

# Swat Winter Invite

*December 3-5, 2021*

*Held under the sanction of USA Swimming and Inland Empire Swimming, Inc. Sanction # IE-21-1472*

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 a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms. Deck Changing is prohibited: Changing into or out of swimsuits other than in the facility locker rooms or other area designated by the host facility, is not appropriate and is prohibited. 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.

### **\*\*\*PLEASE NOTE\*\*\***

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 [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.**

**\*\*Please note that we may need to make changes to the meet format and/or facility limits depending on Covid mandates at the time of the meet.**

**COVID:** Please note that everyone who enters the pool must turn in a signed informed consent. Covid attestations will be signed upon entry. There will be NO spectators for the morning preliminary sessions so that we may accommodate more athletes into the meet. We will allow for 1 adult per family for the other sessions if numbers allow.

**HOST:** Spokane WAVES Aquatic Team (SWAT)  
P.O. Box 28066, Spokane, WA 99228

**LOCATION:** Whitworth University Aquatic Center  
300 W. Hawthorne Road, Spokane, Washington 99251

**FACILITY:** Regulation 25 yard pool with six 7 ½' wide lanes. Water depth and starting block height meet current USA Swimming regulations. For 25 yard events, swimmers will start from the turn end (bulkhead); there are no starting blocks at the turn end of the pool. A 14 x 14-yard warm-up/warm-down pool is separated from the competition pool by the bulkhead. Pool, locker rooms, lobby and deck are all wheelchair accessible. Daktronics timing system is used with six-lane readout and touch pads. The competition course has not been certified in accordance with 104.2.2C(4).

**MEET FORMAT:** This meet will be a *Prelim/Final meet. With a maximum of 120 swimmers per session*  
Friday Evening Session: Timed Finals  
Sat. & Sun. Morning Sessions: Preliminary events for 11 & Over swimmers  
Sat. & Sun. Midday Sessions: Timed Finals for 8&U and 9-10 swimmers  
Sat. & Sun. Afternoon Sessions: Finals events for 11& Over. Finals will be the top 6 qualifiers.

Swimmers may enter two (2) events on Friday and three (3) individual events and one (1) relay per day on Saturday and Sunday.

Finals will be broken down into 11-12, 13-14, and 15-19 age groups  
All 200's of stroke will swum in finals as 11-14 and 15-19.  
There will be a dequal. time for 15& Over swimmers

**Positive Check-In:** *Required for the following **Friday Night Events:***

**500 Freestyle and 400 IM (you must have a "B" time standard to enter)**  
**These events will be swum fastest to slowest alternating girls and boys.**

**Note:**

Meet Management reserves the right to limit the 400 IM, 500 Free and to allow completion of sessions within a timely manner.

Positive Check-in closes at 6:00 pm on Friday.

Please provide your own counter for the 500 Free

**SCHEDULE: **Friday, December 3, 2021****

Coaches Meeting: 5:00 p.m.

Warm-ups: 5:15 p.m.

Officials Meeting: 5:30 p.m.

Events Begin: 6:00 p.m.

**Saturday, December 4, 2021**

Coaches Meeting: 8:45 a.m. Warm-ups: 9 a.m.

Officials Meetings: 9:15 a.m. (and 45 min. before start of Finals)

Prelims Begin: 9:45 a.m.

Midday Session Warm-ups: Immediately following Prelims

Midday Session Begins: 1 hour following the conclusion of Prelims

Finals Warm-ups: 5:00 p.m

Finals Begin: 6:00 p.m

**Sunday, December 5, 2021**

Coaches Meeting: 7:30 a.m. Warm-ups: 7:45 a.m.

Officials Meetings: 8:00 a.m. (and 45 min. before start of Finals)

Prelims Begin: 8:30 a.m.

Midday Session Warm-ups: Immediately following Prelims

Midday Session Begins: 1 hour following the conclusion of preliminaries

Finals Warm-ups: 4:00 p.m

Finals Begin: 5:00 p.m

**RULES:** Current United States Swimming rules will govern the meet. The rules and procedures of Inland Empire Swimming will also apply. The whistle start protocol will be used throughout the meet. "No recall" starts will be in effect. Inland Empire scratch rules will be in effect.

