



CWAC v M3A March Madness Meet

Hosted by the Chicago Wolfpack Aquatic Club

March 20-21, 2021

USA Swimming Sanction: ILS0366-21



Meet Director	Meet Referee	Entry Chair
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Safety Director	Host Team	
Clair Martin (262) 506-4264 cmartin1810@gmail.com	Chicago Wolfpack Aquatic Club www.cwacswimming.com	

LOCATION: UIC Natatorium | 901 W. Roosevelt Road, Chicago, Illinois 60608

FACILITY: The UIC small pool is a 25 yard, six-lane pool. The starting end depth is 12 feet and the turn end is 3.5 feet. A Daktronics automatic timing system with touch pads, pushbuttons and a six-lane display board will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. No smoking allowed on UIC grounds.

ENTRY & SAFETY PROTOCOLS: CWAC will be following the entry safety protocols currently being used for practice – see attached or visit – https://www.teamunify.com/iscwac/_doc_/CWAC%20UIC%20Plan%20September.pdf

DISCLAIMERS: We have taken enhanced health and safety measures for all participants and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. By participating and attending this event, you voluntarily assume all risks related in exposure to COVID-19.

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 individual 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 THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, ILLINOIS SWIMMING, CWAC AND UIC 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.

RULES: Current USA Swimming and Illinois Swimming rules will govern this meet. USA Swimming Rule 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down.



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Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions.

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

- 12&Under tech suit ban – <https://www.teamunify.com/NewsShow.jsp?returnPage=/News.jsp&id=707413&team=iscwac>
- Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas or locker rooms.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Flash photography is prohibited in the pool area when athletes are on the starting blocks.
- Smoking is not permitted within the facility or on the school grounds.
- Running on deck and horseplay is a safety concern and will not be tolerated.
- 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.

MEET FORMAT: All events are timed finals and sessions will be limited to 36 athletes

SESSION	DAY	AGE GROUP	WARM UP TIME*	MEET START TIME*
1	Saturday	12 & Under	11:45 AM	12:15 PM
2	Saturday	12 & Under	1:30 PM	2:00 PM
3	Saturday	13 & Over	3:15 PM	3:45 PM
4	Saturday	Open	5:00 PM	5:30 PM
5	Sunday	12 & Under	8:15 AM	8:45 AM
6	Sunday	12 & Under	10:00 AM	10:30 AM
7	Sunday	13 & Over	11:45 AM	12:15 PM
8	Sunday	13 & Over	1:30 PM	2:00 PM
9	Sunday	Open	3:15 PM	3:45 PM

***Please note these are tentative times. Warm-up and session start times may be adjusted after entries are received in order to maximize pool time. In addition, we reserve the right to take breaks in a session as necessary.**

CWAC reserves the right to use fly-over starts for any or all events. Swimmers who miss an event will not incur penalties and a reasonable effort will be made to place the swimmer into an open lane in a different heat. Open events are for ages 11 and older. Swimmers who do the 1650 on Sunday can opt to do the 1000 on 3/21.

ENTRY LIMITS: 1 session per day. 12&Unders may do 4 events per session and 13&Overs and Open 3 events per session.



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ELIGIBILITY: Swimmers must be registered with USA Swimming prior to the competition. Age, as of March 20, 2021, shall determine the swimmer's age for the entire meet. Registration numbers must accompany entries. There will not be any USA Swimming registration at the meet.

SEEDING: The meet will be pre-seeded in advance on the evening of Friday (3/19) and heat sheets will be posted online

DECK CHANGING: Changing into or out of swimsuits on deck is not appropriate and strictly prohibited. Any athlete not complying with this rule is subject to removal from the meet.

RECORDING DEVICES & SWIMMER PRIVACY: Use of audio or visual recording devices, including but not limited to cell phones, is not permitted in changing areas, restrooms or locker rooms. Cell phones, video and camera devices are not permitted behind the blocks or above swimmers as they enter or depart the pool. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Any individual failing to abide by the above may be subject to immediate removal from the venue by Meet Management and could be subject to the USA Swimming Code of Conduct violation as defined in Articles 304, 305 or 306.

