



Georgia Swimming will increase opportunity, recognition, and growth in competitive swimming. We believe that swimming provides life-changing experiences for young people.



Columbus Aquatic Club

2022 Groundhog Invite

January 28-30, 2022

HOST	Columbus Aquatic Club (HURR)
SANCTION:	Held under the sanction of USA Swimming, issued by Georgia Swimming Inc., Sanction #: GA22-XXX
ATTESTATION:	<ul style="list-style-type: none"> Article 202.4.3: Granted sanctions are non-transferrable to other organizations or clubs. Any such transferred sanction shall be void and the Sanction Committee shall deny any further sanctions to the organization or club violating this provision. In applying for this sanctioned event, the Columbus Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Georgia LSC, the State of Georgia, and local jurisdiction.
MAAPP: Minor Athlete Abuse Prevention Policy Effective June 23, 2019	<ul style="list-style-type: none"> A USA Swimming club that hosts a sanctioned USA Swimming swim meet indicates acknowledgement of USA Swimming’s Minor Athlete Abuse Prevention Policy (“MAAPP”). All USA Swimming members including athletes 18 and older and adults who interact with minor athletes at swim meets are expected to comply with the MAAPP policy. All chaperones, team managers, adult swimmers, meet directors, officials, and non-member parents and meet volunteers are expected to understand and comply with MAAPP. As the host club, you are responsible for ensuring that these individuals know about and comply with MAAPP.
ELIGIBILITY FOR TIME RECOGNITION TO THE SWIMS DATABASE	Times achieved by an athlete member at a sanctioned competition who is 18 years of age (+30-day grace period) who have not completed the Athlete Protection Training OR (whose APT training had expired) by the date of the swim, WILL NOT be uploaded to the SWIMS database.
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and Columbus Aquatic Club, 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.
REPORT DISCRIMINATION:	The Georgia LSC believes that there is no place for discrimination in the sport of swimming. If you believe you are the victim of discrimination, you are encouraged to report the incident to USA-Swimming’s Associate Counsel & Director of Safe Sport, Abigail Howard

D, E, & I = Reference / Informational Section	<p>(ahoward@usaswimming.org or 719-866-3529). Please provide a complete description of the incident as well as a way to contact you and/or other parties involved. For more information refer to gaswimming.org/diversity</p> <p>Gaswim.org <u>Georgia Swimming LSC: D, E, & I (teamunify.com)</u></p>																	
MEET DIRECTOR:	Andrew Beggs / Andrew.t.beggs@gmail.com																	
MEET REFEREE:	Heather Boyer / hlboyerga@gmail.com																	
STARTER:	Chaille Sullivan																	
STROKE AND TURN:	Trevor Barna / Lori Marstin																	
ADMIN OFFICIAL:	Andrew Beggs / Andrew.t.beggs@gmail.com																	
FACILITY:	<p>Columbus Aquatic Center 1603 Midtown Dr. Columbus, GA 31909 FACILITY PHONE #: 706.225.3980 This facilities competition pool is a 10-lane, 50-meter pool with Daktronics timing and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming, Inc., and Georgia Swimming, Inc. The pool depth at the start ends equals 13.8 ft. and turn end depth equals 6.3 ft. 10 or more warm-up lanes will be available.</p>																	
SCHEDULE:	<table border="1"> <thead> <tr> <th>Session</th> <th>Warm Up</th> <th>Start</th> </tr> </thead> <tbody> <tr> <td>Friday Evening</td> <td>4:00PM</td> <td>5:00PM</td> </tr> <tr> <td>Saturday & Sunday AM 11&O</td> <td>9:00AM</td> <td>10:00AM</td> </tr> <tr> <td>Saturday & Sunday PM 10&U</td> <td>Not Before 1:00PM</td> <td>Not Before 1:30PM</td> </tr> <tr> <td>Saturday & Sunday Finals 11&O</td> <td>4:30PM</td> <td>5:20PM</td> </tr> </tbody> </table>	Session	Warm Up	Start	Friday Evening	4:00PM	5:00PM	Saturday & Sunday AM 11&O	9:00AM	10:00AM	Saturday & Sunday PM 10&U	Not Before 1:00PM	Not Before 1:30PM	Saturday & Sunday Finals 11&O	4:30PM	5:20PM		
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MEET FORMAT:	<ul style="list-style-type: none"> • SCY • 11&O Prelim/Finals • 10&U Timed Finals 																	
ENTRY FEES:	<ul style="list-style-type: none"> • IND. EVENT FEE: \$7.00 • LATE IND. ENTRIES: \$14.00 / Event • RELAYS: - \$14.00 / EVENT • LATE RELAY ENTRIES: \$28.00 • TIME TRIALS: \$14.00 / EVENT • SURCHARGE - \$15.00 • A \$2.00 Ga travel surcharge applies to all non-Georgia LSC registered swimmers. 																	
ELIGIBILITY:	<p>MEET TYPE: This is and Open Meet. HOST Columbus Aquatic Club will not allow unregistered swimmers, coaches, officials, or teams to participate in this meet. No swimmer will be permitted to compete unless the swimmer is a member in as provided in Article 302.</p>																	
ENTRIES:	<p>11&O swimmers may swim a maximum of three (3) individual events per day. 10&U swimmers may swim a maximum of five (5) individual events per day.</p> <p>Time Trial events will be included in daily individual event limits.</p> <p>Entry files must include the swimmers first, and last name, age, USA Swimming ID number, and seeding time.</p>																	