**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 shall come from the Coach of that team. Swimmers participating in the meet without a coach must report to the Meet Referee at the start of the warm-up session for instructions. Coaches must be current USA Swimming certified. Coaches must provide proof of current registration and certifications to the Admin Official before swimmers will be allowed to warm-up. 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 then it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**ELIGIBILITY:** Open to all swimmers who are registered for 2021 with USA Swimming. Registration numbers must accompany the master entries. Age on the first day of the meet determines the age group to enter. Must have minimum of "B" time standard in the 500 Freestyle and 400IM, there will be a dequalification time for 15& Over

Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

**SUBMITTING ENTRIES:**

All entries must be YARD times. NT entries are allowed with the exception of the 500 Free and 400 IM. Those events must be faster than the "B" time standard.

Please submit the following four attachments to *Jennifer Hochwalt* by email at *jrhochwalt@gmail.com* by **November 28, 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

Entries may also be mailed using the Master Entry Form found on the IES website. Fill out the form completely. Age and registration numbers are required. Enter the entry times for all swimmers directly on the form. Complete and send the Entry Fee Tabulation Form.

**\*\* Please include the name, phone number, and email of a contact person for entry questions.**

Payment along with the Entry Fee Tabulation Form must be received by the start of the meet for entries to be considered official.

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. Appropriate changes will be made and the data will be sent to USA Swimming within 3 days of the meet. Thanks for your cooperation.

**ENTRY FEES:** Entry fees are four dollars (\$4.00) per individual event and twelve dollars (\$12.00) for each relay event, plus a twenty-five dollar (\$25.00) surcharge per swimmer. Surcharge is broken into a \$15.00 IES surcharge, a \$3.00m heat sheet charge, and a \$7.00 facility charge. Fees and Surcharges for each team must be paid with one check and accompany entries.

**Please make Checks payable to SWAT and address entries to:**

SWAT Meet Director, Jen Whitworth  
P.O. Box 28066  
Spokane WA. 99228

## **ENTRY**

### **DEADLINE:**

Entries must be received no later than **November 28, 2021**. Due to the athlete limit we will be admitting teams on a first come, first entered basis. If you have any questions concerning your entries, please contact Jennifer Hochwalt at [jrhochwalt@gmail.com](mailto:jrhochwalt@gmail.com)

### **AWARDS:**

Swimmers placing 1<sup>st</sup> through 6<sup>th</sup> in individual events will be awarded ribbons. Relays placing 1<sup>st</sup> through 3<sup>rd</sup> will be awarded ribbons. 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: Jen Whitworth

Admin Official: Jennifer Hochwalt [jrhochwalt@gmail.com](mailto:jrhochwalt@gmail.com)

Meet Referee: Teri Madill

Head Starter: Nicole Proszek

Stroke and Turn: Keith Lambert, Amber Nelson, Trisha Chambers, Mischelle Fulgham

SWAT welcomes all Certified Officials to help at this Meet and teams entering swimmers should provide assistance in officiating based on number of swimmers entered. Please note times of scheduled Officials meetings and bring your current LSC certification and USA Swimming Registration cards. These will be checked by the Meet Referee before deck assignments are made.

### **TIMING:**

SWAT will do its best to provide timers for the meet, but the help from parents of swimmers from visiting teams may be needed and will be greatly appreciated.

### **CLERK OF COURSE:**

All 8 & Under Swimmers are required to report to the "Clerk of Course" for all 25 yard events. The Clerk Of Course "area" is located at the Turn End of the Pool near the Bulkhead. Swimmers should report to the Clerk of Course at least five (5) minutes before their scheduled events.

**CONCESSIONS:** Concessions may be somewhat limited due to Covid

## **INFORMED CONSENT FOR PARTICIPATION**

**All swimmers MUST have a signed Informed Consent for Participation Waiver (ICP) on file with SWAT for every swim meet at Whitworth!!! The ICP Waivers may be downloaded from the Wave's website. They can be returned electronically, sent with entries, given to your team's coach to be handed in when picking up coach's packets, or bring to the event and hand in at the meet office.**

# AQUATIC CENTER RULES

## NO FOOD ON DECK NO GLASS ITEMS ON DECK

Participants and Spectators are not permitted in the Stafford Fitness Center in the Aquatic Center or in the Field House next to the Aquatic Center.

