**River Cities Aquatics**

**Stars of Tomorrow**

**Sunday August 9, 2020**

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| ISI SANCTION:  MEET HOST: | IA--  Held under the sanction of USA Swimming, Inc. (“USAS”) and Iowa Swimming, Inc. (“IaSI”).  **River Cities Aquatics** |
| RULES: | Current USA Swimming and IaSI technical and administrative rules including the Minor Athlete Abuse Prevention Policy (“MAAPP”) will govern this meet. All Federal, State, County and Municipal mandates regarding COVID-19 will be followed. |
| DATE: | **Sunday, August 9, 2020.** |
| TIME: | Session Warm-Up Competition  Morning 8:00 am 9:00 am  Mid-Day 30 min. after the One hour after the start of warm-ups  conclusion of the  previous session  Afternoon 30 min. after the One hour after the start of warm-ups  conclusion of the  previous session  Teams will be notified of their designated warm-up times via email by Wednesday, August 5, 2020. |
| FACILITY: | Riverview Pool  Riverview Drive  Clinton, IA 52732  Fifty meter, eight lanes, outdoor pool. Non-turbulent lane markers. Daktronics Timing System with touch pads at the finish and push-button back-up system. Horn and strobe starts. One manual watch on each lane for back-up time. Back stroke flags 5 meters from each end of the course. Pool bottom has lane markers with target at each end of the pool. Pool depth ranges from 5 feet at the starting end, and 3 ½ feet at the turn end.  The competition course has been certified in accordance with 104.2.2C(4). A copy of the certification is on file with USA Swimming. |
| 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 (IaSI Form APP-29). Deck Pass is acceptable proof of membership in USA Swimming. Coaches are responsible for making sure they are up to date on all certifications. Coaches must also have their credentials available upon request by the Referee or designee.  There will be no coaches meeting. All information regarding the meet will be distributed to the coaches via email no later than Saturday, August 8, 2020. |
| WARM-UPS: | No more than six swimmers will permitted in each lane during each warm up period to insure proper social distancing. There will be two warm-up periods per session if there are more than 48 athletes per session. Each warm-up session will be 25 minutes in duration if warm-ups are split. One-half of the swimmers in each lane will enter the water at the start end of the pool and one-half of the swimmers in each lane will start at the turn end of the pool. All swimmers are to carefully enter the pool using three-point, feet first entry.  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 Referee prior to warm-ups. The Referee will assist the swimmer in making arrangements for supervision, but it is the swimmer’s responsibility to insure such arrangements are made prior to the start of warm-ups. |
| ENTRY  REQUIREMENTS: | 1. Swimmers must be currently registered as athlete members of USA Swimming and be members of Iowa Swimming, Inc., Morrison, Illinois Seahorses Swim Club, or Sterling, Illinois Stingray Swim Club in order to compete in this meet. 2. Swimmers may enter no more than 5individual events per session. 3. Seed times must be submitted for a 50 meter course. Converted times are not allowed. No-times are permitted. |
| ENTRY LIMITS: | Each session will be limited to 96 swimmers to maintain social distancing throughout the facility.  Teams will not be split if received together even if it causes the meet to exceed the entry limit. |
| ENTRY SUBMISSION: | Entry fees are as follows:   1. Events Fee: $5.00 per event. 2. Swimmer surcharge: $5.00 per swimmer.   Electronic entries must be submitted in a format compatible with Hy-TEK Meet Manager software. Handwritten entries must be submitted on the IaSI Meet Entry Form (IaSI Form APP-7).  Submit entries along with the appropriate IaSI Financial Sheet (IaSI Form APP-8.1). Send a hard copy of the entries with the entry fees and financial sheet if submitting entries electronically.  For USA Swimming Outreach Members:  For all swimmers who are USA Swimming Outreach Members, the meet participation fee is $5.00 per swimmer. It is the responsibility of each team’s entry chair to inform the RCA meet entry chairperson with the number of swimmers from their team who are eligible for this reduced entry fees at the time entries are submitted. To protect the individual’s privacy, please DO NOT indicate the names of the Outreach Athletes. RCA trusts each entry chair to be honest and truthful.  Payment shall be by check or money order made payable to River Cities Aquatics. All entry fees, including the swimmer surcharge, should be combined on one check. The host club reserves the right to require payment by money order or cashier’s check. Entry fees are non-refundable; IaSI swimmer surcharge fees will be refunded only if the entire meet is cancelled. |
| ENTRY DATES AND DEADLINES: | 1. Entries will be accepted from teams/athletes in the Iowa LSC, Morrison Seahorses Swim Club, and Sterling Stingrays Swim Club, beginning at **Noon on July 20, 2020.** 2. Electronic entries must be received no later **5:00 pm on July 31, 2020.** 3. Handwritten entries, along with entry fees, additional $2 per swimmer and financial sheet, must be received no later than **5:00 pm on July 31, 2020.** Handwritten entries will not be considered entered in the meet until full payment is received. 4. Once a team’s entries have been accepted by the meet host, that team is considered entered into the meet. The host team is not permitted to rescind a team’s entries once the meet host sends the email confirmation that the team is entered into the meet. Changes or scratches in a team’s entries prior to the meet deadline do not relieve a team of the responsibility to pay for confirmed entries. 