	<p>There will be a limit of 3 individual events per day for 11&O swimmers and 5 individual events per day for 10&U swimmers.</p> <p>11-12 (200 Bk, 200 Br, and 200 Fly): These events will be conducted as timed finals. The fastest seeded heat of these events will swim during the Finals session. All other heats will be swum during prelims.</p> <p>The 11-12 200 Back, 11-12 200 Breast, 11-12 200 fly, 1000 free, 500 free and 400 IM will be deck seeded events that requires a positive check-in and is subject to the GA scratch rule. Also, entries for each session would be limited in order that the session would not exceed the 4-hour session guideline.</p> <p>Swimmers should submit their best short course times for seeding. A copy of all entries will be sent to Georgia Registration Chairman by the host club. Out-of-state swimmers should be prepared to submit proof of current USA Swimming membership. The Georgia Registration Chairman is Lora Thompson, registrar@gaswim.org.</p>
<p>CHECK IN:</p> <p>CLERK of COURSE:</p>	<p>Deck entries can be made with the clerk of course up to 30 minutes before the start of the session.</p> <p>In order for a swimmer to be entered in 400 IM, 500 Free or 1000 Free, they must positively check in at the clerk of course 30 minutes prior to the start of the session.</p> <p>11-12 200 fly, 200 back, and 200 breast will require positive check-in. The top seeded heat of each of these events will swim in the final's session.</p> <p>You will have the option of having your swimmer swim in the AM if you prefer rather than finals. Please note this on the check-in sheet.</p>
<p>ENTRY SUBMISSION:</p>	<p>ENTRY DEADLINE: Date: Wednesday, Jan 19 Time: 10:00PM</p> <p>Submit entries using Hy-Tek team manager. Entries must include the USA Swimming Club Code and each swimmer's USA Swimming number, first and last name, age, and seeding time for each event entered.</p>
<p>RULES:</p>	<p>Tech Suit Restriction for 12-and-Under Swimmers: https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers</p> <p>102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p> <p><i>1) A Technical Suit is one that has the following components:</i> <i>a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or</i> <i>b. Any suit with woven fabric extending past the hips.</i></p> <p>(Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)</p>

(Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.)

This rule is in effect for all USA Swimming competitions in the United States, so any manufacturer or vendor selling a suit in the United States is subject to the above rule. No Technical Suits may be worn by any 12-Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

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

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind the blocks (Including warm-up, warm-down, and Competition), rest rooms or locker rooms.

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.

