



2021 Aquakids End of School Short Course Invite

Host: The Aquakids Swim Team – Aquakids

Dates: May 21, 2021

Sanction: Held under USA Swimming through Arkansas Swimming, Inc. Sanction Number 21AR0521

Location: University of Arkansas at Little Rock
Donaghey Student Center
Little Rock, AR 72204

Be aware of the special circumstances regarding admission, prohibition against containers and personal items on deck associated with swim meets conducted at UALR & The Donaghey Student Center at the University of Arkansas at Little Rock.

Facility SCY: Eight lane x 25 yard pool with 9 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with an eight-lane scoreboard. The minimum water depth, measured in accordance with Article 202.4.10C, is 7'0" at the start end and 8'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (5). Colorado Electronic Timing System with touch pads, horn start and eight-line display scoreboard. The meet will be run with a closed deck. No spectators will be admitted into the facility. Only coaches, swimmers, officials, and volunteers will be permitted to enter the facility.

All officials, coaches, swimmers, and volunteers must always wear face coverings. Swimmers must wear face coverings up until the time they are entering the pool.

Each session will be limited to 60 swimmers. Swimmers and Spectators will be able to set up in the spaced-out areas located in the UALR Gymnasium. Swimmers will need to keep all their belongings in his/her designated area in the UALR Gymnasium.

Meet Type: Age-Group Timed Finals

Rules: 2021 USA Swimming and Arkansas Swimming, Inc. Rules and Regulations will govern the meet. ARSI safety guidelines and warm-up procedures will be in effect. 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. All 18 and older registered athletes club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets.

Attending Coaches: Only coaches registered with USA Swimming will be allowed to participate in any coaching capacity. Under ARSI rules, each team must provide a copy of each attending coach's USA Swimming membership card. Attending coaches should be prepared to show proof of USA Swimming registration and valid certification in CPR, First Aid, Safety Training for Swim Coaches, concussion training, and completion of the Coaches Advantage Tutorial

Officials: Meet Referee: Scott Meek - forester856@sbcglobal.net
Administrative Official: Mandy Meek - hiteshrpatel@gmail.com
Meet Director: April Gates – april@clgates.net

Eligibility: All swimmers must be registered as 2021 athlete members of USA Swimming. No entries will be accepted unless the swimmer is registered in accordance with USA Swimming regulations. Swimmers who enter as pending, or applied for, must send their Athlete Registration and payment with the team entries. On deck registration will not



be permitted. If you have already sent the registration and fee to ARSI, please send a copy of the registration form. The age of each swimmer as of May 21, 2021 determines age group classification for the entire meet.

Starting Times: Session Start Times will be determined based on entries & session sizes. Sessions of the same age may be combined if kept under the UALR swimmer limit. If sessions are combined, we will alternate gender events. Session start times will be determined by Wednesday, May 19th at 10:00 PM.

- **Friday Short Course Session** 5/21st – Warm-Ups for the first session will begin at 4:00 PM

Entry Fees: \$5.00 Entry Fee per individual event
\$3.00 ARSI surcharge per swimmer
\$12.00 Facility surcharge per swimmer

Make checks payable to **The Aquakids**. Mail entry fees to:

The Aquakids
C/o Steve Hall
PO Box 10155
Conway, AR 72034

Entry Limit: Swimmers competing in meet may swim a maximum of four (5) individual events per day.

Deadline: Entries must be received by Wednesday, May 12th, 2021.

Seeding: All events will be pre-seeded.

Deck Entries: No Deck Entries.

Scratches: ARSI pre-seeded timed finals scratch rules will be in effect. Swimmers who do not report for a pre-seeded event will not be penalized. Any swimmer who has checked in (and not scratched before the check-in deadline) for a deck-seeded event and fails to swim shall be barred from his/her next individual event. Entry fees will not be refunded for scratches or no-shows.

Warm-Up: 12 & Under and 11 & Older sessions will have 25 minute warm-ups.

All ARSI warm-up rules will be followed. Any swimmer who does not enter the pool feet first during any portion of a warm-up/warm-down period which requires feet first entry shall receive a warning for the first offense rather than a disqualification. Disqualifications are automatic for subsequent violations. In the session in which the penalty is enforced, the swimmer cannot deck enter an event to replace the event from which they were removed. These warm-up rules also apply to the warm-up/warm-down area that will be available during each session. Swimmers may dive into the pool during a designated sprint warm-up.

Heat Sheets: Heat sheets will be available.

Awards: Ribbons will be given for 1st-8th Place in all 12 & Under Events.

Scoring: There will be no scoring for this meet

Final Results: Final results will be posted on the Aquakids Website & Arkansas Swimming Website.

