



**SPA Freestyle Frenzy**  
hosted by  
**Sienna Premier Aquatics**  
A SHORT COURSE TIMED FINALS MEET  
**October 1-2, 2021**  
SANCTION # **GU-SC-22-006**

**ENTRIES DUE TO ENTRY CHAIR ([spacoachbob@gmail.com](mailto:spacoachbob@gmail.com)) by 11:59 PM ON SEPTEMBER 17, 2021**

**LOCATION:** Club Sienna Pool  
9600 Scanlan Trace  
Missouri City, TX 77459

**COACHES:** Bob Kizer – Head Coach  
Ali Bleasdel – Head Age Group Coach

**MEET REFEREE:** Herb Schwab, [herb.schwab@gmail.com](mailto:herb.schwab@gmail.com)

**MEET DIRECTOR:** Steve Huye, [steve@huye.com](mailto:steve@huye.com)

**SAFETY MARSHALL:** Adam Lyng

**ADMIN OFFICIAL:** Betsy Partin – [spacoachbetsy@gmail.com](mailto:spacoachbetsy@gmail.com)

**POOL:** One eight (8) lane, 25-yard outdoor pool with non-turbulent lane lines will be used for competition.

**TIME AND DATE:** This is a three (3) session, two (2) day timed-finals meet. Each session will begin no less than one hour after the start of warm-up.

**Friday, October 1, 2021**

**\*Session 1: Distance Session**

Warm-up 4:30-5:20 pm. Meet start 5:30 pm

**Saturday, October 2, 2021**

**\*Session 2: 9-10, 11-12**

Warm-up 7:30-8:20 am. Meet start 8:30 am

**\*Session 3: 8 & Under, 13 & Over**

Warm-up to begin immediately following the end of session 2. Meet will start 1 hour after the start of warm up.

\*Warm up lanes will be assigned to each team during each session.

**MEET TYPE:** This meet will be a deck seeded timed final meet. All events will be swum fastest to slowest. 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/SPA:**

- 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., Gulf Swimming, and SPA 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 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.
- Sienna Plantation Aquatics has 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 this event at SPA, you voluntarily assume all risks related to exposure to COVID-19.

### **COVID-19 PROCEDURES:**

- Participants in the meet will abide by SPA's COVID-19 Short Course 2021-22 Operating 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 Coordinator to enforce Covid-19 safety guidelines and resolve any issues.

- Only coaches, officials, swimmers, and volunteers are allowed past the public areas of the 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 Facebook Live. A link to the channel will be posted on the SPA website and sent out in an email.
- Swimmers will enter through the main gate, while parents/spectators will enter through the back gate by the pump building.
- Swimmers may bring their own chair, umbrella, tent, backpack, etc. All teams will be provided with designated area on deck 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 SPA website prior to the meet. Each team will also be assigned lanes for all warm-up sessions.
- Swimmers must enter and leave the facility in their swimsuits. Bathrooms will be restroom use only.

**SEEDING:** This meet will be a deck seeded for all events. Coaches will be given an entry report at the start of warm-up and must complete circle in for their athletes 45 minutes prior to the start of the session. All events will be seeded with heats in the order of fastest to slowest.

**ON-DECK ENTRIES:** On Deck entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59 pm, Friday, September 17, 2021 deadline may enter the meet on-deck in the following manner:

1. On deck entries are open to those athletes assigned to the meet location by the TPC Chair through the meet entry procedures.
2. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
3. Swimmers must supply completed entry forms. The swimmers will be seeded into events and according to their best times in deck seeded events.
4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
5. Swimmers must be qualified to swim the event entered.
6. Swimmers must not exceed the allotted number of events allowed each day.

