions. Events may be combined to control the length of the meet. Events 400 yards/meters or longer may be limited to the fastest 5 heats per event.		

Swimmer Eligibility	<p>All swimmers must be registered athletes of USA Swimming as provided in Article 302. Age as of the first day of the meet shall determine the swimmer's age for the entire meet. On-deck USA Swimming registration is not permitted.</p> <p>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 the 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.</p> <p>Swimmers must be under the direct supervision of a USA Swimming member coach at all times, including during warm-up and warm-down. Unattached swimmers and swimmers attending without a coach are responsible for securing a USA Swimming member coach to supervise them prior to the meet. It is recommended that swimmers include this information with their entries. Swimmers must inform the Meet/Deck Referee of their selected coach prior to the start of each session.</p> <p>Swimmers with disabilities are welcome to attend this meet and should contact the Meet Director and/or Referee prior to the start of the meet regarding any accommodations.</p>
Deck Privileges	<p>Only authorized personnel may access the deck. All coaches, officials, and meet personnel must sign-in at the registration table and receive a wristband to be allowed into the pool area. Coaches and officials must show proof of their current, valid USA Swimming registration. USA Swimming Deck Pass is acceptable proof.</p> <p>Prior to entering the deck, unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them during warm-up, warm-down, before, during, and after the meet; the swimmer must notify the Referee of this coach prior to the start of the session. Additionally, these swimmers must register a contact person with the Meet Director. This information should be submitted with the entries. Failure to do so will result in the swimmer not being permitted to participate.</p> <p>Coaches and swimmers must remain a minimum of four (4) feet from the pool edge to allow officials to perform their assigned tasks. Coaches and Officials: only competing swimmers, officials and lap counters are permitted within four (4) feet of the pool edge both in the starting and turning areas.</p>
Warm-Up Policies	<p>Warm-up policies are strictly enforced by Meet Marshals and the Meet Referee. See AMS Policies & Procedures. These policies, along with the lane assignments, if applicable shall be posted on the wall at the start end of the pool and at the administrative table.</p> <ul style="list-style-type: none"> · There will be specifically designated lanes during all warm-up sessions for 10 & under swimmers. · Warm-up and warm-down is reserved for meet participants only. · Swimmers will enter the pool feet first at the start end of the pool and shall be under the direct supervision of a certified coach. · No equipment in the competition pools during scheduled warm-ups. (Including but not limited to snorkels, kickboard, fins, or pull buoys.) · Designated lanes will be open for starts and one-way sprints during each warm-up session. The outside lanes will be open throughout warm-ups for continual warm-up. <p>In sessions with distance events 400 yards/meters or longer, the outside lanes shall be reserved for pacing only. Additionally, there shall be a ten (10) minute break before the events when there is not a separate warm-up/warm down pool available or at the discretion of the Referee.</p> <p>In sessions with distance events (1000/800, 1650/1500) offered and at any championship formatted meet (prelims/finals), the outside lane or lanes shall be restricted to pace lanes only at the same time sprint lanes are opened. At any distance only meet or session (1000/800, 1650/1500), only one lane shall be opened for sprinting.</p> <p>Specific warm-up times for each club (if applicable) and/or changes to the warm-up schedule will be posted on the AMS Web Site no later than five (5) days prior to the start of the meet and e-mailed by Entry Chair.</p> <p>The Meet Director reserves the right to adjust warm-ups and start times based on the number of entries (prior to the meet) or the Meet Referee (day of the meet).</p>
Rules	<p>This meet will be governed by current USA Swimming Rules and Current AMS Operating Procedures. Fly-over starts WILL be used.</p> <p>The Meet/Deck Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet/Deck Referee has final judgment for any issues that arise that day during the meet.</p> <p>Per USA Swimming Rule 202.4.9(l), Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p> <p>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.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms, plus areas behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Only Allegheny Mountain Swimming BOD-approved on-deck photographers may take pictures or videos on deck. Refer to Allegheny Mountain Swimming Policy I.4.0.3 for full information. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes</p> <p>No glass containers are allowed in the meet venue.</p> <p>Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.</p> <p>The use and sale of any tobacco products are strictly prohibited in any part of the meet venue.</p>