Aquakids: We have taken enhanced health and safety measures – for swimmers, coaches, officials, and spectators. You must follow all posted instructions while attending the Aquakids End of School Invite at the University of Arkansas Little Rock. 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 Aquakids End of The School Invite at the University of Arkansas at Little Rock, you voluntarily assume all risks related to exposure to COVID-19



USA Swimming Covid-19 Release: 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 individuals with underlying medical conditions are especially vulnerable.

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 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 ARKANSAS SWIMMING INC. 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.

Additional Rules: Use of a still or video camera or a cell phone with video capability is prohibited in all dressing rooms, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person found using such devices in these areas will immediately be removed from the meet with all fees forfeited, and subject to further LSC or USA Swimming sanctions and penalties.

Smoking and use of other tobacco products are prohibited on the deck, in the bleachers, locker rooms, and throughout the University of Arkansas at Little Rock.

Swimmers must use the locker rooms to change. On deck changing is not allowed.

This meet will have a "nut-free" deck. Please do not bring food items containing nuts on the pool deck.

Every 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.

Arkansas Swimming welcomes the participation of swimmers with disabilities in all ARSI sanctioned events. Swimmers and/or their coaches who may have special needs are expected to contact the Meet Referee to discuss competitive accommodations, and to contact both the Meet Referee and the Meet Director to discuss facility accommodations, prior to the entry deadline for the meet.

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.

It is understood and agreed to that USA Swimming, Arkansas Swimming, the host club and officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Arkansas DOH Guidelines: Maintain minimum physical distancing of six feet between participants at all times, except when actively participating in the sports activity.

Athletes, Coaches, and All Staff must be screened prior to any activity by asking the following questions and excluded if the answer is yes.

- Have had a fever of 100.4°F or greater in the last 2 days
- Have a cough, difficulty breathing, sore throat, or loss of taste or smell
- Had contact with a person known to be infected with COVID-19 within the previous 14 days



Coaches and All Staff must have temperature checked by digital thermometer prior to entry, and those whose temperature is greater than 100.4°F must be excluded.

Face coverings that completely cover the nose and mouth are required for everyone 10 years of age or older for indoor sports. Face coverings are strongly encouraged for outdoor sports.

Athletes - Face coverings are strongly encouraged when not actively participating in an outdoor sports activity. - Face coverings or masks must be worn during indoor sports where a face covering is not inhibitory.

Coaches and Staff - Face coverings must be worn at all times for indoor sports and are strongly encouraged for outdoor sports.

Use of communal spas, showers, saunas or other similar equipment are prohibited.

An alcohol-based hand sanitizer or adequate handwashing facilities must be provided for use by all attendees.

Sports equipment, restrooms, lockers, water fountains and other high touch surfaces must be sanitized frequently during each event. For a list of cleaning products that will eliminate the Covid-19 virus, visit <https://www.epa.gov/pesticide-registration/list-ndisinfectants-use-against-sars-cov-2>.

Avoid non-sport related personal contact at all times. This includes, but is not limited to, huddles, high-fives, hand shaking, fist bumping, and chest bumping.

For games, competitions, tournaments, meets, and other athletic events held in a facility, the facility hosting the event must follow the current Directive for Large Indoor or Large Outdoor Venues. Spectators are covered under these Directives.

For training and conditioning held in an athletic facility, the facility must follow the current Directive for Gym, Fitness Center, Athletic Club and Weight Rooms.

Concession Stands may operate but must follow all applicable sections of the Directive for Resuming Restaurant Dine-In Operations.



2021 Aquakids End of School Short Course Session
Short Course Session
Friday May 21

Session 1 - 12 & Under Girls		Session 2 - 12 & Under Boys	
101	25 Free	25 Free	109
102	50 Breast	50 Breast	110
103	25 Back	25 Back	111
104	50 Fly	50 Fly	112
105	25 Breast	25 Breast	113
106	50 Back	50 Back	114
107	25 Fly	25 Fly	115
108	50 Free	50 Free	116

Session 3 - 11 & Up Girls		Session 4 - 11 & Up Boys	
201	50 Free	50 Free	207
202	100 Breast	100 Breast	208
203	100 Back	100 Back	209
204	100 Fly	100 Fly	210
205	100 Free	100 Free	211
206	100 IM	100 IM	212



**2021 Aquakids End of School Short Course Invite
Meet Summary Sheet**

Team Name: _____

Team Abbreviation: _____ LSC Code: _____

Attending Coaches: _____

Entry Information:

Number of individual entries _____ @ \$5.00 = _____

Number of swimmers (ARSI surcharge) _____ @ \$3.00 = _____

Number of swimmers (facility fee) _____ @ \$12.00 = _____

TOTAL \$ _____

Team Address: _____

Phone: (_____) _____

E-mail: _____

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USA Swimming, Arkansas Swimming, the host club, and officials.

Signature of coach or club representative:

Please send entries to: The Aquakids
C/o Steve Hall
PO Box 10155
Conway, AR 72034
(501) 773-7744
CoachSteveHall@Gmail.com