

**Katy Aquatics Purple & Black Time Trial   
(Intrasquad)**

**Hosted by**

***Katy Aquatics***

**A LONG COURSE TIMED FINALS MEET**

**Sunday, August 02, 2020**

**SANCTION # GU-LC-20-108**

**LOCATION:** Fleet Aquatic Center

14654 Spring Cypress Road

Cypress, Texas 77429

**COACHES:** Tim Bauer – Head Coach

**MEET REFEREE:** Delonia Cooley ~ [meetinfo@katyaquatics.org](mailto:meetinfo@katyaquatics.org)

**MEET DIRECTOR:** Travis Sandifer ~ [meetinfo@katyaquatics.org](mailto:meetinfo@katyaquatics.org)

**SAFETY MARSHAL:** Davis Peden

**ADMIN OFFICIAL:**  Jane Welborn ~ [Meetinfo@katyaquatics.org](mailto:Meetinfo@katyaquatics.org)

**POOL:** One ten (10) lane, 50-meter outdoor pool with non-turbulent lane lines will be used for competition. Lanes 3 thru 10 will be used for competition.

**TIME AND DATE:** This is a three (3) session, one (1) day timed-finals meet. Each session will begin thirty (30) minutes after the conclusion of each preceding session. Each session should last approximately an hour.

**Sunday, August 2, 2020**

**Session 1: HP**

Warm-up: 8:00 – 8:25 AM ~ Meet Start: 8:35 AM

**Session 2: Senior II**

Warm-up: 10:30 – 10:55 AM

Meet Start: *10 minutes after the conclusion of warm-up ~ 11:25 AM*

**Session 3: Gold/Senior Dev. 2**

Warm-up: 1:05 -1:30 PM

Meet Start: *10 minutes after the conclusion of warm-up ~ 1:40 PM*

* There may be a 10-15-minute warm-up/cool down between events. Swimmers will be assigned the same lane and position for each warm-up/cool down in the session.

**MEET TYPE:** This meet will be a pre-seeded, timed final Intrasquad event. All events will be swum mixed gender and will be swum fastest to slowest. All 50’s will start at the Locker Room end of the pool. In case of bad weather, the meet will be suspended.

**SAFETY GUIDELINES & WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.

**USA/GULF SWIMMING/CFSC/KATY DISCLAIMER:**

* An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVI-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., Gulf Swimming, CFSC, and KATY 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 (GULF SWIMMING) EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSESS, 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, FORSEEN OR UNDFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
* Cypress Fairbanks Swim Club (CFSC) and Katy Aquatic Team for Youth, Inc. have taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on the property. An inherent risk of COVID-19 exists in any public or private 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. By participating in the intrasquad event at CFSC, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19**

