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| **Event Hosted By:** | MANDAN MARLINS SWIM CLUB |
| **Approved By** | Held under the sanction of USA Swimming. Sanction issued by the ND LSC. |
| **Meet Sanction #:** |  |
| **Liability** | 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 Purpose** | To encourage and promote good sportsmanship, competitive swimming among all athletes and to have fun. Good sportsmanship is required of all athletes, coaches, officials, and spectators. |

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| **Meet Referee** | Kim Kuntz | **Admin Official** | Brian Metzger/Thomas Jackson |
|  | (701) 663-4618 | **Starter** |  |
|  | pkkuntz@bis.midco.net | **Other Officials** | Michael Schaff-Stroke and Turn |
|  |  |  |  |
|  |  | **Safety Marshall** | TBD |
| **Meet Manager / Entries** |
| Name | Brian Metzger, Thomas Jackson |
| Phone # | (701-340-7862) (701-516-2394) |
| Email Address | mbrian3217@gmail.com, mmsc.ao@gmail.com |
| **Meet Site** | MANDAN AQUATIC CENTER |
| **Address** | 901 DIVISION STREET NWMANDAN, ND 58554 |
| **Facility Information** | Mandan Aquatic Center is a fifty (50) meter pool with eight (8) lanes. The pool’s depth is five (5) feet at the start and turn ends. |
| **Timing Information** | DakTronics electronic timing system with one (1) backup button and watch, horn start, and touch pads at the start end of the pool. |
| **Course Certification** | The competition pool conforms to USA Swimming Rules and Regulations, Article 103.3. The competition course has been certified in accordance with 104.2.2C (3) and (4). The copy of such certification is on file with USA Swimming. |
| **Eligibility / Meet Type** | Age as of February 14, 2021, shall determine age group of swimmers. |
| **Disability Statement** | Swimmers with permanent disability as defined by USA Swimming are welcome to participate in any ND Swimming sanctioned meet in any event corresponding to the swimmer’s gender within the daily individual event limit for the meet.   The entering coach or swimmer must contact the meet referee to discuss any modification for the disabled swimmer to participate.   |
| **Racing Start Proficiency** | 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. |
| **USA Swimming Membership** | ALL current 2020-2021 registered athlete member of USA Swimming are eligible to participate. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.Current 2021 USA Swimming coaches’ registration with required additional certification is required of all Coaches. Upon request, Coaches must be able to provide proof of current certification. Deck pass is an acceptable form of proof of membership. |
| **Swimmers without a coach present** | 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 shall assist the athlete in arranging for such supervision. Coaches are encouraged to make arrangements in advance if they cannot attend the meet with their swimmers. |
| **Officials** | All officials will be USA Swimming certified officials. An Officials meeting will be held at by Zoom prior to the meeting. If a Coach’s meeting is necessary the day of the meet, such meeting will be held in the Hospitality Room maintaining six (6) foot distances and with all participants wearing masks least **45 minutes** before the start of competition. Uniform for officials is a white North Dakota Officials polo shirt with khaki shorts, pants or skirts, with white shoes. |
| **Rules** | Current USA Short Course rules and safety policies as adopted by the NDLSC and USA Swimming Rules and Regulations 2020 edition will govern the meet. This is a timed final meet. There will be a Clerk of Course. Swimmers should appear at designated area which will be addressed at the coaches meeting prior to the start of the meet Swimmers arriving at the blocks and not ready to swim when their heat is called will be scratched from the event. Individual and relay events will not be accepted with no times (NT). Swimmers names, USA registration numbers and order of swimmers for relays are to be submitted with entries. Entry and Relay cards will not be used for this meet. The whistle protocol and horn start with no recall for false starts will be used. The meet referee has the right to combine any events or heats.  |
| **On Deck Registration** | On deck registration is not allowed for this meet. |
| **Warm-up & Safety Policy****MAAPP** | North Dakota Swimming, Inc. warm-up procedures and safety guidelines will be in effect at this meet. Backstroke swimmers must step into the water feet first. Safety Marshalls will remind all swimmers and athletes on deck of any violation of NDLSC and US Swimming safety policies.Only Swimmers, coaches, officials, and working volunteers will be allowed on the pool deck. The locker rooms are for swimmers only. Safety Marshals will check credentials.See attached COVID-19 Safety Plan.Option 1: 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. Option 2: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. |
| **Awards** | TBD |
| **Entry Limitations:**  | Individual swimmers are limited to four (4) individual events. **\*\*\*PLEASE NOTE:  The 1000 Free will count as an event and will be scored.  If the swimmer continues on to swim a 1650 Free, it will not count as an event, but will be listed as exhibition.  No points or awards will be given for the 1650 Free.** |
| **Time Trials** | This meet will not have time trials. |
| **Swimsuits:** | Current US Swimming policies governing swimsuits will be in effect and enforced. |
| **Deck Changing:** | Deck changing is not allowed. |
| **Audio or Visual Recording Devices**: | Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the start blocks. |
| **Operations of Drones** | 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 Jury** | A meet jury will be formed by the meet referee. It will consist of one official (not theMeet Referee), and a Coaches' Rep. from the smallest and largest teams represented. Until the Meet Jury renders a decision, the swimmer may compete under protest.An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.The decision of the jury may be appealed by either party to the Central Zones Board of Review, pursuant to Article 401.  |
| **Changes to the Meet Information**:

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| **Concessions** |
| **Food & Container Policy** |
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 | Any changes to the meet information will be discussed, reviewed, and voted on at the coaches meeting held before the beginning of the first session of the day. Changes must be approved by a unanimous vote of coaches in attendance at the appointed meeting.

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| The concession stand in the lobby of the Mandan Aquatic Center will be open.  |
| All food should be consumed in the lobby of the Facility, not in the area of the pool. Each team is responsible for cleaning their own space at the completion of the meet. |

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**Meet Schedule**

Officials meeting: Day prior to meet by Zoom if necessary

Pool Deck will open at 7:30 am CST

Warm-ups: 8:15 am CST to 9:15 am CST

Competition starts at 9:30 am CST.

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| Event Number | Age | Event |
| 1 | 8 and Under | 25 Free  |
| 2 | Open | 100 I.M. |
| 3 | 9 and Up | 100 Butterfly |
| 4 | 8 and Under | 25 Butterfly |
| 5 | Open | 50 Free  |
| 6 | Open | 100 Back |
| 7 | Open | 50 Breast  |
| 8 | Open | 200 Free  |
| 9 | Open | 50 Back  |
| 10 | 8 and Under | 25 Breast |
| 11 | Open | 100 Breast |
| 12 | Open | 50 Butterfly |
| 13 | 9 and Up | 200 Butterfly |
| 14 | Open | 100 Free |
| 15 | 8 and Under | 25 Back |
| 16 | 9 and Up | 1000 Free |
| 17 | 9 and Up | 1650 Free |

Entry Fees:

$2.75 per swimmer for NDLSC fee.

$21.50 per swimmer for timer/pool rental

$1.50 per swimmer per individual event

Summary cost per calculation sheet is attached.

Checks must accompany entries and made payable to MMSC

**\*\*\*PLEASE NOTE:  The 1000 Free will count as an event and will be scored.  If the swimmer continues on to swim a 1650 Free, it will not count as an event, but will be listed as exhibition.  No points or awards will be given for the 1650 Free. Events 12 and 13 will be a combined event.**

Fee Calculation Form – return with your entry

Club Name: Club Abbreviation:

Coach: Coach’s Cell Phone # ( )

Entries Chair: Phone # ( )

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| #  |  | Amount |  | Number |  | Number |
|  | Total Swimmers x $2.75 NDLSC Fee = |  |  |  |  |  |
|  | $21.50 per swimmer for timer/pool rental |  |  |  |  |  |
|  | $1.00 per unattached swimmer (if applicable) |  |  |  |  |  |
|  | Total Individual Events x $1.50 = |  | # of boys |  | # of girls |  |
|  | Total Relay Events x $3.00 = |  | # of boys |  | # of girls |  |
|  |  |  | TotalBoys |  | TotalGirls |  |
|  | Total Due = |  |  |  |  |  |

Make checks payable to:

Mandan Marlins Swim Club

PO Box 624

Mandan, ND 58554

All fees are due with your entry.

**Late entries will be charged $50 late fee**

ENTRIES DUE Electronic Entries (via email to Thomas Jackson)) **Monday February 8th by 5:00 pm**

Paper Entries will not be accepted!

