



HAWAIIAN SWIMMING



Event: **BIG ISLAND SWIMMING - Pentathlon**

Date: **October 30, 2021.**

Host: **Academy Swim Club (ASC)**

Sanction #: **HI20211030-HAWAII.**

Meet Director (1): <u>Mark Noetzel</u>	Email: <u>mnoetzel.swim@gmail.com</u>
Meet Director (2): <u>Barbara Kopra</u>	Email: <u>bkopra@hpa.edu</u>
Meet Referee: <u>Darlene Gerber</u>	Email: <u>princesskukai@yahoo.com</u>

Meet Entry Contact: Ann Imoto Email: imoto4a@hawaii.rr.com Entry Deadline: October 25, 2021 at 11:59 p.m.
 Venue Address: Dowsett Pool at Hawaii Preparatory Academy, 65-1692 Kohala Mountain Road, Kamuela, HI 96743

Disclaimer: The host has taken enhanced health and safety measures for all participants and attendees of this competition. You must follow all posted instructions while attending of this facility and guidelines and requirements of the State of Hawai'i (SOH) Department of Health while participating in this event. By attending and/or participating in this event, you voluntarily assume all risks related to exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. C

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 HAWAIIAN 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.

It is understood and agreed that USA Swimming and HISI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

In support of Hawaiian Swimming, Inc. (HISI) and continued effort to ensure safety to all athletes, coaches, officials, volunteers, parents and spectators the swim event may be suspended or canceled by the Meet Director, Meet Referee, or Administrative Official if activities are not in compliance with USA Swimming and HISI requirements or SOH, CDC, local, or official authorized health organizations. In addition, HISI Board of Directors retains the right to revoke the meet sanction and expunge all or part of the times uploaded to SWIMS due to non-compliance with all sanctioning requirements.

Current USA Swimming and HISI rules, including the **Minor Athlete Abuse Prevention Policy**, will govern this meet. (<https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp/usaswimmingmaapp>)

Meet Restrictions and Requirements

- Maximum number of people attending the event and in the aquatic facility must comply with local government requirements.
- Everyone entering the facility must have their temperature taken and must have a reading of 100.4 degrees Fahrenheit or less.
- Parents shall be required to confirm their athletes are allowed entry into the facility before the parent or driver leaves.
- Entry/exit gates will be monitored continuously before, during, and after the swim meet and under the facility owner's authority.
- Until further notice, coaches, officials, spectators (parents), should wear masks.
- Until further notice, athletes should arrive in their suits and depart in suits if possible. Locker rooms use should be minimized.
- USA-S rule 102.8D will be enforced - swimsuits worn for competition must be conform to the current concept of the appropriate.
- Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.
- Use of audio or visual recording devices, including a cell phones, is not permitted in changing areas, restrooms, or locker rooms.
- Photography behind the starting area(s) is not permitted.
- Only deck officials, timers, coaches, and athletes may be on the pool deck during competition. Athletes are to return to their team area soon after they have completed their events.
- Venue and pool rules will be strictly enforced & parking is permitted only in marked areas.



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SCHEDULE: Sessions with start times (all times below subject to changes)

Session 1: Warm-up: 8:00 a.m. Start: 9:00 a.m. (Swimmers 13 & Over)

Session 2: Warm-up: 11:00 a.m. Start: 12:00 p.m. (Swimmers 12 & Under)

VENUE INFORMATION:

Address: Dowsett Pool at Hawaii Preparatory Academy - 65-1692 Kohala Mountain Road, Kamuela, HI 96743

Course: X SCY; LCM; SCM. Set-up: 6 Lanes; X 8 Lanes; 10 Lanes.

Facility: 50M x 25M; 50M x 25Y; X 25M x 25Y; 25Y x 20Y; Other:

Warm-down pool/area: X Yes; No. Start Depth: 4 ft / 0 in. and Turn Depth: 3 ft / 6 in.

Competition course: Certified in accordance with 104.2.2C(4); X Not certified.

DIVING IS ONLY PERMITTED IN THE COMPETITION POOL

ENTRY LIMITS: Athletes may enter a maximum of five (5) individual events.

ENTRY PROCEDURE: Entries must be received by the entry contact ON OR BEFORE 11:59 P.M. of the entry deadline. Entries must include a SDIF compatible entry file and entry fee report.

- Pentathlon participants must enter events on one (1) of two (2) tracks listed below.

