	AUGUST INTRASQUAD **8/14-22/2020** **Held under the sanction of USA Swimming** **Sanction #: OH-21SC-04**	**Hosted by** **Mason Manta Rays**

LOCATION:	Mason Community Center 6050 Mason Montgomery Road 513-229-8555
FACILITY:	The Mason Natatorium is a 25-yard pool with 11 lanes, ten of which have starting blocks. During the competition, lanes 7-11 will be available for swimmers to use for warm-up and cool down. The competition course has not been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2C(4).
MEET DIRECTOR:	Todd Billhimer/Ken Heis Swimcoach25@gmail.com/kheis@masonoh.org
OFFICIALS CONTACT FOR MEET:	Terry Anchrum terrence@anchrum.com
ENTRY CHAIR:	Todd Billhimer Swimcoach25@gmail.com
SANCTION:	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.

Disclaimers

The Mason Manta Rays has taken enhanced health and safety measures for you, our other guests, volunteers, and our athletes. Everyone must follow all posted instructions while attending this meet.

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 Ohio Swimming 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 herewith.

Organization Regulations

USA Swimming Rules

- At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.
- Any swimmer entered in the meet <u>must</u> 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.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices.
- Deck changes are prohibited.
- 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.
- Flash photography is not permitted at the start of any race.
- 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.

Ohio State Law	• Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at www.swimohio.com under Safe Sport>Concussion. • There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.
COVID-19 Information	• Avoid getting closer than six (6) feet to anyone coughing or sneezing. • Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer that has 60-95% alcohol. • Avoid touching your eyes, nose, and mouth. • Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue in the trash then wash your hands. • Stay home if you are sick, and away from the pool and from fellow team members.

Entering the Meet	
Eligibility:	• All contestants must be currently registered USA Swimming members and registered with Ohio Swimming Inc. Registrations will not be accepted at the meet. • Age on the first day of the meet will determine age for the entire meet. • This is a closed meet.
Disability Swimmers:	• Ohio Swimming welcomes swimmers with a disability. • Entry Procedures: 1. Enter the USA-S swimmers with a disability electronically or on the paper entry form. 2. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. 3. List in the email with the electronic entry (or on the paper entry) the swimmer's name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions. • Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats. • See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).
Entry Limits **Entry Fees:**	• Swimmers may swim a maximum of 3 individual events per day. • $4.00 per individual event. • $0 per relay event. • $5 OH LSC surcharge per swimmer.
Entry Procedures:	• Deadline for receipt of entries is 8/11/2020 • Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). • Unattached swimmers (not with a team) are encouraged to use Hytek's TM Lite for entry submission. Entries not completed through a team software are subject to a $25/swimmer surcharge. These fees are due at the time of the entry submission. • Send entries via email to: swimcoach25@gmail.com • Please include the names of any Outreach swimmers in the email. • Checks should be made payable to: City of Mason • "No Time" (NT) entries will be accepted. • The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
Warm-up and Safety Guidelines:	• The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet. • Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees). • Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool deck. • Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet. • No spectators allowed on deck or in the stands.
Competition Guidelines:	• This meet will be a timed final meet. • This meet will be pre-seeded. No deck entries will be accepted at the meet.

	• No Clerk of Course will be available for 8 & Under events.
Awards:	• There will not be awards at this meet.
General:	No hospitality, concessions will be provided.
Facility Rules and Policies:	Cleaning protocols will be in place for disinfecting starting blocks between heats and sessions.
Specific COVID Protocols for this Meet	COVID protocols will be in place similar to what we currently do in practice. There are no spectators allowed in the pool area but there will be essential volunteers, officials and coaches on deck to ensure that we are in SafeSport compliance.

August Intrasquad
ORDER OF EVENTS

Friday, August 14, 2020

Session # 1			Session #			Session #	
Event #	**Event Description**		**Event #**	**Event Description**		**Event #**	**Event Description**
101-102	Open 200 IM						
103-104	Open 100 Free						
105-106	Open 100 Breaststroke						
107-108	Open 50 Free						
109-110	Open 100 Backstroke						
111-112	Open 100 Butterfly						
113-114	Open 200 Free						

Saturday, August 15, 2020

Session # 2			Session # 3			Session #	
Event #	**Event Description**		**Event #**	**Event Description**		**Event #**	**Event Description**
201-202	8&U 100 IM		211-212	9-10 100 IM			
203-204	8&U 25 Freestyle		213-214	9-10 50 Freestyle			
205-206	8&U 25 Breaststroke		215-216	9-10 50 Breaststroke			
207-208	8&U 25 Backstroke		217-218	9-10 50 Backstroke			
209-210	8&U 25 Butterfly		219-220	9-10 50 Butterfly			

Saturday, August 22, 2020

Session # 4			Session # 5			Session # 6	
301-302	11-12 200 IM		315-316	13-14 200 IM		329-330	15&O 200 IM
303-304	11-12 100 Freestyle		317-318	13-14 100 Freestyle		331-332	15&O 100 Freestyle
305-306	11-12 100 Breaststroke		319-320	13-14 100 Breaststroke		333-334	15&O 100 Breaststroke
307-308	11-12 50 Freestyle		321-322	13-14 50 Freestyle		335-336	15&O 50 Freestyle
309-310	11-12 100 Backstroke		323-324	13-14 100 Backstroke		337-338	15&O 100 Backstroke
311-312	11-12 100 Butterfly		325-326	13-14 100 Butterfly		339-340	15&O 100 Butterfly
313-314	11-12 200 Freestyle		327-328	13-14 200 Freestyle		341-342	15&O 200 Freestyle