**ENTRY INFORMATION:** Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved. If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

**QUALIFYING TIMES:** None

**TIMES ELIGIBILITY:** None

**AGE:** Age as of October 1, 2021.

**NUMBER OF EVENTS:** Swimmers may enter a maximum of four (4) individual events, no more than three (3) per session.

**ENTRIES:** Entries must be submitted by Hy-Tek Meet Manager/Team Manager software.

**DEADLINE:** Entries must be received by 11:59 pm, Friday, September 17, 2021

Entry Chair: Bob Kizer  
[spacoachbob@gmail.com](mailto:spacoachbob@gmail.com)

**ELIGIBLE TEAMS:** Swimmers who are registered with USAS and in good standing with their team may compete in this meet.

**ENTRY FEES:** \$8.00 Per individual event  
\$10.00 Per swimmer surcharge (includes online Heat Sheets)  
Entry fees payable to SPA.

**DISTANCE EVENTS:** On Friday night, swimmers in the 1000 Free must provide their own timers and lap counters. For the 500 Free, swimmers must provide their own lap counters. Meet host reserves the right to limit the entry into distance events should the timelines require. Minimum swimmer counts will be 32 entries into each event on Friday and the 500 Free on Saturday.

**AWARDS:** There will be prizes for high point winners in the 8 & Under, 9-10, 11-12, 13-14 and 15 & Over age groups.

**SCORING:** Individual Events: 9-7-6-5-4-3-2-1

**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 entrant 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, SPA Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Gulf Swimming, the State of Texas and Fort Bend County Public Health Department*

**POOL MEASUREMENT:**

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2C(4). The course will be measured prior to the start of competition to insure it is of proper length.

The water depth of the competition course is 12-16 feet measured from 1 meter to 5 meters on the starting end of the course, and 5-6 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. Two watches per lane will be used as a back-up. All teams will provide lane timers and timing assignments will be posted on Monday, September 27, 2021.

**POOL DECK RESTRICTION:**

- The area immediately around the competition pool will be closed to spectators. Spectators will be allowed in other areas of the deck and on the Club Sienna Patio. There will be limited adult volunteers that will be necessary to run the competition.
- Coaches and Officials and meet personnel must 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 Facebook Live. Go to the SPA Swim Team page on Facebook to view the meet.**

**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.


**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

**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).

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<b>Entry Rules</b>		 SPA Freestyle Frenzy Hosted by Sienna Premier Aquatics
Type of Meet	Timed Finals	
Max # of individual events per day	Three (3)	
Swimmers eligible	USAS Registered	
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 \$8.00 Swimmer Surcharge \$10.00	

**Friday, October 1, 2021**  
**SPA Freestyle Frenzy**

Session 1 Events		
Girls Event #	Event Description	Boys Event #
1	8 & Under 200 Free	2
3	9-12 500 Free	4
5	13 & Over 1000 Free	6

**Saturday, October 2, 2021**  
**SPA Freestyle Frenzy**

Session 2 Events		
Girls Event #	Event Description	Boys Event #
7	9-10 50 Free	8
9	11 -12 50 Free	10
11	9-10 200 Free	12
13	11-12 200 Free	14
15	9-10 100 IM	16
17	11-12 100 IM	18
19	9-10 100 Free	20
21	11-12 100 Free	22

Session 3 Events		
Girls Event #	Event Description	Boys Event #
23	13 & Over 200 Free	24
25	8 & Under 100 Free	26
27	13 & Over 50 Free	28
29	8 & Under 50 Back	30
31	13 & Over 500 Free	32
33	8 & Under 50 Free	34
35	13 & Over 200 IM	36
37	8 & Under 100 IM	38
39	13 & Over 100 Free	40

## WARM-UP PROCEDURES

- A. Each team will be assigned lanes for warm-up and any warm-down sessions. Coaches must supervise all warm-up and warm-down sessions. Each team is responsible for proper social distancing during their warm-up and warm-down sessions.
- B. Coaches may utilize the starting blocks in their assigned lanes at any time during their warm-up sessions as long as that activity is supervised by the coach.

## 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