Swimmers age 9 and older

TRACK 1: 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, and 200 Individual Medley

TRACK 2: 50 Butterfly, 50 Backstroke, 50 Breaststroke, 50 Freestyle, and 100 Individual Medley

Swimmers age 8 and under

TRACK 1: 50 Butterfly, 50 Backstroke, 50 Breaststroke, 50 Freestyle, and 100 Individual Medley

TRACK 2: 25 Butterfly, 25 Backstroke, 25 Breaststroke, 25 Freestyle, and 100 Individual Medley

- Swimmers may choose not to participate in the pentathlon and enter up to any five (5) events offered in their respective age group divisions.
- 13&Over athletes entering the 50 Butterfly, 50 Backstroke, 50 Breaststroke, and 100 Individual Medley may enter "estimated" times if actual time are not available.

All club entries SHALL include the Individual Meet Entries Report with Proof of Time (estimated times will be noted as "custom" times for 13&Over entries in the 50 Butterfly, 50 Backstroke, 50 Breaststroke, and 100 Individual Medley).

NO LATE ENTRIES WILL BE ACCEPTED.

ENTRY FEES: \$3.00 per individual event plus an athlete surcharge of \$ 5.00 .

Make Payment to: Big Island Swimming Mail Address: PAY AT MEET

Fees shall be received prior to the start of the meet. **No refunds after entry deadline.**

SESSION SCHEDULE, ORDER OF EVENTS, ENTRY RESTRICTIONS & DIVISIONS: See attached Schedule of Events.

MEET FORMAT: X Timed finals (seeded and swum slowest to fastest); Prelims/Finals (championship seeding)

Partial heats may be combined and/or swum out of order.

TIMING SYSTEM: X Automatic w/ manual backup; Semi-automatic w/ manual backup; Other (Automatic w/no backup).

RULES: The meet will be conducted in accordance with current USA Swimming and HISI rules. Coaches are responsible for instructing their athletes of safety guidelines, warm-up/down procedures, and venue specific requirements. The Safety Marshals, with concurrence of the Meet Referee, shall enforce safety procedures and maintain order in the swimming venue. Safety Marshals shall have full authority to remove or have removed from the vicinity of the event anyone whose behavior or actions are unsafe or are disrupting the orderly conduct of the swim event, including the disqualification of athletes from competition.

ELIGIBILITY: Clubs and their athlete members of Big Island Swimming are eligible to the participate in this event. No athlete who is not a member as provided in Article 302 will be allowed to compete or participate except as provided under 202.8 or USA Swimming's "open border" policy included in its Registration Manual. All new HISI athlete registrations (and registration fee) shall be mailed directly by each Club Registrar to the LSC Registrar and POSTMARKED NO LATER than 14 days prior to the scheduled start of the meet. All swimmers must be registered prior to the entry deadline. It is the legal responsibility of each club to ensure that each athlete entered is a current member of USA Swimming. The age of the swimmer shall be the age on the first day of the swim meet.



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SCRATCHES/HEAT SHEETS: Scratches of Individual Events for all sessions are due to the Entry Contact by Noon on the day prior to the scheduled start of the meet. Coaches are to present their credentials to pick up scratch sheets and heat sheets. Exceptions must see the Meet Referee.

WARM-UP/DOWN: HISI warm-up/down procedures shall be in effect for the meet.

RACING STARTS: Any athlete 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 athlete or the athlete's legal guardian to ensure compliance with this requirement.

AWARDS & RESULTS:

- Individual events will be awarded ribbons for 1st through 8th place in each age division.
- Pentathlon awards will be presented to the high point individual based on combined pentathlon results for each age group (8&U,9,10,11,12,13,14,15,16,17,18). If all 5 events are not swum (or an event is disqualified), the athlete will not be eligible for Pentathlon awards. Pentathlon individual award points based on 1st to 8th (9,7,6,5,4,3,2,1).

Results posted on HISI website at: www.hawaiianswimming.org.

OFFICIALS & TIMERS: Each club entered is expected to provide officials and timers as designated by BIS. All officials and timers must complete the pre-screening questionnaire and follow safety protocols.

SAFETY MARSHALS: Shall have authority enforce safety protocols and remove anyone whose behavior or actions are unsafe and/or disrupting the orderly conduct of the event, including the disqualification of athletes from competition (must have concurrence from the Meet Referee).

HOSPITALITY: To be determined by host.