Minor Athlete Abuse Prevention Policy	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provision 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.
Meet Marshals	Meet Marshals have full authority through the Meet/Deck Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals’ instructions.
Protests	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet/Deck Referee will act as a mediator A Meet Jury shall be identified and posted at the beginning of each session of the meet.
Racing Start Certification	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. 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. <u>A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</u>
COVID-19 Disclaimer	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 guests with underlying medical conditions are especially vulnerable. By attending the meet, you voluntarily assume all risks related to exposure to COVID-19. USA Swimming, Inc., cannot prevent you (or your child(ren)) 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 a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID19. 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 [THE LSC] 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. For more compliance to USA Swimming’s Return to Competition sanctioning requirements, please visit: https://www.usaswimming.org/docs/default-source/governance/2020returntocompetitionlscsanctionreqsv2i-3.pd
Assumption of Risk	ANSC has taken enhanced health and safety measures – for athletes, coaches, and spectators. You must follow all posted instructions while attending the swim meet. 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 guests with underlying medical conditions are especially vulnerable. By attending this event, you voluntarily assume all risks related to exposure to COVID-19.”
Additional Facility Requirements	In addition, the following general guidelines have been put in place to preserve the North Allegheny Senior High School health and well-being: <ul style="list-style-type: none"> • Everyone (Employees, students, campers, contractors, guests, delivery personnel) must go through our health and safety screening when they enter the complex • Only Designated Entrances into North Allegheny Senior High School buildings will be open daily to enter and there will be separate exits • All athletes should plan on arriving at least 20 minutes prior to their program, as given the new procedures, there may be a line for athletes waiting to be screened • All minor athletes must have a parent accompany them to the screening or pre sign the appropriate paperwork, prior to any minor athlete being admitted into North Allegheny Senior High School. • All persons in our facilities must be at least 6’ apart at all times and wearing a mask. • Signs will be posted throughout the facilities reminding all of safety responsibilities and requirements to remain welcome on campus • Spectators including parents will not be allowed beyond the health screening until further notice. • Capacities on rooms are posted by entrances to rooms.
Officials Requirements – COVID	ALL MEETS -- Under a COVID rule adopted by the AMS Executive Committee, the maximum number of officials on deck at any meet will be limited to 4 (One (1) Referee (who may serve as AO), a one (1) Starter, and two (2) Stroke and Turn Judges) unless there is a separate Administrative Official. In the event there is a separate Administrative Official, then the maximum number of officials on deck may be five (5): (One (1) Referee, one (1) Starter, one (1) AO and two (2) Stroke and Turn judges.) The Starter shall not serve as AO.
Locker Room Requirements	Anyone coming to compete must arrive and depart wearing their workout clothes including footwear. Changing and Showering on site will not be allowed. Locker rooms are for Restroom use ONLY
Directions & Other Information	At this moment we are not allowing parents into the stands or on deck and our locker rooms are for restroom use only.

First Splash

Saturday AM Session 1		
Girls	Events	Boys
1	11-12 100 Butterfly	-
2	10 & Under 200 Freestyle	3
4	11-12 100 Individual Medley	-
5	10 & Under 100 Backstroke	6
7	11-12 50 Breaststroke	-
8	10 & Under 50 Butterfly	9
10	11-12 50 Freestyle	-
11	10 & Under 50 Freestyle	12
13	11-12 200 Breaststroke	-
14	10 & Under 100 Breaststroke	15
16	11-12 100 Backstroke	-
17	10 & Under 200 Individual Medley	18
19	11-12 200 Individual Medley	

Saturday PM Session 3		
Girls	Events	Boys
-	11-12 100 Butterfly	21
22	13 & Over 200 Freestyle	23
-	11-12 100 Individual Medley	24
25	13 & Over 100 Butterfly	26
-	11-12 50 Breaststroke	27
-	11-12 50 Freestyle	28
29	13 & Over 50 Freestyle	30
-	11-12 200 Breaststroke	31
32	13&O 200 Breaststroke	33
-	11-12 100 Backstroke	34
35	13&O 100 Backstroke	36
	11-12 200 Individual Medley	37

Warm-Up Period of up to 20 minutes prior to the Start of Session 2 and Session 4

Saturday AM Session 2		
20	11-12 500 Freestyle	-

Saturday PM Session 4		
38	13 & Over 400 Individual Medley	39
-	11-12 500 Freestyle	40

Sunday AM Session 5		
Girls	Event	Boys
41	11-12 200 Freestyle	-
42	10 & Under 100 Butterfly	43
44	11-12 50 Backstroke	-
45	11-12 200 Butterfly	-
46	10 & Under 50 Backstroke	47
48	11-12 100 Breaststroke	-
49	10 & Under 100 Individual Medley	50
51	11-12 50 Butterfly	-
52	10 & Under 100 Freestyle	53
54	11-12 100 Freestyle	-
55	10 & Under 50 Breaststroke	56
57	11/12 200 Backstroke	

