

2021 Adam England Memorial Fall Splash
November 19-21, 2021

Held under the sanction of USA Swimming and Inland Empire Swimming, Inc.
Sanction # IE 21-1469

In granting this sanction it is understood and agreed that USA Swimming and Inland Empire Swimming 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. Use of audio or visual recording devices, including cell phone cameras is not allowed in changing areas, rest rooms, locker rooms, or behind the starting blocks. Deck changing is prohibited: Changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited. 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.

In applying for this sanctioned event, the Host, the Coeur d'Alene Area Swim Team agrees to comply and to

Host: Coeur D'Alene Area Swim Team (CAST)

Location: Kroc Center, 1765 W Golf Course Rd,
Coeur d'Alene ID 83815

enforce all health and safety mandates of USA Swimming, Inland Empire Swimming, the State of Idaho and the Panhandle Health District.

Facilities: Kroc Center has an aquatic center open to the public. The aquatic center has a competition pool (25 yards x 25 meters 10 lanes). Water depth and starting block height meet the 2016 USA Swimming regulations. The competition course has been certified in accordance with 104.2.2C (4). The competitive pool water depth varies from 10 feet at the start end to 4 feet at the turn end.

COVID: We have taken enhanced health and safety measures – for you and our other guests. You must follow all posted instructions while visiting the Ray and Joan Kroc Center. 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 visiting the Ray and Joan Kroc Center, you voluntarily assume all risks related to exposure to COVID-19.

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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 [THE LSC] 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.

Parking: A large amount of parking is conveniently located in the Kroc Center's own lot which is immediately adjacent to the aquatic center on its south side. Additional parking is available to the north at Ramsey

Day	Session	Age Group	Warm-Up	Start	Officials Meeting	Coaches Meeting
Friday	1	9 & over	4:30 - 5:15 pm	5:30 pm	4:45 pm	4:15 pm
Saturday	2	12 & under	8:30 - 9:15 am	9:30 am	8:45 am	8:15 am
Saturday	3	13 & over	1:30 - 2:15 pm	2:30 pm	1:45 pm	1:15 pm
Sunday	4	12 & under	8:30 - 9:15 am	9:30 am	8:45 am	8:15 am
Sunday	5	13 & over	1:30 - 2:15 pm	2:30 pm	1:45 pm	1:15 pm

Park, and street parking is available along nearby residential streets. No overnight camping (tent or R.V.) is allowed in any lots or city parks.

Meet Schedule:

Format: Meet format will be timed final. On Friday evening 9 and over athletes will be swimming longer events. Saturday and Sunday will be split sessions with 12 and under athletes swimming in the morning and 13 and over athletes swimming in the afternoon.

Eligibility: Open to all swimmers who are registered with USA Swimming at the time of meet entry. Registration numbers must accompany the master entries. Age on the first day of the meet determines the age group to enter. Athletes with a disability are welcome and are asked to provide advance notice of any necessary accommodations.

Any swimmer 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.

Entries: All swimmers may enter a maximum of two (2) events on Friday and a maximum of five (5) events on Saturday and Sunday and may enter one (1) relay per day. Entries will be limited to the team that has the 350th swimmer entered. Date of receiving entries determines the order of entry. Short course yard times shall be submitted with entries. No time entries are allowed. Time trials will be allowed at the discretion of the meet referee.

Positive check in will be required for the 1000 Free, 500 Free, and 400 IM. If the projected timeline exceeds USA Swimming or the Inland Empire recommended timeline, **entries may be limited in the relays, 1000 Free or the 12 & under 200 events**; no-times and slower entries will be deleted first. Additionally, some heats may be swum mixed gender. Entry fees will be refunded for any deleted entries. All teams will be notified by November 19th of any pre-meet scratches.

The 1000 Free, 500 Free, and 400 IM will be swum fastest to slowest alternating women and men. Some heats of the 1000 Free, 500 Free, and 400 IM may be swum mixed gender. **Swimmers must provide their own timers and counters for these events.**

Entry fees:

\$4.00 Individual entry fee per event

\$12.00 Relay entry fee per relay

\$15.00 IES swimmer surcharge per swimmer

Make checks payable to "Coeur D'Alene Area Swim Team" or "CAST", in US funds.

