



SOUTH LAKE AQUATIC CLUB

6<sup>th</sup> Annual

## Karen Hohne Memorial Invitational



Hosted by the South Lake Aquatic Club and the National Training Center

April 17-18, 2021

ALL PROCEEDS TO BENEFIT THE KAREN HOHNE MEMORIAL SCHOLARSHIP FUND

**Florida Swimming mandates that ALL PERSONS on the pool deck or IN THE FACILITY during a Florida Swimming sanctioned/approved meet must WEAR A MASK AT ALL TIMES and is ENFORCEABLE by meet management and/or facility.**

**Sanctioned By:** Florida Swimming of USA Swimming # **FL-5576/5576-TT**

**Condition**

**Of Sanction:** 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 FLORIDA 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 THEREWITH.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

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.

**Hosted By:** South Lake Aquatic Club and the National Training Center

**Type of Meet:** 50-Meter Long Course Timed Finals with available time trials for swimmers targeting Olympic Trials time standards.  
All meet proceeds will go to support the Karen Hohne Memorial Scholarship Fund.

**Dates & Times:** Saturday & Sunday, April 17<sup>th</sup> & 18<sup>th</sup>, 2021  
Open Division Timed Finals- Warm-Up - 7:30AM Start – 9:00AM  
12&Under Timed Finals- Warm up of minimum 30 minutes to begin at completion of Open sessions, Session start time will not be before 12:00 noon.  
Time Trials to be offered after conclusion of 12&Under sessions.

**Location:** National Training Center  
1935 Don Wickham Drive  
Clermont, FL 34711

**Directions:** From Florida's Turnpike:  
**From the South:** Take exit 272 towards Clermont. Turn WEST onto FL-50 W/State Hwy 50 W/W Colonial Dr. and travel approximately 5.2 mi. Turn right onto Citrus Tower Blvd and make your 2nd right onto Don Wickham Dr. The NTC Aquatic Center will be the 2nd right.  
**From the North:** Take exit 279 and turn right on Hancock Rd. Travel approximately 3.5 miles and turn right on Oakley Seaver Dr. Continue 0.7 miles and turn left onto Don Wickham Drive. The National Training will be the 2<sup>nd</sup> left.  
**From Hwy 27:** Head towards Clermont/Hwy 50. Turn EAST onto FL-50 E/Hwy 50 and travel approximately 1mi. Turn left onto Citrus Tower Blvd and then make your 2nd right onto Don Wickham Dr. The NTC Aquatic Center will be the 2nd right.

**Pool Specifications:** Certified 50 Meter-10 lane competition course with non-turbulent lane lines. Water depth at the competition starting end is a minimum of 12 feet and the turn end is a minimum of 6 feet, 7 inches. Continuous warm-up/warm-down will be available during the meet. Competitors may only swim in designated lanes. **OUTSIDE OF COMPETITION AND RACING STARTS.....**Swimmers must enter the water feet first with at least one hand in contact with the pool.

