

Dubuque Area Swimmin' Hurricanes



D.A.S.H. Summer COVID Intra-squad

Saturday, August 1, 2020

Dubuque Community Schools Aquatic Center at Hempstead High School, Dubuque, IA
OPEN to DASH or DASH affiliated UNATTACHED swimmers ONLY

ISI SANCTION: IA-20-71. Held under the sanction of USA Swimming and Iowa Swimming, Inc. (ISI).

RULES: Current USA Swimming and ISI technical and administrative rules will govern this meet.

All applicable adults participating in or associated with the 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.

DATES: Saturday, August 1, 2020

TIME:		<u>Warm-ups</u>	<u>Competition</u>
	13 & Older	8:00-8:40 a.m.	8:45 a.m.
	12 & Younger	Not before 10:15 a.m.	Not before 10:45 a.m.

SITE: Dubuque Community Schools Aquatic Center at Hempstead High School
3715 Pennsylvania Ave., Dubuque, IA 52002

FACILITY: The competition course has been certified in accordance to Rule 104.2.2C(4) of USA Swimming Rules and Regulations. The certification is on file with USA Swimming.

The Dubuque Community Schools Aquatic Center features:

- A pool which is 40 yds. long by 25 yards wide with a moveable bulkhead
- Racing course will be set so that there are eight nine-foot wide 25-yard lanes turning at the bulkhead, with an additional five 25-yard nine-foot wide lanes for warm-up and cool-down
- Six-foot deep at the starting end and seven-feet deep at the turn end
- 8 & Under 25 yd. events will start from the bulkhead
- Spectrum starting blocks that include wedges and side rails
- Daktronics Timing System with eight-foot touch pads, two

- button back up and individual lane speakers
- Daktronics Eight-Lane Timing Scoreboard
- Separate Daktronics Video Display Board
- Stadia seating for 350 spectators - **NOT TO BE USED**
- Parking available around the Aquatic Center

COACHES: Only currently registered USA Swimming coach members will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29).

WARM-UPS: The ISI mandatory warm-up procedure will be followed in accordance with the ISI Code Book. The pool will be cleared 10 minutes prior to competition.

All swimmers must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach shall report to the Meet Referee prior to his or her warm-up. The referee will assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made prior to the start of the meet.

RACING STARTS: All 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.

ENTRY REQUIREMENTS:

1. Swimmers must be currently registered as athlete members of USA Swimming in order to compete in this meet.
2. Swimmers may enter no more than four individual events
3. Events will be pre-seeded.

4-HOUR RULE: Pursuant to Article 205.3.1F of USA Swimming Rules and Regulations, the program in all age-group competitions (except championship meets) shall be planned to allow the events for swimmers 12 years and younger to be completed in four hours or less.

ENTRY SUBMISSION: Entry fees are as follows:

1. DASH swimmer surcharge: \$5.00 per swimmer.
2. The entry fee for each outreach swimmer is \$5.00 and covers all individual events swum by an outreach swimmer.

Electronic entries must be submitted in a format compatible with HY-TEK Meet Manager software. All other entries require manual input and must be submitted on the ISI Meet Entry Form (APP-7).

Clubs entering outreach swimmers should only provide the number of outreach swimmers and the number of events being swum by the outreach swimmers to the host club. The names of the outreach swimmers are not to be provided to the host club.

Entry fees are non-refundable; ISI swimmer surcharge fees will be refunded only if the entire meet is cancelled.

ENTRY DATES AND DEADLINES: Entry Deadline is Tuesday, July 28, 2020.

LATE ENTRIES: Late entries WILL NOT be accepted.

SWIMMERS WITH DISABILITIES: Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the referee. The swimmer (or swimmer's coach) is responsible for providing any equipment or assistants required. See Article 105 of USA Swimming Rules and Regulations.

SEND ENTRIES TO: Entries will be done through TeamDASH website and each swimmer's personal account.

MEET DIRECTOR: Bob Wuebker
dbqwuebkers@mchsi.com
563-542-9247

REFEREE: Dan Hammel
marihammel@teamdash.org
563-580-3593

MEET COMMITTEE: A meet committee consisting of the Meet Director, referee, a Coach Representative, an Athlete Representative, and a certified official acting at large will be established in accordance with the ISI Code Book. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Referee and the Referee's decision is final.

MEET OPERATION:

1. Deck changes are prohibited.
2. The host is not responsible for providing rest for swimmers between events.
3. Deck Pass is acceptable proof of membership in USA Swimming. Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or his/her delegate or leave the pool deck.
4. 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.
5. Swimmers. age ten years and younger, shall not compete while wearing "Tech" suits, even when competing in Senior or Open events or time trials. A list of suits that are considered "Tech" suits is posted on the ISI website.