Deck changes are prohibited. (Defined as changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes). Swimmers participating in deck changing could be subject to removal from further competition in the meet.

On deck registrations will not be permitted during this event.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches’ 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 Program Operations Vice Chair, Program & Events Committee Chair, or designee.

All referees, starters, administrative officials, chief judges, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be non-athlete members of USA Swimming or members of other FINA-member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the meet host and to allow the meet host the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director before the start of the first day of the meet.

A swimmer must start and finish the race in the same lane.

	<p>Deck Pass is acceptable proof of USA Swimming membership.</p> <p>Swimmers participating under the provisions of 202.9 or USA Swimming’s “open border” policy must be under the supervision of their own coach or a USA Swimming member coach. The Meet Director or Meet Referee may assist the swimmer in deciding for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the start of the meet.</p>
COACHES:	Coaches will be required to sign in and show their USA Swimming coaches registration card or DECK PASS for verification that all certifications are current.
COACHES MEETING:	A coaches meeting will be held on Friday evening at 4:30PM at a destination specified during the meet announcement.
OFFICIALS:	Columbus Aquatic Club welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official’s meeting prior to the start of each session. The official’s uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and shoes. All officials must present at check in, their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.
MEET COMMITTEE / MEET JURY:	The Meet Committee / Jury shall be established during the coaching meeting or prior to the competition and shall consist of the Meet Director, Meet Referee, Coaches, and athlete members, as appropriate. As defined in the Official Glossary (2021 USA Swimming Rulebook)
AWARDS:	Top 3 in each event will receive awards. There will also be random “hot-heats” announced after the start of each race. Winners of those heats will receive a prize.
SCORING:	Meet will not be scored.
CONCESSIONS:	Concessions will be available for coaches and officials.
GEORGIA WARM-UP POLICY:	The Georgia Swimming approved warm-up guidelines will be followed for this meet. Warm-up lane assignments will be posted at the pool. USA Swimming Certified Coaches must supervise in the vicinity of all warm-up activities. Refer www.gaofficials.org/documents > Sanctions
GEORGIA SCRATCH RULE:	Refer www.gaofficials.org/documents > Sanctions
MISC. INFORMATION:	<p>All events will be swum in a 10-lane, SCY.</p> <p>All Friday evening events will be timed finals.</p> <p>11&O events will be swum as prelim/finals, excluding the 500 free and 1000 Free which will be swum as a timed final. All preliminary events will be circle seeded with exception of 11-12 (200 fly, 200 back, 200 breast). The top checked in heat for those events will swim in the finals session.</p> <p>You have the option of having your swimmer, swim in the AM session. Please not this on the check-in form.</p> <p>All relays will swim in the finals session at the end of the session. There will be a 5 to 10 minute break after the completion of the last individual event before relays begin.</p> <p>The 400 IM will be a prelim/final event but will require positive check-in during preliminary sessions.</p> <p>The 1000 free and 500 free will be swum fast to slow.</p>

The 500 & 1000 Free will be swum mixed but results will be listed separately for each gender and broken into respective age groups (10&U, 11-12, 13-14, 15-16, 17&O).

We ask swimmers to please provide both TIMER & COUNTER for 500 and 1000 freestyle.

There will be an A & B & C final for all 13&O events swum in the order of C, then B, then A.

There will be an A final for all 11-12 events.

Time trials will be offered but will count toward daily event limit total. Coaches may see the A.O. at the Clerk of Course to set up requested time trial. Time trials will be approved and scheduled at the discretion of the Meet Director.