**PROCEDURES:**

* Participants in the meet will abide by CFSC’s COVID-19 Preparedness Plans for the Fleet Aquatic Center, KATY Return to Competition Plan, and this meet announcement.
* This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.
* The Meet Referee has final authority over conduct of this sanctioned event and will be working with the Meet Director, Facility Management, and host team Covid-19 Task Force to enforce Covid-19 safety guidelines and resolve any issues.
* Only coaches, officials, swimmers, and lane timers are allowed on the pool deck for the current session and will maintain current social distancing guidelines throughout the meet. Staff will be present to help enforce this rule. Athletes and their families will be able to view the meet via YouTube Live. A link to the channel will be posted on the KATY website and sent out in an email.
* The gates to the pool deck will be closed to spectators. There will be limited adult volunteers that will be necessary to run the competition.
* Spectators will not enter the gated facility. Meet personnel and swimmers will enter through the main gate near the offices. All swimmers and meet personnel will exit through the north gate near the back field.
* Temperature screenings will be administered to all athletes, meet personnel, staff, and volunteers. No person will be allowed to enter with a temperature over 100.4 F in accordance with CDC and local health department recommendations.
* To enter the facility/event will require completion of a health screening questionnaire by the individual requesting admission and may be answered in advance the day of the meet by clicking here.
* Officials, coaches, volunteers, and swimmers must wear a face mask at all times, except for swimmers when they are in the water. Swimmers should plan on bringing extra face masks plastic bags as theirs may get wet. Failure to adhere to this rule may result in a removal from the facility.
* KATY will provide lane timers that will remain socially distanced and masked for all events and sessions. All timers will be KATY USA Swimming Coaches or USA Swimming Non-Athlete Members and will be seated 15 feet or more behind the blocks on the north end of the pool to maintain social distancing from the swimmers. Timers will be seated at least 7.5 feet from the nearest timer. They will move forward only to obtain the ending time of the swimmer in their lane and will immediately move back to 15 feet or more behind the blocks.
* Swimmers need to bring their own chair, umbrella, backpack, etc. and remain socially distanced at all times. During the check-in process swimmers will be provided with a specific number and coinciding on-deck area circle for setup between events. We will allow adequate time between each event to provide rest for the swimmers, but each session will move fast. A timeline will be provided on the KATY website prior to the meet. Swimmers must remain masked at all times, except when competing or warming up in the pool. Each swimmer will also be assigned a lane and position for all warm-up and cool down sessions.
* To start each race swimmers will move to a Ready Area on the Western side of the pool. Once the starting block area is clear for the next heat swimmers will move to a spot 7.5 feet from their assigned blocks to prepare to race. At that time, they will be allowed to remove their face covering and approach the blocks. At the conclusion of each heat, the swimmers will exit the pool returning to the designated spot 7.5 feet behind the blocks to reapply face covering (The swimmers will swim back to the starting blocks after the completion of the 50’s, prior to exiting the pool). Once the whole heat has re-masked, they will then return to their designated spot (circle) on the pool deck, to allow the next heat to move to the blocks from the western side of the pool.
* Bring a filled water bottle for your session.
* Swimmers must enter and leave the facility in their swimsuits. Locker rooms will be restroom use only. No more than 1 swimmer is allowed in the boys’ bathroom at one time, and no more than 1 swimmer is allowed in the girls’ restroom at a time. Spectators outside the facility will not be allowed to enter or use the restrooms.

**SEEDING:** The meet will be a pre-seeded meet for all events. All events will be seeded fastest to slowest The Meet assignments and Psych Sheet will be posted on the KATY website Friday morning before the meet. Coaches please inform your swimmers of pre-seeded rules. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the meet director of swimmers not attending the meet.

**ON-DECK ENTRIES:** There will be no on-deck entries.

**ENTRY INFORMATION:** Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter) times. If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

**Cut-off Times:** None

**Qualifying Times:** None

**Times Eligibility:** None

**Age:** As of August 02, 2020

**Number of Events:** Swimmers may enter a maximum of two (2) events in their designated session only.

**Entries:** KATY MUST submit their entries electronically via email, using the Hy-Tek Meet Manager/Team Manager computer software.

**Deadline:** Entries must be received by 11:59 PM Monday, July 27, 2020

**EMAIL:** coachjake@katyaquatics.org

**Eligible Teams:** Only Katy Aquatics swimmers who are registered with USAS and in good standing with the team may compete in this meet.

**Individual Event Entry Fee (per event):** $10.00

**Swimmer Surcharge Fee (per swimmer):** $5.00

**Entry Fees Payable to:** Fees for this meet will be billed to your account.

**AWARDS:** There will be no awards for this meet.

**SCORING:** This meet will not be scored.

**RULES AND SANCTIONS: RULES AND SANCTIONS:**

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrance is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted.

***In applying for this sanctioned event, the Host, Katy Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Gulf Swimming, the State of Texas and Harris County Public Health Department***

**POOL MEASUREMENT: POOL MEASUREMENT:**

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

The water depth of the competition course is 5.5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5.5 feet measured from 1 meter to 5 meters on the turning end of the course.

**TIMING SYSTEM:** A Colorado electronic timing system will be used. One Dolphin watch per lane will be used as a back-up to reduce paper needs. KATY will provide lane timers that will remain socially distanced and masked for the event for all sessions.