Submitting entries:

Please submit the following four attachments to Ben Griffith by email at bnkgriffith@gmail.com by November 10, 2021:

1. .zip entry file from Team Manager
2. Print to file (Word or PDF format) of team individual entries

3. Print to file (Word or PDF format) of team relay entries
4. Print to file (Word or PDF format) of meet fees due

Entry Deadlines:

Priority deadline for Inland Empire Teams: **Wednesday, November 3, 2021**

Final entry deadline: **November 10, 2021.**

Due to the high interest in this meet, it is strongly recommended that IE teams submit their team entries by the **November 3rd** priority deadline. We will notify IE teams of their acceptance as we receive their submitted entries; we will notify all outside IE teams of their acceptance starting on **November 10, 2021.**

Mail entry fees and Meet Entry Fee Summary Report to:

CAST
c/o Ben Griffith
7098 N Marais Dr.
Coeur d'Alene, ID 83815-0436

Rules: Current USA Swimming rules will govern the meet. The rules and procedures on Inland Empire Swimming will also apply. The meet referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event shall be directed to the Meet Referee and must come from a coach. Swimmers participating in the meet without a coach must report to the meet referee prior to the warm-ups for instructions. Coaches must be current USA Swimming certified. Proof of coach's certification must be produced at any time upon request by the meet referee. Any swimmer 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. 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.

Deck Area: The Deck area is considered to be a three foot area from the edge of the pool and all of the area behind the starting blocks. Only swimmers, coaches, officials and meet personnel are permitted in the Deck area. Spectators will not be allowed in the Deck area.

SWIMS: The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database please notify the meet referee as soon as possible. The appropriate changes will be made. The data will be sent to USA Swimming within 3 days of the meet.

Awards: Swimmers placing 1st through 8th in individual events will receive ribbons. Relays placing 1st through 3rd will be awarded ribbons. All multi-age individual events will be awarded as 8 & Under, 9-10, 11-12, 13-14 and 15 & Over. Individual and team scores will not be recorded. Each team should have a representative to pick up awards at the end of the meet. Awards will not be mailed to teams that fail to pick up their awards at the end of the meet.

Officials:

Meet Director:	Brian Schmidt
Meet Referee:	Steve Hudlet
Starter:	Richard Hartman
Stroke & Turn:	Mary Hartman, Christena Linford, Jaci Downing, Megan Gembolis
Admin Official:	Ben Griffith

Visiting Officials are welcome and encouraged to help. Please bring current certifications and USA Swimming registration cards; these will be verified before deck assignments are made.

Warm-up procedures: Meet marshals will be on deck as safety observers during the warm-up period. Deck marshals have the authority to remove, with concurrence of the meet referee, any swimmer, coach, or club from the warm-up or the meet who do not follow safety rules. Certified coaches must be on the deck during warm-ups.

Timing: Colorado Timing System with touch pads at the start end and pickles at both ends will be used. The head timer will assign two timers to each lane. **Assistance with timing assignments is appreciated and may be coordinated in advance of the meet. Timers will be REQUIRED to time for the ENTIRE session. Timers will be required to wear masks.**

Miscellaneous: The Kroc Center will provide hot and cold food services during the duration of the meet.

Hospitality will be provided for coaches and officials.

No smoking, glass containers, or alcoholic beverages are allowed within the Aquatic Center facility property or in the adjacent Ramsey park.

Swimwear vendor: To Be Determined

T-shirt vendor: To Be Determined

COVID-19 Information:

Note: that the KROC Center has the right to tighten or loosen restrictions based on changes to local and facility health and safety protocols. These are the current guidelines, and new guidelines will be sent if changes occur.

Swim Meet Guidelines & Best Practices

These guidelines aim to ensure the well-being of athletes, coaches, volunteers, and spectators through adherence to CDC and State of Idaho guidelines as well as implementation of specific procedures for COVID-19 safety.

Statement of facility capacity

- Social distancing requirements of the facility will be followed for safety of participants and facility staff when entering, exiting, and using any part of the facility during the competitions.
- **ALL** people entering/exiting the facility for the meet will do so from the corner door that leads directly to the pool area, NOT through the main entrance to the KROC Center.
- **ALL people entering/exiting the facility for the meet will be required to wear masks.**

Coaches Responsibilities

- Coaches will have a list of screening questions and sign off for each athlete indicating they have been symptom free.
- Coaches will be responsible for removing any competitors that have had any symptoms including a fever in the past 72 hours.
- Coaches will be expected to wear masks.

Spectators and Safe Sport Considerations

- Due to social distancing guidelines, **ONE (1) spectator per swimmer will be allowed into the facility.**
- **ALL spectators will be required to wear masks.**
- All session of the event will be streamed live via the Coeur d'Alene Area Swim Team Facebook page, with a full view of the competition pool.

