

2021 COSA 12&U Winter Series

Hosted by: Altitude Performance Swim Team - Held under the USA Swimming **approval number 2021-XXX**. 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.

Location: Rampart High School – elevation 6,035 ft
8250 Lexington Ave, Colorado Springs, CO 80920

Facility: Indoor, 8 lane, 25 yard pool. Up to 6 lanes will be used for competition. There may be 1-2 lanes dedicated warmup and warm down lanes available, however there will be a 25 warm down after each heat. Start depth is 12 feet and the turn end is 3.5 feet. The competition course has not been certified in accordance with 104.2.2C (4).

Colorado Timing system (system 6) with touch-pads and a 8 lane score board will be in use.

Meet Director: Mike Stromberg (mkstromberg@gmail.com)

Meet Referee: Ben Ayotte (ben.ayotte@lambweston.com)

Safety Director: Meghan Harder

Entry Chair: Luke Schumm (luke_schumm@yahoo.com)
Please provide payment before the start of the first session. Check should be made payable to WWPBA.

Schedule:

- Session 1 (Saturday, Jan. 30) – Group A**
Warm-up: 2:30 PM
Meet start: 3:05 PM
- Session 2 (Saturday, Jan 30) Group B**
Warmup: 5:00 PM
Meet start: 5:35 PM
- Session 3 (Sunday, Feb. 14) – Group A**
Warm-up: 2:30 PM
Meet start: 3:05 PM
- Session 4 (Sunday, Feb. 14) Group B**
Warmup: 5:00 PM
Meet start: 5:35 PM
- Session 5 (Saturday, Feb 27) – Group A**
Warm-up: 2:30 PM
Meet start: 3:05 PM
- Session 6 (Saturday, Feb 27) Group B**
Warmup: 5:00 PM
Meet start: 5:35 PM

- Warm-up:** Current USA/CSI procedures for warm-up will be used and strictly enforced. At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. Deck Marshals will be assigned to supervise the warm-up lane(s) before and during the conduct of the meet. Deck Marshals have the authority to remove any swimmer or coach who does not follow the safety rules during warm-up or the meet.
- Swimmers may only enter into either the Group A or Group B session on a respective weekend, but not both.
- Eligibility:** Open to swimmers holding a 2021 USA Swimming membership card registered with or otherwise approved to compete with ALPS-CO, CMA-CO, CSST-CO, or WOOD-CO.
- Age will be determined by the swimmer's age on January 24, 2021.
- Entry Fee:** Swimmer surcharge fee of \$10, plus \$2.00 per event. (\$1.00 per splash goes towards the CSI support fund).
- Entries:** Swimmers may enter up to 3 events per day. No exhibition swimming will be allowed. All times submitted in short yards. Our goal is to seed all athletes of similar abilities together.
- All entries must be submitted via email in Hy-Tek format.
- Deck Entries will not be accepted.**
- Entry Deadline:** All entries must be submitted to the entry chair by 5:00 PM on the Monday preceding the sessions.
- Seeding:** All events will be seeded slowest to fastest.
- Relays:** There will be no relays.
- Awards:** No Awards
- Scoring:** This meet will not be scored.
- Timing Rules:** **All teams parents are required to time a portion of the meet.**
- There will be ONE timer per lane.** If a coach wishes to have an official time recorded for sectionals and above qualifying meets, the coach needs to inform the meet director two heats prior to the wish they wish to have recorded.

Current USA Swimming Rules, including the **Minor Athlete Abuse Prevention Policy (“MAAPP”)**, will govern this meet.

Deck changing is **prohibited**.

No on-deck photography from behind the starting platforms will be permitted during the start.

Use of audio or visual recording devices, including a cell phone, is not permitted 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.

Coaches and parents will be responsible for the behavior and safety of their swimmers and their families. Teams will be held responsible for any damage to the facility. Positive sportsmanlike conduct will be expected.

Only authorized volunteers and meet personnel are allowed on deck. No spectators are allowed in the racing venue unless timing for an event or volunteering with the management of the meet.

COVID-19

The facility will allow no more than 65 people on the pool deck at any one time. **Masks must be worn on the pool deck by ALL coaches, officials, volunteers, and spectators.**

We will have team's warmup in waves to help minimize the number of people inside the pool area at any one time. A decision on the number of waves will be made on the Friday preceding the meet, to ensure we have the correct number of swimmers in the pool at any one time. After swimmers have completed their swim, they will swim to the other end of the pool to exit the water in the shallow end, allowing swimmers who have just completed their event to avoid coming in contact with swimmers waiting to compete.

All coaches, meet officials, and meet workers will wear masks while inside the pools area. Parents who come into the pool area to watch their swimmer swim, will be required to wear masks while on the pool deck. The pool deck will be a closed deck.

Each swimmer will have their temperature taken before they are allowed to enter the building for competition. A temperature of 100.4 will be considered having a temperature. Any swimmer showing COVID-19 symptoms are not allowed to participate in the meet. Swimmers who withdraw before warmups for either showing COVID-19 symptoms or who are not

comfortable with the meet setup will be refunded their entry fee. Withdrawals must be declared prior to the start of warmups.

After competition each day, all surfaces that are frequently touched will be disinfected. Restrooms will be open during the meet, but the locker rooms and showers will not be open for use.

We have taken enhanced health and safety measures to reduce the spread of COVID-19; however, we cannot guarantee that you will not be exposed to COVID-19. 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. Physical presence at the meet may increase the risk of contracting COVID-19. Meet participants and spectators voluntarily assume all risks related to exposure to COVID-19 and voluntarily accept sole responsibility for any personal injury, illness, permanent disability or death that may result.

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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. If you choose to withdraw from the event, you may do so with a full refund so long as your withdrawal occurs BEFORE the start of warmups.

Attestation: In applying for this sanctioned event, the host teams agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, CSI, the State of Colorado and El Paso County.

Disclaimer: Altitude Performance Swim Team and Rampart High School have taken enhanced health and safety measures for you, our other guests, and our staff. You must follow all posted instructions while visiting Rampart 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 leave to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guest with underlying medical are especially vulnerable. By visiting Rampart High School, you voluntarily assume all risks related to exposure to COVID-19.

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Order of Events

Group A		Group B	
Event #	Event	Event #	Event
Saturday, January 30		Saturday, January 30	
101	Mixed 100 Backstroke	106	Mixed 100 Backstroke
102	Mixed 25 Freestyle	107	Mixed 25 Freestyle
103	Mixed 200 Freestyle	108	Mixed 200 Freestyle
104	Mixed 25 Butterfly	109	Mixed 25 Butterfly
105	Mixed 50 Breaststroke	110	Mixed 50 Breaststroke
Sunday, February 14		Sunday, February 14	
201	Mixed 50 Freestyle	206	Mixed 50 Freestyle
202	Mixed 100 Breaststroke	207	Mixed 100 Breaststroke
203	Mixed 25 Backstroke	208	Mixed 25 Backstroke
204	Mixed 50 Butterfly	209	Mixed 50 Butterfly
205	Mixed 100 IM	210	Mixed 100 IM
Saturday, February 27		Saturday, February 27	
301	Mixed 100 Freestyle	306	Mixed 100 Freestyle
302	Mixed 25 Breaststroke	307	Mixed 25 Breaststroke
303	Mixed 200 IM	308	Mixed 200 IM
304	Mixed 50 Backstroke	309	Mixed 50 Backstroke
305	Mixed 100 Butterfly	310	Mixed 100 Butterfly