ADDITIONAL FACILITY REQUIREMENTS: All attendees enter the Hawaii Preparatory Academy (HPA) facility and grounds shall adhere to the HPA Safety Committee policy and complete the safety pre-screening questionnaire. Both documents are attached below. And need to be submitted to the Meet Director enter the pool area



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Order of Events

SESSION NO. 1				SESSION NO. 2			
GIRLS	DIV.	EVENT	BOYS	GIRLS	DIV.	EVENT	BOYS
1	13-14	100 BUTTERFLY	2	41	8 & U	50 BUTTERFLY	42
3	13-14	50 BUTTERFLY	4	43	8 & U	25 BUTTERFLY	44
5	15 & 0	100 BUTTERFLY	6	45	9-10	100 BUTTERFLY	46
7	15 & 0	50 BUTTERFLY	8	47	9-10	50 BUTTERFLY	48
9	13-14	100 BACKSTROKE	10	49	11-12	100 BUTTERFLY	50
11	13-14	50 BACKSTROKE	12	51	11-12	50 BUTTERFLY	52
13	15 & 0	100 BACKSTROKE	14	53	8 & U	50 BACKSTROKE	54
15	15 & 0	50 BACKSTROKE	16	55	8 & U	25 BACKSTROKE	56
17	13-14	100 BREASTSTROKE	18	57	9-10	100 BACKSTROKE	58
19	13-14	50 BREASTSTROKE	20	59	9-10	50 BACKSTROKE	60
21	15 & 0	100 BREASTSTROKE	22	61	11-12	100 BACKSTROKE	62
23	15 & 0	50 BREASTSTROKE	24	63	11-12	50 BACKSTROKE	64
25	13-14	100 FREESTYLE	26	65	8 & U	50 BREASTSTROKE	66
27	13-14	50 FREESTYLE	28	67	8 & U	25 BREASTSTROKE	68
29	15 & 0	100 FREESTYLE	30	69	9-10	100 BREASTSTROKE	70
31	15 & 0	50 FREESTYLE	32	71	9-10	50 BREASTSTROKE	72
33	13-14	200 INDIVIDUAL MEDLEY	34	73	11-12	100 BREASTSTROKE	74
35	13-14	100 INDIVIDUAL MEDLEY	36	75	11-12	50 BREASTSTROKE	76
37	15 & 0	200 INDIVIDUAL MEDLEY	38	77	8 & U	50 FREESTYLE	78
39	15 & 0	100 INDIVIDUAL MEDLEY	40	79	8 & U	25 FREESTYLE	80
				81	9-10	100 FREESTYLE	82
				83	9-10	50 FREESTYLE	84
				85	11-12	100 FREESTYLE	86
				87	11-12	50 FREESTYLE	88
				89	8 & U	100 INDIVIDUAL MEDLEY	90
				91	9-10	200 INDIVIDUAL MEDLEY	92
				93	9-10	100 INDIVIDUAL MEDLEY	94
				95	11-12	200 INDIVIDUAL MEDLEY	96
				97	11-12	100 INDIVIDUAL MEDLEY	98

Swimmers age 9 and older

TRACK 1: 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, and 200 Individual Medley

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Big Island Swimming

Pre-screening Questionnaire*

Athlete Name (Last Name, First Name)	Phone # (808) 999-9999	Have you experienced any COVID19 symptoms within the last 48 hours and/or tested positive for COVID19 within the last 10 days?	Have you been in close physical contact in the last 14 days with anyone who is known to have lab-confirmed COVID19 or anyone who has any symptoms consistent with COVID19?	Are you or anyone in your household waiting for COVID19 test results, with testing due to COVID19 symptoms or potential COVID19 exposure?	If you have traveled within the last 10 days, have you cleared all COVID-19 travel testing protocols with no mandate for quarantine?	VISUAL WELLNESS CHECK
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail
		Yes / No	Yes / No	Yes / No	NA / Yes / No	Pass / Fail

Team Name & Date: _____

Team Coach or Representative Signature: _____

Coach or representative must be registered USA Swimming non-athlete member

** Pre-screen form adopted from the County of Hawaii Aquatics Division*



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INDEMNITY AGREEMENT

It is my intent as a participant or player competing in Hawaiian Swimming/USA Swimming sanctioned activities, while participating during activities including any pre-event or post-event activities at:

Name of Location: Hawaii Preparatory Academy – Dowsett Pool

that I am agreeable and acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from:

An outbreak of any and all communicable disease, including but not limited to, the virus “severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)”, which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;

In consideration of having the opportunity to participate as either a team member or competitor at location, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify Hawaii Preparatory Academy, Hawaiian Swimming, USA Swimming and its member clubs, trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities. I indicate my agreement to this hold harmless elective noted below.

Participant Name & Date: _____

Participant Signature: _____

If Participant is a minor name and signature by parent or legal guardian below is required.

Name & Date: _____

Signature: _____