Late ENTRIES WILL BE CHARGED A $50.00 LATE FEE

**\*\*\*PLEASE NOTE:  The 1000 Free will count as an event and will be scored.  If the swimmer continues on to swim a 1650 Free, it will not count as an event, but will be listed as exhibition.  No points or awards will be given for the 1650 Free.**

**Sanctioned Meet Request**

Mandan Marlins/Minot Dual

**Statement of local protocols and requirements** (per ND Dept. of Health and USA Swimming)

*As of January 12, 2021, North Dakota is in the Yellow -Moderate Risk Level — This is the level of moderate risk for exposure and when transmission is controlled in the jurisdiction AND health criteria is met.*

*The following is submitted in accordance with North Dakota Smart Restart Large Gathering Tiered Capacity Document, v.210105-2.1 as the same pertains to Tier Four Events.* Id., p. 4. See <https://ndresponse.gov/sites/www/files/documents/covid-19/ND%20Smart%20Restart/NDSmartRestart-LargeGatheringTieredCapacityDoc.pdf>, last visited January 12, 2021.

The Mandan Marlins have maintained a COVID-19 Preparedness and Safety Plan since approximately June 1, 2020 which has been previously disseminated and approved by the local stakeholders, including athletes, parents, and volunteers. This document is in accordance with that Plan. The following recommendations for industry protocols should be followed along with meeting public health criteria to ensure there is no increased risk of exposure or uncontrolled transmission in the community.

* Capacity should be limited to a percentage of normal operating capacity for controlled and managed facilities or capped at a total number. If there is no way to control access of entry (egress), spread out activities to double the normal footprint; the state of North Dakota has established 200 people in the pool area as their cap.
* Mark six-foot increments where lines form and within the bleachers.
* Post signage at all entrances of the facility informing all employees and customers that they should:
	+ Avoid entering the facility if they have a cough or fever.
	+ Maintain a minimum six (6)-foot distance from one another.
	+ Wash their hands often with soap and water for at least 20 seconds.
	+ Limit unnecessary contact such as hugging and shaking hands.
* Masks are required in any/all indoor facilities.
* Provide hand sanitizer, soap and water or effective disinfectant at or near the entrance of the facility and in other appropriate areas for use by the public and employees, and in locations where there is high frequency employee interaction with members of the public (e.g. cashiers). Keep chemicals out of reach of small children. Restrooms normally open to the public shall remain open to the public with heightened hygiene and cleaning standards.
* Regularly disinfect other high-touch surfaces according to industry standard operating procedures in conjunction with Personal Protective Equipment (PPE) use for staff.

**Special Measures**

* Develop policies and procedures for prompt identification and isolation of sick staff and customers.

**Indoor youth sports should operate following CDC guidelines**

* Limit occupancy to maintain social distancing.
* 24-hour facility use can resume
* Pools may open following Smart Restart protocols including social distancing, CDC recommendations, aquatic health codes, and pool operator protocols.

**Specific Protocols for Sanctioned Swim Meet**

* Please Refer to the COVID protocols made part of the Meet Information Sheet.
* **Plan for spectators**: Spectators will be allowed in a limited capacity pursuant to North Dakota Department of Health Regulations. As we continue to plan this meet, we will faithfully monitor the COVID situation and as outlined by the North Dakota State Government and North Dakota Department of Health.
* **Number of individuals:** Pursuant to the Order of the Governor, gatherings may now be at sixty-five (65%) capacity not to exceed 200 patrons. Per North Dakota guidelines, the pool deck and bleachers be limited to 500 people excluding teams (athletes, coaches, staff, etc.) However, facility management has requested that the meet be limited to 250 persons TOTAL and therefore the meet will be limited to 250 persons within the facility pool area.
* **Volunteers** will be limited to
	+ Timers (1 per lane)
	+ Safety Marshal
	+ Clerk of Course
	+ Meet operations
	+ Officials