## \*\*\* DECK AREA RESTRICTION \*\*\*

**Only** Swimmers, Coaches and Officials “with Current USA Swimming Credentials” are permitted inside of the “**Deck Area**” during the meet. Host Team “Meet Personnel” and Volunteer “Timers” are allowed inside of the “Deck Area” while they are working the Meet.

The “**Deck Area**” will be a *3-foot wide* area around the edge of the pool.

Also the “**Deck Area**” will be the “**entire**” areas behind the Starting Blocks and the “**entire**” area behind the Coach/Team Table area.

Spectators are not allowed inside of the “**Deck Area**”.

**DIRECTIONS:** From I-90: Take Exit #281, Division Street. Go North thru Downtown Spokane and across the bridge over the Spokane River. Division veers to the right and becomes Ruby Street. Continue traveling North on Ruby Street through the intersections of Sharp, Mission, Indiana, Montgomery & Foothills Drive. Ruby Street then turns back into Division Street. Continue North on Division Street thru the intersections of Bridgeport, Garland/Empire, Wellesley (Northtown Shopping Center), Queen, Rowan, Central, Francis, Lyons, Cozza, Lincoln and Magnesium Rd. Division Street will then split into Hwy 395, with Division St. to the left and Hwy 2 (Newport Hwy.) to the right. Stay in the Left two (2) Lanes to continue on Division Street (Hwy 395). Go straight thru the light at Country Homes Blvd. The next light will be Hawthorne Road. Turn Left at Hawthorne Road. Continue traveling on Hawthorne Road and thru the light at Whitworth Drive. You will then pass the Whitworth College main entrance on your right. The next road to the right is College Road. Turn Right onto College Road. Follow this road, pass the Football Field to your left, and take the first left past the Football Field. There are two large parking areas on your right and two buildings straight ahead. The Aquatic Center is the building on the right. There is additional parking along the East side of the pool between the pool and the tennis courts. Parking is also available on the south side of Hawthorne Road between Whitworth Drive and College Road if no parking is available near the pool.

#### **HOTELS:**

**La Quinta** 9061 Newport Hwy [509-468-5020](tel:509-468-5020)

**Quality Inn Oakwood** 7919 N Division [509-467-4900](tel:509-467-4900)

**Ramada Inn** 7111 Division [509-795-1516](tel:509-795-1516)

**Courtyard by Marriott** 401 E Spokane Falls Blvd [509-465-7600](tel:509-465-7600)

**Holiday Inn Express** 801 N Division [509-328-8505](tel:509-328-8505)

**Red Lion River Inn** 700 N Division [509-326-5577](tel:509-326-5577)

**Red Lion Hotels** 201 W North River Drive [509-459-6100](tel:509-459-6100)

**Double Tree by Hilton** 322 North Spokane Falls Ct [509-455-9600](tel:509-455-9600)

# SWAT WINTER INVITE

## SCHEDULE OF EVENTS

### FRIDAY AFTERNOON – SESSION (1) ONE

Girls's Event #	Age Group	Event	Boy's Event #
1*	9-10	200 Freestyle	2*
3*	11-12	500 Freestyle	4*
5*	13&O	500 Freestyle	6*
7*	9-10	200 IM	8*
9*	11&O	400 IM	10*

**\*Timed Finals**

# SWAT WINTER INVITE

## SCHEDULE OF EVENTS

### SATURDAY MORNING – SESSION (2) TWO

#### Preliminary Events

Girl's Event #	Age Group	Event	Boy's Event #
11*	11-12	200 Medley Relay	12*
13*	13 & Over	200 Medley Relay	14*
15	11 & Over	200 Breaststroke	16
17	11-12	50 Backstroke	18
19	13 & Over	50 Backstroke	20
21	11-12	200 IM	22
23	13 & Over	200 IM	24
25	11-12	100 Butterfly	26
27	13 & Over	100 Butterfly	28
29	11-12	50 Breaststroke	30
31	13 & Over	50 Breaststroke	32
33	11-12	100 Freestyle	34
35	13 & Over	100 Freestyle	36
37	11 & Over	200 Backstroke	38

### SATURDAY MIDDAY-SESSION (3) THREE

#### Timed Finals

Girl's Event #	Age Group	Event	Boy's Event #
39*	10&U	200 Medley Relay	40*
41*	8&U	100 IM	42*
43*	10&U	200 IM	44*
45*	8&U	25 Backstroke	46*
47*	10&U	50 Backstroke	48*
49*	10&U	100 Butterfly	50*
51*	8&U	25 Breaststroke	52*
53*	10&U	50 Breaststroke	54*
55*	10&U	100 Freestyle	56*

