

2021 YWSF Last Chance Invite

February 19-21, 2021

Held under sanction of USA Swimming, Inc.

Sanctioned by: Arizona Swimming Inc.

Sanction #:AZ21-92

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming Inc., City of Goodyear, Valley of sun YMCA, YMCA Westside Silver Fins and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

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 Arizona 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.

Hosted by: YMCA Westside Silver Fins

Location: Southwest Valley Family YMCA
2919 N. Litchfield Rd Goodyear, AZ 85395

Meet Director: David Laudati 602-212-5151 david.laudati@vosymca.org

Meet Referee: **Roger Wright** - rogerwrightpe@gmail.com

Course: Outdoor 20-lane 25-yard pool with non-turbulent lane dividers. Colorado start and automatic timing system with touchpads and 10-lane display board will be used. We will use 8 to 10 lanes for the meet. Warmup and cool down will be available in lanes 12 to 18

Eligibility:

1. Open to any USA swimming athlete holding a current USA/Arizona Swimming registration card that is a member of PSC, VSC, & YWSF or training with PSC, VSC or YWSF.
2. This is an Arizona Swimming A/B/C meet,
3. This will be Prelims & Finals for 11 & Overs. It will be Timed Finals for 10 & under.
4. 11 & older Swimmers are limited to 3 events per day, Max of 9
5. 10 & under Swimmers are limited to 4 events per day Max of 8
6. 11 & Over Finals will be Top 8 from each event swum in prelims with 1 alternate
7. The 400 IM, 500 Free & 1650 Free will be limited to the top 30 swimmers in each event
8. Positive check in for the 400 IM, 500 free & 1650 free events is required and closes 30 mins before the start of those event sessions.
9. All events except the 400 IM, 500 free and 1650 free are pre-seeded. No deck entries will be allowed
10. Entry times should be swimmers' best SHORT COURSE times.
11. Time Trials will not be offered

1. Age on the first day the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP”).
3. 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.
4. The competition course has been certified in accordance with 104.2.2C(4) as to pool length. A copy of such certification is on file with USA Swimming
5. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 6 inches at the start end and 4 feet, 2 inches at the turn end.
6. Deck changes are prohibited.
7. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
8. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
9. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or other areas as may be designated by the Meet Director/Meet Referee.
10. All referees, starters, administrative officials, chief judges, and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
11. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectively, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AZSI issued Picture ID’s to the Meet Referee
12. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AZSI issued Picture ID’s to the Clerk of Course. Deck Pass will be accepted as proof of current membership with an accompanying photo ID.
13. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshals shall wear their identifying vests.
14. Swimmers with a disability are welcome. The Swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
15. 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.

Meet Rules:

1. For the safety of all swimmers, coaches, and meet personnel, all policies and procedures related to social distancing must be followed by all individuals at the meet. All information will be emailed to participants and posted to the YWSF website.
2. Swimmers are limited to 8 (10 & under), 9 (11 & over) individual events, over the course of the weekend.
3. All swimmers, coaches, officials and meet workers will be temperature checked before entering the facility
3. No spectators will be permitted on deck. Spectators will be able to view thru online viewing
4. Masks are required by all swimmers, coaches, and all meet staff upon entering the facility. Per YMCA Policy individuals without a mask will not be permitted inside of the facility.
5. Upon the completion of each heat, swimmers will warm down to the bleacher end of the pool and move to the warm-up/warm down area.
6. YWSF has taken enhanced health and safety measures for all those involved in this event. Individuals must follow all posted instructions. 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 YMCA Westside Silver Fins Freestyle Frenzy meet, individuals voluntarily assume all risks related to exposure to COVID-19.

Policies and

Procedures for

Social Distancing: YMCA Westside Silver Fins will be following guidelines for social distancing established by the CDC, USA Swimming, State of Arizona Executive Order, and Arizona Department of Health Services (AZDHS).

- CDC Guidelines for Pool Reopening:
- USA Swimming Guidelines for Opening
- State of Arizona Executive Order:
- AZDHS Guidelines

2. **Entries:** Entries must be sent with a HyTek or compatible file. Entries should be emailed to David.Laudati@vosymca.org The meet will be limited to conform to the AZ group gathering guidelines.

