

COSA Winter Open
December 11, 2021

HOSTED BY COSA Swimming

Sanction Number:

Held under the approval of USA Swimming Sanction. *"In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."*

Contacts: Meet Director: Meghan Harder – harder.meghan@gmail.com
Meet Referee: Ben Ayotte - BAyotte86@gmail.com
Safety: Karen Athen

Meet Type: This is a time final meet. All events will be mixed and swum slowest to fastest. All swimmers must have completed their USA Swimming Racing Start Certification to compete in this meet. Please make sure your swimmers are trained and ready for whistle starts and flyovers. If your swimmer is not ready to go off the starting blocks, this is not the meet for them.

Location: Cadet Natatorium, United States Air Force Academy, CO 80840 Elevation is 7, 200 feet.

Facility: **8 lane by 25 yards indoor competition course.** All events will be swum in the east course with the starting end at 15' and the turning end of 7'. **Spectators will be allowed, but everyone entering the building MUST WEAR a MASK.**

Timing: Daktronics Timing System with display scoreboard, touchpads with backup button and watch will be used. Participating teams will be assigned lanes for timing and are expected to provide timer(s) for the duration of the assignment.

Schedule: **Doors Open: 9:30 am / Warm Up: 10:00 am / Meet Starts: 11:00 am**

Eligibility: Only a swimmer who is a member of USA Swimming will be allowed to compete. A meet recon prior to the meet will help identify any athlete that is not in compliance. While it is absolutely the responsibility of the athlete member to complete the requirements of membership (including APT for 18 & over athletes), as a safeguard, it is the responsibility of the LSC to ensure that all swimmers competing in a sanctioned event be members of USA Swimming in good standing. Age as of December 11, 2021, will determine swimmer's age for the meet. Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 per swimmer who shows up on the post meet registration check charged to the team account. Teams will receive one Meet Recon email as a reminder to register the swimmers. As soon as the post meet registration check is run the team will be charged. No deck registrations allowed.

Rules:

- *Current USA Rules will govern the procedure of the meet. The meet referee will have the final authority for the conduct of the meet.
- * The standard CSI warm-up procedures are in effect for this meet. This includes swimmers entering the warm up lanes with using a 3-point feet first entry where both feet and 1 hand must be in contact with the deck or end wall immediately prior to entering the water.
- * At a sanction competitive event all USA Swimming athlete members must be under the supervision of USA Swimming member coach during warm-up, competition, and warm-down. Any swimmers at the meet without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision. 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 from within the water. It is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement.
- *The use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, restrooms, or locker rooms.
- *Deck changing is prohibited. No deck photography from behind the starting platforms.
- * 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.

* All coaches and uniformed Officials must display or show proof of USA Swimming membership when on deck. Coaches and Officials will be required to sign in before being allowed on deck in a Coach or Official capacity. Deck pass is an acceptable proof of membership.

- Entry Fees:** Flat fee of \$32 per swimmer (\$1.05/ind. event goes to the CSI Support Fund)
Deck entries will be accepted only for open lanes and only for swimmers already in the meet.
- Awards:** Each swimmer will receive a souvenir.
- Event Limit:** Five (5) individual events.
- Limited Events:** The 400 IM and 500 Free will be limited to the top 24 mixed fastest swimmers ranked by time.
- Entry Deadline:** Entries must be received by **Thursday, December 2nd**. Teams not having paid for their entries by the start of the meet will not be allowed to compete.
Email entries to: Luke Schumm @ coachschumm@gmail.com
Check payable to: COSA Swimming
- CSI Exception:** This meet is sanction as an approved meet. For a swimmer's time to be recognize by USA Swimming they must be a current USA Swimming registered swimmer. NCAA swimmers can enter the meet without a USA Swimming registration and their times will be allowed. Team's will receive one meet recon email as a reminder to register the swimmer.
- Hospitality:** Limited hospitality since this is a one session meet.
- Concessions:** There will be no concessions for this meet.
- Timing:** Each team participating in this meet is expected to provide timers for one or more lanes for each session at which they have swimmers. Teams will be notified of their lane timing assignments prior to the first day of the meet.

ORDER OF EVENTS

COMBINED 12 & Under EVENTS

- 1 – 50 Butterfly
- 3 – 500 Freestyle (Fastest 24 swimmers)
- 5 – 100 Breaststroke
- 7 – 50 Backstroke
- 9 – 50 Freestyle
- 11 – 100 IM
- 13 – 200 Freestyle
- 15 – 100 Butterfly
- 17 – 50 Breaststroke
- 19 – 100 Backstroke
- 21 – 100 Freestyle
- 23 – 200 IM

COMBINED OPEN EVENTS

- 2 – 100 Butterfly
- 4 – 500 Freestyle (Fastest 24 swimmers)
- 6 – 200 Breaststroke
- 8 – 100 Backstroke
- 10 – 50 Freestyle
- 12 – 400 IM (Fastest 24 swimmers)
- 14 – 200 Freestyle
- 16 – 200 Butterfly
- 18 – 100 Breaststroke
- 20 - 200 Backstroke
- 22 – 100 Freestyle
- 24 – 200 IM

COVID-19

Masks must be worn in the facility ALL coaches, officials, spectators, and volunteers.

After competition each day, all surfaces that are frequently touched will be disinfected. Restrooms will be open during the meet. Locker rooms are available

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: COSA Swimming and United States Air Force Academy have taken enhanced health and safety measures for you, our other guests, and our staff. You must follow all posted instructions while visiting USAFA. 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 USAFA, you voluntarily assume all risks related to exposure to COVID-19.