**POOL DECK RESTRICTION:**

* The gates to the pool deck will be closed to spectators. There will be limited adult volunteers that will be necessary to run the competition.
* Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. Coaches and Officials and meet personnel musts present their deck pass in order to be admitted to the event.
* Safe Sport ensures that a parent has access to/or the opportunity to observe their child(ren). Athletes and their families will be able to view the meet via YouTube Live. A link to the channel will be posted on the KATY website and sent out in an email.

**DECK CHANGING PROHIBITION:** Changing into or out of swimsuits on the pool deck is prohibited.

**AUDIO/VIDEO RECORDING DEVICES:** Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

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| **MAAP POLICY:** | 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. |

**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. Exceptions may be granted with prior written approval by the Vice President of Program Operations

**PROOF OF TIME:** Any swimmer that cannot prove that he/she was eligible to swim an event will be fined $20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chairman.

**UNACCOMPANIED SWIMMERS:** Any swimmers 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.

**SWIMMERS WITH DISABILITIES:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

**CONCESSIONS:** Concessions will not be available at this meet.

**MEET RESULTS:** Meet results will be posted on the Katy Aquatics Website

**ATTACHMENTS:** MEET FORMAT

ENTRY VERIFICATION FORM

GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES

**Katy Aquatics Purple & Black Time Trial Meet   
(Intrasquad)**

**Hosted by**

***Katy Aquatics***

**A LONG COURSE TIMED FINALS MEET**

**Sunday, August 02, 2020**

**SANCTION #**

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| **Entry Rules**  Type of Meet Timed Finals  Max # of individual events per day Two (2)  Swimmers eligible KATY  Entry times in SCY/SCM/LCM  Qualifying Times: None  Cut-off times None  Gulf “three event” rule applies? No  Gulf “up/down” rule applies? No  Enter with no time? Yes  Fees: Individual $10.00  Relays $0.00 | | Purple and Black  Time Trial Meet  Hosted by  KATY Aquatics | |
| **Sunday, August 02, 2020 Purple and Black Time Trial Meet** | | | |
| **Session 1 Events** | | | |
| **Mixed Event #** | **Event Description** | |  |
| 1 | Open 100 | |  |
| 2 | Open 200 | |  |
| 3 | Open 50 | |  |
| 4 | Open 100 | |  |
|  | | | |
| **Session 2 Events** | | | |
| **Mixed Event #** | **Event Description** | |  |
| 5 | Open 100 | |  |
| 6 | Open 200 | |  |
| 7 | Open 50 | |  |
| 8 | Open 100 | |  |

|  |  |  |
| --- | --- | --- |
| **Session 2 Events** | | |
| **Mixed Event #** | **Event Description** |  |
| 9 | Open 100 |  |
| 10 | Open 200 |  |
| 11 | Open 50 |  |
| 12 | Open 100 |  |

**Katy Aquatics Purple & Black Time Trial Meet   
(Intrasquad)**

**Hosted by**

***Katy Aquatics***

**A SHORT COURSE TIMED FINALS MEET**

**Sunday, August 02, 2020**

**SANCTION #**

**ENTRY VERIFICATION FORM**

**MUST BE SUBMITTED WITH MEET ENTRY**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

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Signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Title

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date

**WARM‑UP PROCEDURES**

A. General warm‑up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)

1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.

2. **NO SPRINTING OR PACE** **WORK** allowed during this general warm‑up session.

B. Specific warm‑up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)

1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
2. Lanes are **ONE WAY ONLY**.

**SAFETY GUIDELINES**

A. Swimmers Responsibilities

1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal, or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.

B. Coaches Responsibilities

1. Coaches shall instruct their swimmers regarding safety guidelines and warm‑up procedures as they apply to conduct at meets and practice.

2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.

3. Coaches shall actively supervise their swimmers throughout the warm‑up session.

4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm‑up period.

5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.

C. Safety Marshals

1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm‑up session, any swimmer or coach who is in violation of safety guidelines or warm‑up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**

D. Miscellaneous

1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.

2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.

3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

4. Swimmers are required to exit the pool upon completion of their warm‑up to allow other swimmers adequate warm‑up time. The pool is not for visiting or playing during warm‑up periods.

5. Warm‑up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.

6. All diving boards and equipment are **OFF LIMITS**.

E. Pool Rules

1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.

2. Glass containers are prohibited.

3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.