Athlete Safety Considerations

- **Swimmers are expected to wear a mask when they are not in the water.**
- Racing athletes will be behind the blocks, "on deck" athletes will be 6 feet behind the blocks or timers, and "in the hole" athletes may be lined up 6 feet on the side of the pool waiting to move to the

area behind the blocks. When a swimmer finishes a race, they will remain in the water and move toward the locker room side of the lane, to be away from other competitors in adjacent lanes, and not be underneath the next competing swimmer. Once the “on deck” athletes move forward to the blocks, the “in the hole” athletes will move to the “on deck” position.

Locker Rooms

- Locker rooms capacities will be followed by facility code. **When reasonable, athletes will be encouraged to arrive in their suits prior to competition and change at the conclusion of their final event, or change at home after the event, to stagger locker room high volume times.**
- Athletes will follow proper procedures for social distancing when using locker room facilities for restrooms during the event.

Officials and coaches meetings

- Officials will be expected to wear masks during competition when 6-foot distancing is difficult to maintain.
- The Host team and meet referees are encouraged to send vital information in an electronic format prior to the event. When in-person meetings are necessary, social distancing guidelines will be followed.

General Hygiene Expectations

- Good hand washing by meet participants, officials, and coaches
- Exclude sick participants and volunteers
- Host team may provide masks (or if they are unable to provide masks-they should communicate the expectation for essential staff to bring their own masks), hand-sanitizer, and gloves.

**Adam England Memorial Fall Splash Swim Meet
Order of Events**

Friday, November 19		
Session 1: 4:30 pm warm-up & 5:30 pm start		
Girls Event #	Event	Boys Event #
1	9-12 200 Breast	2
3	11 & Over 400 IM*	4
5	9-12 200 IM	6
7	13 & Over 200 Fly	8

*Positive check-in for 400 IM closes at 4:30 pm

Saturday, November 20		
Session 2: 8:30 am warm-up & 9:30 am start		
Girls Event #	Event	Boys Event #
9	9-12 200 Back	10
11	8 & Under 50 Free	12
13	9-12 100 Free	14
15	8 & Under 25 Fly	16
17	9-12 50 Fly	18
19	8 & Under 50 Breast	20
21	9-12 100 Breast	22
23	12 & Under 200 Medley Relay	24
25	8 & Under 25 Back	26
27	9-12 50 Back	28
29	8 & Under 100 IM	30
31	9-12 100 IM	32
Session 3: 1:30 pm warm-up & 2:30 pm start		
Girls Event #	Event	Boys Event #
33	13-14 200 Free	34
35	15 & Over 200 Free	36
37	13-14 100 Fly	38
39	15 & Over 100 Fly	40
41	13-14 100 Free	42
43	15 & Over 100 Free	44
45	13-14 200 Medley Relay	46
47	15 & Over 200 Medley Relay	48
49	13-14 200 Back	50
51	15 & Over 200 Back	52
53	13-14 200 Breast	54
55	15 & Over 200 Breast	56
57	13 & Over 1000 Free*	58

*Positive check-in for 1000 Free closes at 15 minutes after Session 3 begins

Sunday, November 21		
Session 4: 8:30 am warm-up & 9:30 am start		
Girls Event #	Event	Boys Event #
59	9-12 200 Fly	60
61	8 & Under 25 Free	62
63	9-12 50 Free	64
65	8 & Under 25 Breast	66
67	9-12 50 Breast	68
69	8 & Under 100 Free Relay	70
71	9-12 200 Free Relay	72
73	8 & Under 50 Fly	74
75	9-12 100 Fly	76
77	8 & Under 100 Free	78
79	9-12 200 Free	80
81	8 & Under 50 Back	82
83	9-12 100 Back	84
85	9-12 500 Free*	86
Session 5: 1:30 pm warm-up & 2:30 pm start		
Girls Event #	Event	Boys Event #
87	13-14 100 Back	88
89	15 & Over 100 Back	90
91	13-14 50 Free	92
93	15 & Over 50 Free	94
95	13-14 200 IM	96
97	15 & Over 200 IM	98
99	13-14 200 Free Relay	100
101	15 & Over 200 Free Relay	102
103	13-14 100 Breast	104
105	15 & Over 100 Breast	106
107	13 & Over 500 Free*	108

*Positive check-in for 500 Free closes at 15 minutes after Session 4 begins for events 85 & 86 and 15 minutes after Session 5 begins for events 107 -108.