No late entries or deck entries will be accepted.

Entries must be received by Thursday, February 11th, 2021.

Entry Fees: LSC Surcharge \$8.00
Individual Events \$5.00
Entry fees are nonrefundable.

Awards: Certificates will be awarded to swimmers who achieve AZ Swimming “A” times or AZ Swimming “B” times for the first time in that event.

Concessions: No Concessions or hospitality will be offered for this meet.

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Please Note: Session Times are only preliminary. Times and sessions are subject to change based on numbers. Each session will be cap at 85 swimmers plus 20 adults (meet workers, officlas & coaches)

Session I - Friday, February 19th, 2021
Warm-up 4:00pm (11/12 400 IM and 13/O 50 free)
Meet Start 4:45pm

Women	Event	Men
1	Timed Finals 11/12 400 IM	2
3	Timed Finals 13/O 50 Free	4
Pool closed – 45 min warmup for all events below		
5	Timed Finals 11/12 50 Fly	6
7	Timed Finals 13/14 400 IM	8
9	Timed Finals 11/12 50 Back	10
11	Timed Finals 15 & Over 400 IM	12
13	Timed Finals 11/12 50 Breast	14
15	Timed Finals 11 Over 1650 (Fastest Girls Heat & Fastest Boys)	16
17	Time Finals 11/12 50 Free	18
15	Timed Finals 11 & Over 1650 (Girls/Boys Alternate Fastest to slowest)	16

- **Note: The 400 IM & 1650 must positive check in 30 minutes before the start of the session. Please Note: The 1650 Positive check in will close at the conclusion of the 2nd warmup. Heat 2 and higher of the 1650 must provide their own timers**

Session II (11/12 Girls, 15/O Boys Prelims & 11 -14 Girls 500 Free Final) - Saturday, February 20th, 2021

Warm-up 7:00am

Meet Start 7:45am

Women	Event	Men
19	Prelims 11/12 100 IM	
	Prelims 15/O 200 Free	20
21	Prelims 11/12 100 Free	
	Prelims 15/O 100 Breast	22
23	Prelims 11/12 100 Breast	
	Prelims 15/O 200 Back	24
25	Prelims 11/12 200 Back	
	Prelims 15/O 100 Fly	26
27	Prelims 11/12 100 Fly	
	Timed Finals 15/O 500 Free	28
15 min Break for 500 Free warmup		
29	***Timed Finals 11- 14 500 Free	

- **Note: 500 Free must positive check in 30 minutes before the start of the session.**

Session III (All 13/14 Prelims & 11 -14 Boys 500 Free Final) - Saturday, February 20th, 2021

Warm-up 9:45am

Meet Start 10:30am

Women	Event	Men
30	Prelims 13/14 100 Free	31
32	Prelims 13/14 200 Breast	33
34	Prelims 13/14 100 Back	35
36	Prelims 13/14 200 Fly	37
38	Prelims 13/14 200 IM	39
15 min Break for 500 Free warmup		
	***Timed Finals 11- 14 500 Free	40

- **Note: 500 Free must positive check in 30 minutes before the start of the session.**

Session IV (11/12 Boys & All 15/O Girls Prelims) - Saturday, February 20th, 2021

Warm-up 12:30pm

Meet Start 1:15pm

Women	Event	Men
	Prelims 11/12 100 IM	41
42	Prelims 15/O 200 Free	
	Prelims 11/12 100 Free	43
44	Prelims 15/O 100 Breast	
	Prelims 11/12 100 Breast	45
46	Prelims 15/O 200 Back	
	Prelims 11/12 200 Back	47
48	Prelims 15/O 100 Fly	
	Prelims 11/12 100 Fly	49
50	Timed Finals 15/O 500 Free	

- **Note: 500 Free must positive check in 30 minutes before the start of the Session**