5. Once entries are accepted only time updates will be allowed for teams with electronic entries. Time updates will not be accepted for handwritten entries. Any additions/substitutions must be made via email to the Meet Entry Chair prior to the entry deadline. 6. A hardcopy of the entries, along with entry fees and financial sheet, must be received by **August 3, 2020**, unless prior arrangements have been agreed to in writing. *Failure to meet this deadline will result in swimmers remaining in the meet but all confirmed entries will be billed at the late entry fee.* Any unpaid balance remaining at the start of competition for the final session will be assessed an additional 10% late fee. 7. Entries will be confirmed via a return email receipt. 8. Entries will NOT be accepted by phone or fax. 9. Entries will be accepted in the order received. Once each session reaches capacity, the host team will inform IaSI meet contacts with entries already accepted. |
| LATE ENTRIES: | **Provided space is available, late entries will be accepted by email until 6 pm, August 5, 2020.** No entries will be taken after this time. No deck entries will be accepted on the day of the meet.  **Late entry fees: $9.00 per event**  For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Director. |
| SWIMMERS WITH DISABILITIES: | Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (IaSI form APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet 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: | Send electronic entries by email to [CoachLiz.Hoffman@gmail.com](mailto:CoachLiz.Hoffman@gmail.com). Receipt will be confirmed by email. Send all print materials to Liz Hoffman, 2135 260th Ave., DeWitt, Iowa. If sent by rush delivery, indicate no signature required. |
| MEET DIRECTOR: | Liz Hoffman, 2135 260th Ave., DeWitt, Iowa. Cell: 563-271-5217. |
| REFEREE: | Curt A. Oppel (caoppel@slhlaw.com) |
| OFFICIALS: | RCA welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact the Meet Referee. The number of officials will be limited to no more than 6 officials and one administrative official per session to maintain proper social distancing requirement. |
| 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 IaSI Policies and Procedures. 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. All events will be pre-seeded as mixed events. 2. Positive check-in is not required. 3. There will be no clerk of course. Swimmers in all events shall report directly to the starting blocks prior to their race. 4. The fly-over start procedure will be used for all events longer than 50-meters. 5. The host is not responsible for providing rest for swimmers entered in consecutive events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer’s coach) should inform the deck referee. 6. Deck changes are PROHIBITED. Swimmers must arrive and leave in their swimsuits. The locker room and restrooms cannot be used for changing. Locker rooms and restrooms are only for bathroom purposes. 7. Operation of a drone, or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. |
| SCORING: | Scores will not be kept for this meet. |
| AWARDS: | Medals for 1st through 3rd place per event, per gender. Awards will be delivered to coaches after the meet. |
| SCRATCHES: | There is no penalty for no-shows but swimmers are encouraged to declare a false start to the deck referee if they do not intend to swim an entered event. The IaSI scratch rule is in effect. |
| USA SWIMMING REGISTRATION: | No USA Swimming registrations will be accepted at the meet. Any swimmer who is not a currently registered athlete member at the time of pre-meet reconciliation must insure that IaSI has received the appropriate application and fees at least 24 hours prior to the start of competition. Failure to do so will result in the swimmer's entries being scratched and the swimmer barred from entering the pool. |
| 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 ALCOHOL OR TOBACCO: | The use of any tobacco or alcohol products is prohibited in the swimming venue. |
| IMAGE RELEASE: | Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IaSI 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: | 1. Program: The meet program will be posted on the RCA website on the evening of Saturday, August 8, 2020, for spectators to print and use during the swim meet. Each team will receive a copy of the program in the coaches’ packet. Meet programs will not be available at the meet. 2. Results: Electronic results will be provided to all teams participating in the meet. Final Results will also be posted on IaSI website. A hardcopy of the final results may be requested on the IaSI Financial Sheet for an additional $5.00. 3. Concessions: Concessions will not be available during the meet. 4. Entrance and exit from the pool: All spectators, swimmers and spectators must enter and exit the pool facility from the gate at the side of the bath house. The locker room will be closed for entrance into and exit from the pool. The locker room may only be used by athletes for restroom purposes. A volunteer will take temperature of and ask questions regarding COVID-19 symptoms to all individuals entering the pool facility. 5. Spectator Information:    1. Only single family shade tents will be permitted within the pool facility. Family tents should be sufficiently spaced apart to observe six-feet social distancing. Teams will be assigned an area within the facility for their families to erect individual family tents.    2. Spectators are encouraged to maintain at least six-foot distance and where a facial mask at all times.    3. Spectators may not use any permanent benches along the side of the pool.    4. Spectators and athletes are encouraged to stay in their family tent when their athlete is not swimming, |
| INDEMNITY: | In granting the sanction for this meet, it is understood and agreed that USA Swimming and IaSI 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. |