Order of Events

Friday, January 28

Session 1

Warm Up 4:00 PM, Meet Start 5:00 PM

**** All events Friday evening are timed finals ****

Girls	Events	Boys
1	13&O 200 IM	2
3	12&U 200 IM	4
5	8&U 100 IM	6
7	13&O 50 Free	8
9	12&U 50 Free	10
11	9&O Mixed 500 Free**	11

****500 Freestyle swimmers are asked to provide both a TIMER & COUNTER****

Saturday, January 29

Session 2

Warm Up 9:00 AM, Meet Start 10:00 AM

**** 11-12 200 fly & 200 Breast will require positive check-in ****

Girls	Events	Boys
12	11-12 200 Fly	13
14	13&O 200 Fly	15
16	11-12 50 Fly	17
18	11-12 100 Back	19
20	13&O 100 Back	21
22	11-12 200 Breast	23
24	13&O 200 Breast	25
26	11-12 100 Free	27
28	13&O 100 Free	29
30	11-12 400 IM	31
32	13&O 400 IM	33
	~5 -10 min break during finals~	

34	12&U 200 Medley Relay	35
36	14&U 200 Medley Relay	37
38	Open 200 Medley Relay	39

All relays will be swum during finals session

Saturday, January 29

Session 3

Warm Up Not Before 1:00 PM | Meet Start Not Before 1:30 PM

Girls	Events	Boys
40	10&U 25 Breast	41
42	10&U 50 Fly	43
44	10&U 100 Back	45
46	10&U 100 Breast	47
48	10&U 25 Back	49
50	10&U 50 Free	51
52	10&U 200 Free	53
	~10 min break~	
54	10&U 200 Medley Relay	55

Saturday, January 29

Session 4

Finals

Warm Up 4:30 PM | Meet Start 5:20 PM

Sunday, January 30

Session 5

Warm Up 9:00 AM | Meet Start 10:00 AM

** 11-12 200 Back will require positive check-in. **

Girls	Events	Boys
56	11-12 200 Free	57
58	13&O 200 Free	59
60	11-12 50 Breast	61
62	11-12 100 Fly	63
64	13&O 100 Fly	65
66	11-12 200 Back	67
68	13&O 200 Back	69
70	11-12 100 Breast	71
72	13&O 100 Breast	73
74	11-12 50 Back	75
76	13&O 100 IM	77
78	11-12 100 IM	79
	~5 – 10 min break during finals~	
80	12&U 200 Free Relay	81
82	14&U 200 Free Relay	83
84	Open 200 Free Relay	85
	~ 10 min break ~	
86	11&O Mixed 1000 Free*	86

1000 Free will be deck-seeded and swimmer should provide their own TIMER & COUNTER. The 1000 free will be a timed final

Relays are swum during finals session only

Sunday, January 30

Session 6

Warm Up 1:00 PM | Meet Start 1:30 PM

Girls	Events	Boys
87	10&U 25 Free	88
89	10&U 50 Breast	90
91	10&U 100 Fly	92
93	10&U 100 Free	94
95	10&U 25 Fly	96
97	10&U 50 Back	98
99	10&U 100 IM	100
	~10 min break~	
101	10&U 200 Free Relay	102

Sunday, January 30

Session 7

Finals

Warm Up 4:30 PM | Meet Start 5:20 PM

**Columbus Aquatic Club
2022 Groundhog Invite
Jan 28 – 30 (Fri – Sun)**

Team Name _____ Team abbreviation _____

Team Address _____

City _____ State _____ Zip _____

Head Coach _____

Phone _____ Home _____ E-mail _____

For entry problems call or e-mail _____

All coaches from your team present at the meet, must be listed

1. Coach _____

2. Coach _____

3. Coach _____

4. Coach _____

Athlete Fee	\$15.00 x (number of athletes)	= _____
Total Individual Events	x \$7.00	= _____
Total Relays	x \$14.00	= _____
Non-Ga LSC registered athletes	\$2.00 x (number of athletes)	= _____
TOTAL		= _____

Submit one check payable to: Columbus Aquatic Club

Entries must be received on or before Wednesday, Jan 19

Mail entries to: **Andrew Beggs**

1515 18th Ave Columbus, GA 31901

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach, or team representative, verify that all swimmers and coaches listed on the enclosed entry are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

In granting this sanction it is understood and agreed that USA Swimming, Georgia LCS, and Columbus Aquatic Club shall be free and harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

Signature/Title

Date

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 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 [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 THEREWITH.

This statement shall also be included in heat sheets