Session V (10 & Under Timed Finals) - Saturday, February 20th, 2021

Warm-up 2:45pm
Meet Start 3:30pm

Women	Event	Men
51	Timed Finals 10/U 50 Free	52
53	Timed Finals 10/U under 100 IM	54
55	Timed Finals 8/U 25 Back	56
57	Timed Finals 10/U 50 Back	58
59	Timed Finals 10/U 100 Breast	60
61	Timed Finals 8/U 25 Breast	62
63	Time Finals 10/U 100 Fly	64
65	Time Finals 10/U 500 Free	66

- **Note: 500 Free must positive check in 30 minutes before the start of the session.**

Session VI (All 11 & Over Finals) - Saturday, February 20th, 2021

Warm-up 5:15pm
Meet Start 6:00pm

19	Finals 11/12 100 Free	20
21	Finals 13/14 100 Free	22
41	Finals 15/O 200 Free	42
23	Finals 11/12 100 Breast	24
25	Finals 13/14 200 Breast	26
43	Finals 15/O 100 Breast	44
27	Finals 11/12 200 Back	28
29	Finals 13/14 100 Back	30
45	Finals 15/O 200 Back	46
31	Finals 11/12 100 Fly	32
33	Finals 13/14 200 Fly	34
47	Finals 15/O 100 Fly	48
35	Finals 11/12 100 IM	36
37	Finals 13/14 200 IM	38

Session VII (11/12 Boys & All 15/O Girls Prelims) - Sunday, February 21st, 2021

**Warm-up 7:00am
Meet Start 7:45am**

Women	Event	Men
	Prelims 11/12 200 IM	67
68	Prelims 15/O 200 IM	
	Prelims 11/12 200 Free	69
70	Prelims 15/O 100 Free	
	Prelims 11/12 100 200 Fly	71
72	Prelims 15/O 200 Fly	
	Prelims 11/12 100 Back	73
74	Prelims 15/O 100 Back	
	Prelims 11/12 200 Breast	75
76	Prelims 15/O 200 Breast	

Session VIII (All 13/14 Prelims) - Sunday, February 21st, 2021

**Warm-up 9:45am
Meet Start 10:30am**

Women	Event	Men
77	Prelims 13/14 200 Free	78
79	Prelims 13/14 100 Fly	80
81	Prelims 13/14 200 200 Back	82
83	Prelims 13/14 100 Breast	84

Session IX (11/12 Girls & 15/O Boys Prelims) - Sunday, February 21st, 2021

**Warm-up 12:15pm
Meet Start 1:00pm**

Women	Event	Men
85	Prelims 11/12 200 IM	
	Prelims 15/O 200 IM	86
87	Prelims 11/12 200 Free	
	Prelims 15/O 100 Free	88
89	Prelims 11/12 100 200 Fly	
	Prelims 15/O 200 Fly	90
91	Prelims 11/12 100 Back	
	Prelims 15/O 100 Back	92
93	Prelims 11/12 200 Breast	
	Prelims 15/O 200 Breast	94

Session X (10 & Under Timed Finals) - Sunday, February 21st, 2021

**Warm-up 2:45pm
Meet Start 3:30pm**

Girls	Event	Men
95	Timed Finals 10/U 100 Free	96
97	Time Finals 10/U 200 IM	98
99	Timed Finals 8/U 25 Fly	100
101	Timed Finals 10/U 50 Fly	102
103	Timed Finals 10/U 50 Breast	104
105	Timed Finals 8/U 25 Free	106
107	Timed Finals 10/U 100 Back	108
109	Time Finals 10/U 200 Free	110

Session XI (All 11& Over Finals) - Sunday, February 21st, 2021

**Warm-up 5:15pm
Meet Start 6:00pm**

Women	Event	Men
67	Finals 11/12 200 IM	68
85	Finals 15/O 200 IM	86
69	Finals 13/14 200 Free	70
71	Finals 11/12 200 Free	72
87	Finals 15/O 100 Free	88
73	Finals 13/14 100 Fly	74
75	Finals 11/12 200 Fly	76
89	Finals 15/O 200 Fly	90
77	Finals 13/14 200 Back	78
79	Finals 11/12 100 Back	80
91	Finals 15/O 100 Back	92
81	Finals 13/14 100 Breast	82
83	Finals 11/12 200 Breast	84
93	Finals 15/O 200 Breast	94