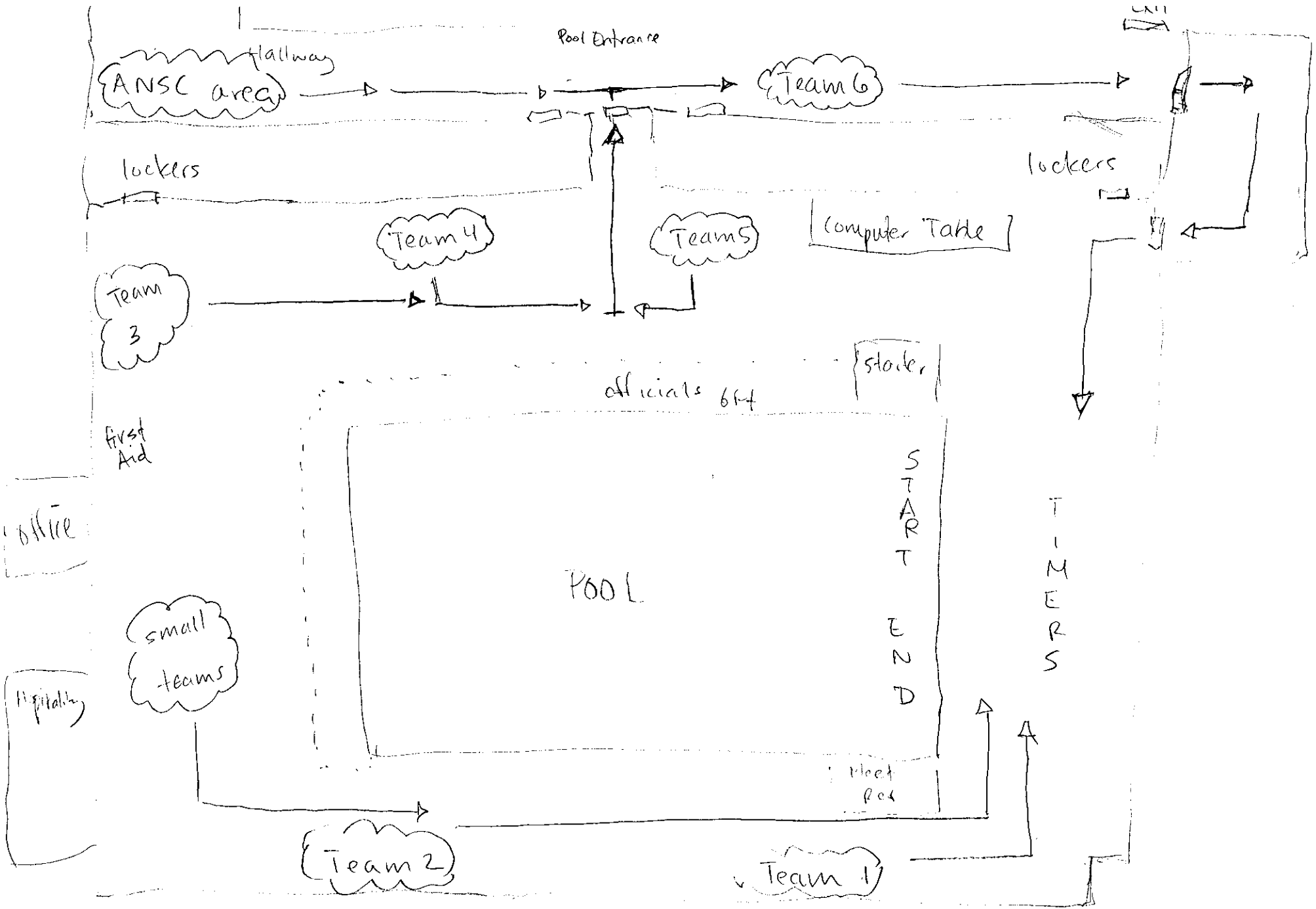
Sunday PM Session 7		
Girls	Event	Boys
-	11-12 200 Freestyle	61
62	13 & Over 200 Individual Medley	63
-	11-12 50 Backstroke	64
65	13 & Over 100 Breaststroke	66
-	11-12 200 Butterfly	67
-	11-12 100 Breaststroke	68
69	13 & Over 200 Butterfly	70
-	11-12 50 Butterfly	71
72	13 & Over 100 Freestyle	73
-	11-12 100 Freestyle	74
75	13 & Over 200 Backstroke	76
-	11-12 200 Backstroke	77