\*\*All volunteers must wear masks throughout the entire meet.\*\*

* Only athletes, coaches, and volunteers allowed on deck.
* Locker rooms WILL BE available in a limited capacity.
* Athletes are expected to arrive and leave in their suit.  However, the facility maintains locker rooms for restroom use for athletes, and public restrooms outside the pool area for spectators/volunteers. A  hospitality room will be available to volunteers.
* Swimmers are to keep 6-foot distance between themselves at all times. This requirement does not apply to family or household members.  The bleachers have been marked with red tape to mark off six (6) foot intervals for spectators. Athletes will be located on the East side of the pool near the dive well and shall not be allowed in the bleachers except in emergencies. Families may sit together in the bleachers maintaining a six (6)-foot space between other families.
* Additional time between heats will be used to allow athletes to exit the pool prior to the next heat entering the start area.  There will not be flyovers.
* Athletes are to stage on the east side (the dive-well side) of the pool deck while waiting for their heat. Athletes should arrive one to two heats prior to their swim and maintain adequate spacing while waiting for their swim.  Athletes are to exit the pool and move to the west side of the pool deck after their event.
* All athletes must wear a mask when not in the water.
* Teams shall remain with one another and shall not comingle.
* Once swimmers have completed their events, they will clean up their area and exit the building.

**Communication plan for all stakeholders**

We will send out an email approximately one week before the meet to outline the warm up times and present updates to expectations and guidelines and anything specific people should know before the meet.

   In these emails, we will announce the following:

1. Number of athletes
2. Number of Volunteers
3. Number of permissible spectators
4. Precautions for safety, including the mandate  of masks for all athletes
5. The availability of a Live Feed
6. In this email, parents can also decline the meet or sign up for volunteer jobs through Teamunify
7. Concessions will be offered in compliance with North Dakota Smart Restart Large Gathering Tiered Capacity Document, v.210105-2.1.

All expectations for the aforementioned protocols will be communicated ahead of time at practice, in the meet announcements, event communication, and posted throughout the venue to ensure that all participants and observers are clearly aware of the requirements.

**Team COVID liason for LSC**: Michael J.B. Schaff

*In applying for this sanction(ed event), the Host, Mandan Marlins Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, ND LSC, and the State of North Dakota  and Morton County.*

**Assumption of risk disclaimer:** We have taken enhanced health and safety measures for our athletes and volunteers so we can host this back-to-the-pool meet after a prolonged break. Despite precautions, 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; that is precisely why we are hosting this meet without spectators and with as few volunteers as possible. But do recognize that when you allow your children to participate in this meet, you are voluntarily assuming 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 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 [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.

Covid-19 Safety Plan

Athletes:

* Each team will be allocated four (4) lanes on the South side of the pool (near the Crow’s Nest). No more than 5 athletes will be permitted per lane. Siblings shall share a lane when possible. The North side of the pool shall also be available for warmups with the same restrictions, please note that the North side of the pool is not regulation size. The North side of the pool is also available for cool down after competition events. When not warming up or competing, athletes will sit by the diving well with their team in designated areas.
* Swimmers will be required to wear masks when not competing, warming up, and/or cooling down.
* During competition, only one heat will be allowed behind the blocks at a time.
* Swimmers will enter and exit the warm-down lanes from the south side of the pool.
* When lining up for a heat, athletes will maintain six feet of distance on designated spots.
* Athletes will exit the pool before the next heat begins. Once they exit, they will walk to their left in the direction of the spectators to walk to the cool-down pool and/or to their seating.
* Athlete seating will be on deck by the diving well. These spaces will be clearly marked. We will provide for two separate areas for each team.
* Locker room usage will be limited to bathroom usage only. No changing or showering will be allowed.

Volunteers, Officials, and Coaches:

* All Volunteers, Officials, and Coaches must wear masks unless they have a medical reason for not doing so.
* All Volunteers, Officials, and Coaches will make an effort to be 6 feet apart from both athletes and other volunteers.
* All timers will have chairs positioned as close to the rear wall as possible. The only time they will approach the pool is at the finish of each race.
* We will only have one timer per lane.
* Officials will maintain 6 feet of separation as much as possible.
* Coaches must wear masks for the duration of the competition, and will maintain distancing as much as possible. Coaches will stand or sit on the east side of the pool between the diving well and competition pool. Swimmers may approach for brief consultation after they warm down or before they swim.

Spectators:

* Spectators must wear masks and maintain 6 feet of social distancing from any non-family member.
* The number of spectators will be determined prior to the meet. At this time it is anticipated that there will be permitted only 1 spectator per swimmer.