- Timing Equipment:** Colorado Automatic Timing, pads & buttons & stop watches, Computer scoring.
- Eligibility:** Open to all currently registered USA Swimming athletes. On deck registrations will **NOT** be accepted at this meet. International teams and swimmers may contact [CoachAlex@Southlakeaquatics.com](mailto:CoachAlex@Southlakeaquatics.com) for an invitation to compete.
- Entry Limit:** Meet host may limit total entries in accordance with USA Swimming COVID 19 Protection protocols. 4 individual events per day. Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the meet and/or day. Time Trial events are for those swimmers seeking Olympic Trials time standards. Time Trial events count against maximum individual entries per day.
- Check in Events:** There will be positive check-in for 400 Freestyle and 1500 Freestyle. Check in for these for Open division events will close at 10:00 am each day. Check In will close at start of Sunday session for 12&Under 400 Freestyle.
- Seeding:** All events will be seeded using 50-Meter times. Conversions, using the formula in the current Florida Swimming Handbook may be used, for entry and seeding purposes. **\*Note: All events will be swum fastest to slowest. Individual events will be scored separately by age groups as listed in the Awards & Scoring section of the meet information.**
- Scratch Penalty:** No penalty for scratches on the block.
- Entries:** Entries **must** be in USA Swimming SDIF format or Hy-Tek CL2 sent by email using Hy-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Email confirmation will be sent upon receipt of the file. Entries will be accepted via e-mail attachment to Quinn Sampson at [entries@accurateswimming.com](mailto:entries@accurateswimming.com). No phone or faxed entries accepted. No deck entries will be accepted.
- Entry Fee:** \$4.15 Per individual event  
\$15.00 Facility fee per swimmer  
\$2.00 Heat Sheet Fee  
\$2.00 Surcharge to out of state swimmers  
\$10.00 Per Time Trial Event
- Checks Payable To:** **“SOUTH LAKE AQUATIC CLUB”**
- Entry Deadline:** **All entries must be received by Monday, April 12th 2021 at 5:00PM.**  
Entries must be e-mailed to [entries@accurateswimming.com](mailto:entries@accurateswimming.com)
- Heat Sheets:** Heat Sheets will be available online at [www.southlakeaquatics.com](http://www.southlakeaquatics.com) 24 hours before the meet. A limited number of printed heat sheets will be available on site for officials and coaches.
- Officials:** **Meet Referee:** Quinn Sampson      **Head Stroke & Turn:** Katie Freeman  
**Starter:** Cheryl Pavlacka      **Marshal:** Haleigh Smith  
**Admin Official:** Andrew Rzepecki      **Meet Manager:** Don Gibb
- All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and Florida Swimming for 2021. Please email Quinn Sampson at [qsampson@gmail.com](mailto:qsampson@gmail.com) with your certification level and availability so he can plan accordingly.
- Awards/Scoring:** 11-12 and 10&Under events: 1st-8th place ribbon. No awards for Open Division.

- Team Rep:** Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. For each team, the coach and that person only will be recognized.
- Identification:** Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet or prove current registration through Deck Pass.
- Spectator Seating:** In order to keep the pool deck clear for swimmers and spectator viewing, tents are **NOT PERMITTED** inside the aquatic facility. Space for tents will be provided outside of the fenced area adjacent to the aquatic facility. Some bleacher seating will be provided inside the pool area. The west side of the pool and the deck area on the north end of the pool will also be available for spectators. The east end of the pool (timing/main starting end) and south side of the pool will be reserved for swimmers, coaches and officials only. Meet Marshals will be present to monitor these areas.
- Camera Zones:** Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of “Camera Zones” at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable “Camera Zones” may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a “start- end,” etc. Meet Management shall also designate “Non-Camera Zones.” Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, restrooms, or any other dressing areas. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.
- Mail checks to:** South Lake Aquatic Club – c/o Gena Gibb  
16610 Magnolia Terrace Blvd  
Montverde, FL 34756  
Check for updates to meet information on our web site [www.southlakeaquatics.com](http://www.southlakeaquatics.com)  
Timelines and psych sheets will be available the Wednesday prior to the meet at [www.southlakeaquatics.com](http://www.southlakeaquatics.com).
- Hotels:** A list of hotel partners will be posted to [www.southlakeaquatics.com](http://www.southlakeaquatics.com) one month prior to the meet.
- Rules:** Current USA Swimming Rules & Regulations will govern.
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## **WARM-UP SCHEDULE**

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NO EQUIPMENT PERMITTED

SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH.

The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

### **-Morning Sessions-**

#### **General Warm-Up (First 25 minutes)**

Lane(s)

1 – 10 Circle swimming only

#### **Controlled Warm-Up (Last 20 minutes)**

Lane(s)

1	Pace 50s – push off
2	Racing starts – one way (scoreboard end)
3	Racing starts – one way (from bulkhead)
4	Circle swimming only
5	Circle Swimming only
6	Circle swimming only
7	Circle swimming only
8	Racing starts – one way (scoreboard end)
9	Racing starts – one way (from bulkhead)
10	Pace 50s – push off

### **-12&Under Sessions-**

#### **General Warm-Up. (Begins at end of morning sessions.)**

A minimum warm-up of 30 minutes before afternoon start time will be provided.