DRONES: 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.

SPECTATORS: There will be no spectators permitted at this meet. We do plan to live stream the meet.

HEAT SHEETS: Printed heat sheets will NOT be available at the meet. The meet, including heat sheets, will be available online *at no charge* through the Meet Mobile app and will be posted on the CWAC website. Heat sheets will be posted for swimmers at several places on deck and available to coaches at the Admin table. Coaches are responsible for distributing their copies of the heat sheets to responsible individuals who will assist their swimmers in determining when they are swimming.

WARM UPS: Warm-up lane assignments will be determined after entries have closed.

RESULTS: Results will be available on the CWAC website at the conclusion of the meet and will be made available utilizing the Meet Mobile app.

TIMERS: There will be one timer per lane, with parents of swimmers in each session being requested to volunteer. There will be a sign up for each session.

IDPH COMPLIANCE: Under the current guidelines established by the Illinois Department of Public Health, and in accordance with the guidelines established for use by the Cook County Health Department, CWAC will operate this meet while limiting the number of individuals in the pool building and ensuring adequate social distancing of those individuals. Once inside the building, individuals will be required to wear their face coverings up to and until they are behind the block ready to swim

LIABILITY WAIVER: In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., (HOST CLUB), (FACILITY), and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



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MAAPP: 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.

Meet Fees: \$2 IL Swim surcharge per swimmer / \$5 per swimmer surcharge / \$3 per event

WARM – UP PROCEDURE

WARM-UP PROCEDURE:

- No diving allowed from blocks or edge of pool.
- Sit & Slide entry only!
- Sprinting and pace work is done as needed.
- All lanes will be used for general warm-up.
- The Host Team will assign teams to lanes for warm-up.

At conclusion of the warm-up period, all swimmers MUST clear the pool. The first event will start no sooner than 10 minutes from the conclusion of the warm-up.

RACING STARTS: Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

COACHES RESPONSIBILITIES:

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
- Coaches shall be on the deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices.
- Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
- Unattached swimmers, or attached swimmers attending the meet without coaches, must report to the safety coordinator for lane assignment
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.



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SAT Session 1
12 & Under
200 IM
50 Free
100 Breast
50 Back
100 Fly
100 Free
50 Breast
100 Back
50 Fly
200 Free
100 IM
500 Free

SAT Session 2
12 & Under
200 IM
50 Free
100 Breast
50 Back
100 Fly
100 Free
50 Breast
100 Back
50 Fly
200 Free
100 IM
500 Free

SAT Session 3
13& Over
200 IM
50 Free
100 Breast
200 Back
100 Fly
100 Free
200 Breast
100 Back
200 Fly
200 Free
500 Free

SAT Session 4
Open
200 IM
50 Free
100 Breast
200 Back
100 Fly
100 Free
200 Breast
100 Back
200 Fly
200 Free
1000 Free

SUN Session 5
12 & Under
200 IM
50 Free
100 Breast
50 Back
100 Fly
100 Free
50 Breast
100 Back
50 Fly
200 Free
100 IM
500 Free

SUN Session 6
12 & Under
200 IM
50 Free
100 Breast
50 Back
100 Fly
100 Free
50 Breast
100 Back
50 Fly
200 Free
100 IM
500 Free

SUN Session 7
13& Over
200 IM
50 Free
100 Breast
200 Back
100 Fly
100 Free
200 Breast
100 Back
200 Fly
200 Free
500 Free

SUN Session 8
13& Over
200 IM
50 Free
100 Breast
200 Back
100 Fly
100 Free
200 Breast
100 Back
200 Fly
200 Free
400 IM

SUN Session 9
Open
200 IM
50 Free
100 Breast
200 Back
100 Fly
100 Free
200 Breast
100 Back
200 Fly
200 Free
1650 Free

Swimmers may do 1 session per day

Session 1, 2, 5 & 6 – 12 & Under – max 4 events

Session 3, 4, 7, 8 & 9 – 13 & Over and Open – max 3 events