### SATURDAY AFTERNOON - SESSION (4) FOUR

#### Finals (Top 6) Events #15-38



# SWAT WINTER INVITE

## SCHEDULE OF EVENTS

### SUNDAY MORNING - SESSION (5) FIVE

#### Preliminary Events

Girls's Event #	Age Group	Event	Boy's Event #
57*	11-12	200 Freestyle Relay	58*
59*	13&O	200 Freestyle Relay	60*
61	11&O	200 Butterfly	62
63	11-12	100 Breastsroke	64
65	13&O	100 Breaststroke	66
67	11-12	50 Freestyle	68
69	13&O	50 Freestyle	70
71	11-12	100 Backstroke	72
73	13&O	100 Backstroke	74
75	11-12	200 Freestyle	76
77	13&O	200 Freestyle	78
79	11-12	50 Butterfly	80
81	13&O	50 Butterfly	82
83	11-12	100 IM	84

### SUNDAY MIDDAY-SESSION (6) SIX

#### Timed Finals

85*	10&U	200 Free Relay	86*
87*	8&U	25 Butterfly	88*
89*	10&U	50 Butterfly	90*
91*	10&U	100 Backstroke	92*
93*	10&U	100 Breaststroke	94*
95*	8&U	25 Freestyle	96*
97*	10&U	50 Freestyle	98*
99*	9-10	100 IM	100*

### SUNDAY AFTERNOON - SESSION (7) SEVEN

#### Finals (Top 6) Events # 61-84

**SWAT WINTER INVITE**  
**ORDER OF EVENTS**  
**Entry Fee Tabulation**  
**Spokane Waves Winter Invite**

*December 3-5, 2021*

**VISITING TEAM INFORMATION**

Team: \_\_\_\_\_

Coach: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Entries prepared by: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**ENTRY FEE TABULATION**

Surcharge	# Swimmers	_____	x \$15.00	=	\$ _____
Individual events	# Ind. Events	_____	x \$4.00	=	\$ _____
Relays	# Relays	_____	x \$12.00	=	\$ _____
<b>TOTAL</b>	-----				<b>\$ _____</b>

**Make checks payable to: SWAT**

Mail entries and payment to: Attn: Amy Ingalls  
Spokane Waves Aquatic Team  
Winter Invite  
P.O. Box 28066  
Spokane, WA 99228

Please waive signature for delivery

**INFORMED CONSENT FOR PARTICIPATION  
AQUATIC PROGRAMS AT WHITWORTH UNIVERSITY**

SWIMMER NAME: \_\_\_\_\_

**DATE: December 3-5, 2021**

**PROGRAM PARTICIPATING IN: 2021 SWAT Winter Invite**

Club Name: \_\_\_\_\_

**PURPOSE AND EXPLANATION OF PROCEDURE**

I hereby consent to voluntarily engage in Aquatic programs and or Swim Meet at Whitworth University.

I have been informed that during my participation in the above described Aquatic program, I will be asked to stop if any symptoms such as fatigue, shortness of breath, chest discomfort or similar occurrences appear. At this point, I have been advised that it is my complete right to decrease or stop exercise and that it is my obligation to inform the Instructor/Program/Coach personnel of my symptoms, should they develop.

It is my understanding and I have been informed that there exists the remote possibility that during exercise and or competition of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury including, but not limited to injurers to the muscles, ligaments, tendons, and joints of the body. Every effort will be made to minimize these occurrences by proper staff assessment of my condition before each session, staff supervision during exercise and by my own careful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heat attack, stroke or even death, but knowing these risks, it is my desire to participate as herein indicated.

I have been given an opportunity to ask questions as to the procedures.

I agree to the Procedures of the Established (EAP) Emergency Action Plan of Whitworth University. I will not hold Whitworth University liable for any injuries sustained during exercise at the Whitworth Aquatic Center that were not due to university staff or facility negligence.

**I have read this Informed Consent form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.**

Participant's Name (Printed): \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Signature if Participant is under 18 years or age: \_\_\_\_\_ Date: \_\_\_\_\_

**Emergency Contact Information:**

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_