## ORDER OF EVENTS

This meet will be seeded fastest to slowest.

Meet host reserves the right to split genders or age groups into separate sessions.

### Session 1: Saturday April 17<sup>th</sup>

**Warm up 7:30 AM, Meet starts 9:00 AM**

Girls Event #	Age Group	Boys Event #
1	Senior 200 Free	2
3	Senior 100 Breast	4
5	Senior 200 Fly	6
7	Senior 100 Back	8
9	Senior 50 Free	10
<b>5 Minute Break</b>		
11	Senior 400 Free	12

### Session 2: Saturday April 17<sup>th</sup>

**Warm up of 30 minutes starting at end of morning sessions, will not begin before 12:00 noon**

Girls Event #	Age Group	Boys Event #
13	12 & Under 100 Fly	14
15	12 & Under 50 Free	16
17	12 & Under 100 Breast	18
19	12 & Under 50 Back	20
21	12 & Under 200 Free	22
23	12 & Under 200 IM	24

### Session 3: Sunday April 18<sup>th</sup>

**Warm up 7:30 AM, Meet starts 9:00 AM**

Girls Event #	Age Group	Boys Event #
25	Senior 400 IM	26
27	Senior 100 Free	28
29	Senior 200 Breast	30
31	Senior 100 Fly	32
33	Senior 200 Back	34
<b>5 Minute Break</b>		
35	Senior 1500 Free	36

### Session 4: Sunday April 18<sup>th</sup>

**Warm up of 30 minutes starting at end of morning sessions, will not begin before 12:00 noon**

Girls Event #	Age Group	Boys Event #
37	12 & Under 100 Back	38
39	12 & Under 50 Breast	40
41	12 & Under 50 Fly	42
43	12 & Under 100 Free	44
<b>5 Minute Break</b>		
45	12 & Under 400 Free	46

**MASTER ENTRY FORM**  
**6<sup>th</sup> Annual Karen Hohne**  
**Memorial Invitational**  
**South Lake Aquatic Club**  
**April 17<sup>th</sup> and 18<sup>th</sup>, 2021**

Team Name: \_\_\_\_\_ Call Letters: \_\_\_\_\_

Address: \_\_\_\_\_

Coach: \_\_\_\_\_ LSC: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Office Phone: (\_\_\_\_) \_\_\_\_\_

**Swimmer/Coach Registration**

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on-deck supervising the activities of these individuals during all warm-up and competitive sessions at the meet.

Name of Coach	Team
_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USA Swimming coach Members and that I am a current USA Swimming registered Non-athlete member.

_____	_____	_____
Signature	Team	Date

Entry Deadline: Monday, April 12th, 2021

Mail to: South Lake Aquatic Club – c/o Gena Gibb  
 16610 Magnolia Terrace Blvd  
 Montverde, FL 34756

**Financial Recap:**

We have entered the following:

Total Swimmers: (Facility charge)	_____ @ \$15.00 = _____
Out of State Per Swimmer Surcharge	_____ @ \$2.00 = _____
Electronic Heat Sheet Fee	_____ @ \$2.00 = _____
Individual Timed Final Events	_____ @ \$4.15 = _____
Total Fees Payable:	_____ = _____

**Make check payable to: "SOUTH LAKE AQUATIC CLUB"**

# **6<sup>th</sup> Annual Karen Hohne Memorial Invitational South Lake Aquatic Club**

## **Additional Information and Procedures related to Covid-19**

Any changes to this information before the meet will be communicated directly to the participating team's coaches for dissemination to their teams. The following applies to swim meet participants, parents, coaches, officials, volunteers, and spectators.