HEALTH

CONSIDERATIONS: RCA has taken enhanced health and safety measures for you and your athletes. You must follow all posted instructions while inside the River View Pool facility. An inherit 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 serious illness and death. According to the Centers for Disease and Prevention, individuals with underlying medical conditions are especially vulnerable to COVID-19. You and your athletes are voluntarily assuming all risks related to exposure to COVID-19.

USAS, IASI and RCA cannot prevent you and your athlete from becoming exposed to, contracting, or spreading COVID-19 while participating in USAS and IaSI sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate or permit your swimmer to participate, in a USAS or IaSI sanctioned event, you may be exposing yourself and your athlete to and increasing you and your athlete’s risk of contracting and 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 USAS, IASI AND RCA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE, OR PROPERTY LOSS OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU OR YOUR ATHLETE MY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

RCA STARS OF TOMORROW

AUGUST 9, 2020

SANCTION- IA-

50 METER POOL

**Session 1-Sunday Morning, August 9, 2020; Warm up 8:00 AM; Competition 9:00 AM**

Event # EVENT

1 10&Under Mixed 50 Free

2 10&Under Mixed 50 Breast

3 10&Under Mixed 50 Back

4 10&Under Mixed 50 Fly

5 10&Under Mixed 200 IM

**Session 2-Sunday Mid-Day, August 9, 2020; Warm up: 30 min. after the conclusion of the morning session; Competition: One Hour after the start of warm-ups**

Girls # EVENT

6 11 – 12 Mixed 100 Free

7 11 – 12 Mixed 100 Breast

8 11 – 12 Mixed 100 Back

9 11 – 12 Mixed 100 Fly

10 11 – 12 Mixed 200 IM

11 11 – 12 Mixed 50 Free

12 11 – 12 Mixed 50 Breast

13 11 – 12 Mixed 50 Back

14 11 – 12 Mixed 50 Fly

**Session 3-Sunday Afternoon, August 9 2020; Warm up: 30 min. after the conclusion of the Mid-Day session; Competition: One Hour after the start of warm-ups**

Girls # EVENT

15 13&Over Mixed 50 free

16 13&Over Mixed 100 Free

17 13&Over Mixed 100 Breast

18 13&Over Mixed 100 Back

19 13&Over Mixed 100 Fly

20 13&Over Mixed 200 IM

21 Open 200 Mixed Free