SCORING: None

AWARDS: Individual Events 1st - 8th Ribbons for 12 & Younger only

SCRATCHES: The ISI scratch rule is in effect.

NO SHOWS will be considered as an event contested and count toward the total.

USA SWIMMING REGISTRATION: USA Swimming registrations will NOT be accepted at the meet. Any athlete whose registration and fee has not be received by ISI at least 24 hours before the start of competition will be scratched from the meet and will NOT be permitted to compete during this meet.

CAMERAS: **USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.**

NO TOBACCO OR ALCOHOL: ALL Dubuque Community School District property, including Hempstead High School, are “Tobacco Free” areas. The use of any tobacco products or alcohol is prohibited.

IMAGE RELEASE: Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of ISI and/or the host club under conditions determined by the host club, and authorize the use of names, pictures, likenesses, and biographical information before, during or after the event to promote swimming. No awards received in this competition may be used for trade or financial gain.

ADDITIONAL INFORMATION: Programs. Printed programs WILL NOT be printed for the meet. A Psych Sheet will be posted and Heat Sheets printed and posted once events are seeded.
Results. Electronic results will be posted on the TeamDASH website.
Concessions. NONE
Swim apparel/merchandise. NONE
Spectator information. No spectators are being allowed. Free parking is available.

INDEMNITY: In granting this approval it is understood and agreed that USA Swimming and ISI 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.

DASH COVID Intra-squad - Social Distancing & Sanitation Plan

- All Practice protocols will be followed - distancing, laundry baskets, facemasks, post-practice sanitation.
 - One timer per lane, operating a stopwatch and back-up button. Following each session (13 & older and 12 & younger) the button and stopwatch will be sanitized. No chairs will be provided (sorry).
 - Prior to any 50 yd. or longer race, swimmers will wait by the blue tape on the wall behind the block, arriving ONLY once the prior heat has started, and stepping forward when called by the Referee's four short whistles.
 - Each swimmer will do a 25 yd. EZ following their race and exit the water at the bulkhead.
 - For 8 & Under 25 yd. races, swimmers will wait at their basket / blue tape spot on the wall until called by a coach to move onto the bulkhead and to their assigned lane. Following the race (finish fast!!), they will swim back (EZ!) to the bulkhead, exit the water, move off the bulkhead and return to their "spot".
 - Officials will wear facemasks, except for the starter when giving start commands, at all times.
 - The announcer will maintain a socially distant location OR wear a facemask.
 - At the official table, the timing system operator and readout board operator will maintain a 6' separation and wear a facemask at all times, unless from the same household.
 - There WILL NOT be any printed results posted at the meet.
- The Dubuque Area Swimmin' Hurricanes have taken enhanced health and safety measures – for you, our other guests, volunteers and our athletes. You must follow all posted instructions while attending the DASH Summer COVID Intra-squad. 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 guests with underlying medical conditions are especially vulnerable. By attending the DASH Summer COVID Intra-squad, you voluntarily assume all risks related to exposure to COVID-19.
- 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 THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND IOWA SWIMMING, INC. 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**



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 IA-20-71

Session I -

Warm-ups: 8 a.m. / Competition: 8:45 a.m.

<u>Girls #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys #</u>
1	13 & Older	200 yd. Freestyle	2
3	13 & Older	100 yd. Individual Medley	4
5	13 & Older	50 yd. Freestyle	6
10 Minute Break			
7	13 & Older	50 yd. Butterfly	8
9	13 & Older	100 yd. Freestyle	10
11	13 & Older	50 yd. Backstroke	12
13	13 & Older	50 yd. Breaststroke	14

Session II -

Warm-ups: Not before 10:15 a.m. / Competition: Not before 10:45 a.m.

<u>Girls #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys #</u>
15	12 & Under	100 yd. Individual Medley	16
17	8 & Under	25 yd. Freestyle	18
19	12 & Under	50 yd. Freestyle	20
21	8 & Under	25 yd. Butterfly	22
23	12 & Under	50 yd. Butterfly	24
5 Minute Break			
25	8 & Under	50 yd. Freestyle	26
27	12 & Under	100 yd. Freestyle	28
29	8 & Under	25 yd. Backstroke	30
31	12 & Under	50 yd. Backstroke	32
33	8 & Under	25 yd. Breaststroke	34
35	12 & Under	50 yd. Breaststroke	36