1. Access to the pool deck will be limited to swimmers, coaches, officials and meet workers. Bleachers will be set up on the raised patio for spectators. Spectators may come into the facility and sit in the bleachers on an event by event basis to watch their swimmers. All athletes and spectators must observe facility rules and covid protection protocols. Social distancing will be required and facemasks must be worn at all times except for swimmers when entering or exiting the pool for warm up/warmdown or competition.
2. Everyone must screen themselves and their children at home before coming to the pool.
  - a. Swimmers and spectators will additionally be temperature screened when first entering the pool area each day.
  - b. If anyone is feeling ill, has a fever (over 100.4 degrees), a sore throat, diarrhea, vomiting, abdominal pain, a severe headache or has been exposed to someone with COVID-19 in the past 14 days, **THEY MUST STAY HOME.**
  - c. If during the event, anyone experiences Covid-19 symptoms, they should isolate themselves and have another person notify a SLAC coach or marshal of the situation. The coach or marshal will also notify the facility. The person will leave the event/go home and any areas that the sick person has touched or been will be disinfected. (See attachment 1 protocols).
  - d. Be advised that government health organizations are recommending people 65 years and older, those who live in a nursing homes or long-term care facilities, and people with underlying medical conditions (particularly if not well controlled) should remain home. Underlying medical conditions include chronic lung disease or moderate to severe asthma, serious heart conditions, immunocompromised, severe obesity diabetes, chronic kidney disease undergoing dialysis, and liver disease.
  - e. CDC, state, and local guidelines are in effect during the meet.
3. Face Coverings
  - a. Everyone is required to wear face coverings when on the property of the Orlando Health National Training Center. People who live in the same household may sit next to one another.
  - b. No one is allowed to sit or stand in any high traffic areas. No chairs are allowed in the spectator viewing area. Space will be made available for parent seating outside of the pool area for spectators to bring chairs and to sit between their swimmers events.
  - c. When entering locker rooms/restrooms, everyone will be required to wear face coverings and must maintain social distance
  - d. Swimmers may remove their face coverings and leave them with their belongings when getting ready for their race.
  - e. Upon completion of their race they should return to their place on deck and put their face covering back on
4. Swimmers
  - a. Should bring their own water bottles and snacks as there will be no hospitality or shared water coolers.
  - b. May bring a chair. Some bleacher space will be provided for teams without chairs.
  - c. Will sit with their teams/groups and sit socially distanced from one another. Swimmers who live in the same household may sit next to one another.
  - d. Handshakes, high fives, and team huddles are prohibited.
5. Meet Procedures
  - a. Pre-meet warmup will limit swimmers to no more than 12 per lane. Teams will be assigned lanes.
  - b. During the swim meet there will be two timer per lane. Masks are mandatory for timers. Timers will stay seated unless they are standing for timing purposes.
  - c. Swimmers will line up two heats before their race at the cones set behind the timers.
  - d. After each race, swimmers will exit the pool and walk to the warm down area or return immediately back to their designated team area. All swimmers must be cleared of the area for the next heat to step up.
  - e. In the warm up area on the north side of the competition pool bulkhead, only 4 swimmers per warm down lane allowed during the meet.
  - f. Participants, coaches, officials, volunteers will not share equipment.
6. Other
  - a. SLAC and the NTC will provide sanitation stations.
  - b. NTC employee Mateo De Angulo is the point of contact for any Covid-19 concerns.
  - c. We will limit pre-meet and post-meet meetings to the greatest extent possible between coaches, volunteers, participants, officials, and teams.



- d. Bleacher seating areas may be used but are not being sanitized.
  - e. SLAC will utilize electronic means of communicating heat sheets and results.
7. Inclement Weather - In the event of inclement weather, swimmers, coaches and spectators must return outside the pool gates and wait in their vehicles.

### **Attachment 1**

#### **Protocols if someone is injured or showing symptoms of COVID-19**

If an individual exhibits COVID-19 symptoms or temperature over 100.4 F they and their party will be isolated from the public to a specified location. Staff will complete the following:

Call 911 and complete an Incident Report Form.

Disinfect areas of the facility where the patron had touched or visited

An area will be set-up to isolate individuals that exhibit Covid-19 symptoms.

If a person is in distress or having difficulty breathing the facilities emergency action plan will be implemented.

There will be no in water resuscitation. Rescue breaths delivered must use a bag valve mask (BVM) and requires 2 guards.