Warm-Up Period of up to 20 minutes prior to the Start of Session 7 and Session 8

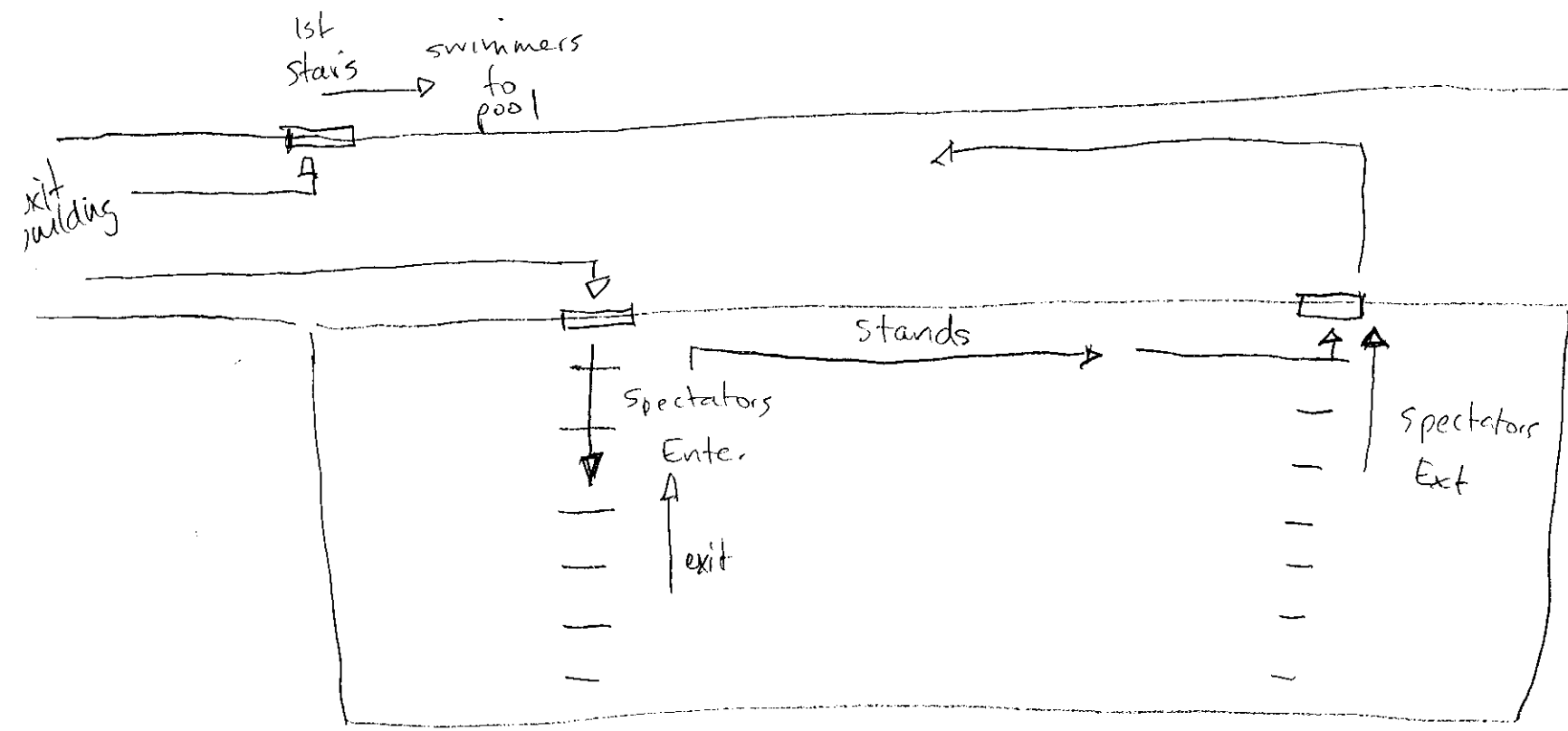
Sunday AM Session 6		
58	10 & Under 500 Freestyle	59
60	11-12 400 Individual Medley	-

Sunday AM Session 8		
78	13 & Over 500 Freestyle	79
	11-12 400 Individual Medley	80

Qualifying Times		
All Events: NQT		



Swimmers will go to blocks following those paths and return the same way they came into the pool. Maximum 3 heats behind blocks.



Spectators will not stand in the back row as it will be used to exit the stands