



HSC & FOX SUMMER BLAST JUNE 11, 12, AND 13, 2021

Sanctioned by USA Swimming, Inc. and Indiana Swimming, Inc. Sanction Number: IN21248

Meet Director	Safety Coordinator	Meet Referee
Sue Gould susanpgould@yahoo.com	Chuck Genoar chuckhinsdaleswimming@gmail.com	Brett Cumberland bdcumberland@comcast.net

Meet Entry Chair	Administrative Official	HSC Head Coach
Rob Busby coachrob@foxswimteam.com Meet entries deadline: Friday, May 21st at 9am	Carolee Harris caroleeharris@gmail.com	Scott Erdman headcoach@thehinsdaleswimclub.com

****PLEASE MAKE SURE TO ENTER THE EMAIL ADDRESS CORRECTLY!**

Disclaimers: 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, INDIANA SWIMMING, HINSDALE SWIM CLUB, FOX VALLEY SWIMMING AND SCHOOL TOWN OF MUNSTER 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.

In applying for this sanctioned event, the Hosts, Hinsdale Swim Club and Fox Valley Swimming, agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Indiana Swimming, the State of Indiana, and local health department.

COVID-19 Information: Please see Addendum A for details on COVID-related policies and procedures

Location: Jon Jepsen Pool, Munster High School, 8808 Columbia Avenue, Munster, IN 46321

Facility: 10 lane, 50-meter indoor pool, with minimum diving depth of seven feet (7'); Colorado Timing electronics, timing equipment, and scoreboard; seating for over 750 spectators; and free parking. The competition course has not been certified in accordance with 104.2.2C(4).

Rules & Safety: This meet is sanctioned by USA Swimming and Indiana Swimming, Inc. All USA Swimming and Indiana Swimming rules apply including safety rules, which will be strictly enforced. 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.

Coaches: All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet. Coaches must continuously display their current USA Swimming coaching membership cards or the HSC-provided lanyard at all times while on deck. All coaches are required to sign in if they are on deck or if they are off deck and engaging with swimmers.

Conduct: All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves.

Recording Devices and Swimmer Privacy: In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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.

Image Authorization: All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Indiana Swimming and the meet host under the conditions authored by Indiana and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Indiana Swimming competition to promote such competitions.

MAAPP: The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after June 13, 2021, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after June 13, 2021, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Eligibility: Only USA Swimming and FINA registered swimmers are eligible. Entries listed “Registration Applied For” will not be accepted. All swimmers must be registered prior to the entry deadline. USA registration forms can be obtained from Indiana Swimming. In all events swimmers must swim in their own age group (senior events are not age group). Age for this meet shall be the swimmer’s age as of June 11th, 2021.

Spectators: There will be NO spectators permitted at this meet. The meet will be live streamed and links will be provided.

Concessions/Hospitality: There will be NO concessions at this meet. Hospitality and meals will be provided to coaches and officials. All other volunteers will provided bottled water.

Entry/Exit: Procedures for one-way entry and exit into and out of the facility will be sent to all Head Coaches during meet communication. Swimmers, coaches and volunteers should follow all posted signs and also follow any instructions given by facility personnel and/or any volunteers regarding the movement of people within the facility, including on deck.

Restrooms/Locker Rooms: Locker rooms and restrooms will be available. Masks are required to be worn at all times when using the restroom and/or locker room facilities, in addition to maintaining a 6-foot distance from others.

Athlete Areas: Each team will be assigned an area either on deck or in the stands; all swimmers from that team must stay in that area unless that are participating or warmups or meet events.

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. 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 at www.thehinsdaleswimclub.com at the conclusion of the meet and will be made available utilizing the Meet Mobile app.

Awards: There will be NO awards at this meet.

Timers: There will be one timer per lane, with parents of swimmers in each session being requested to volunteer.

Positive Check-In: There will only be positive check-in for events 400M or longer. All events will be pre-seeded prior to the start of the meet. Deck entries will not be permitted.

Entries: All events are timed finals and swimmers are limited to swim 3 individual events per session. There will be no refunds for scratched events, declared false starts, no shows or canceled events. No swimmers may be added to the meet once the file has been submitted to Indiana Swimming.

Entry Fees: Individual events are \$5.00 each. In addition, the host club will collect a surcharge of \$4.00 per swimmer (for Indiana Swimming) and a facility charge of \$25.00 per swimmer. Please make checks payable to HINSDALE SWIM CLUB. If the Host Team cancels an event due to event/swimmer limits, the event fee will be refunded.

Seeding: All events will be pre-seeded. Each event will be swum in heats with swimmers seeded from slowest to fastest, except the 400M IM, 400M Freestyle and 1500M Freestyle, which will be swum fastest to slowest, alternating women’s and men’s heats. Swimmers must provide their own counter and timer for the Open 1500M Freestyle (in Session 8).

Long Event Entry Limit: We reserve the right to limit heats for all individual events 200M or longer.

Starts: Flyover starts will be used.

Entry Deadline: Entries must be submitted by **Friday, May 21st, 2021 at 9am**. Entry submitter will be notified via e-mail within 48 hours of admission to the meet. Entries shall not be considered finalized until entry form and payment is delivered to entry chairperson which as stated above shall be within 72 hours of notification of acceptance. **Updated seed times will be accepted until 12:00pm (noon), Friday, June 4th, 2021.** Admissions/deletions may be accepted at the discretion of the Entry Chair also through June 4th, 2021. Deck entries will not be accepted.

E-mail Entries & Forms: Only e-mail entries will be accepted and the following guidelines must be followed:

- 1.) Official entry form, all entry fees and swimmer surcharges are due within 72 hours following entry acceptance.
- 2.) E-mail entries must be in the form of a Hy-Tek Meet Manager generated format. You must “zip” the file so that it arrives to the entry chair intact to the following e-mail: headcoach@thehinsdaleswimclub.com. Hinsdale Swim Club will use Hy-Tek Meet Manager 7.0 software to run the meet.
- 3.) Your club’s entire entry must be sent in one e-mail. Please do not send multiple e-mails which compose one single team entry. The host club accepts no responsibility for receipt or quality of the transmission.
- 4.) All entries must be submitted in long-course meter (LCM) times.
- 5.) The enclosed Summary of Fees Statement must be completed and the Release Form signed. These must be returned together with the entry forms and your check to the Meet Entry Chair. Failure to do so shall be sufficient grounds for refusal of the entry.

Please note these are tentative start times.

Warm-up and Session start times may be adjusted after entries are received in order to maximize pool time.

Friday, June 11

Session 1:

Open

Warm-ups 4:00pm

Session Starts 5:00pm

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
1	Open	400M IM	2	
3	Open	400M Free	4	

Saturday, June 12

Session 2:

Ages 11-13

Warm-ups 9:00am

Session Starts 10:00am

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
5	11-13	50M Back	6	
7	11-13	100M Breast	8	
9	11-13	50M Free	10	
11	11-13	200M Back	12	
13	11-13	100M Fly	14	
15	11-13	200M IM	16	

Saturday, June 12

Session 3:

10 & Under

Warm-ups 1:00pm (est.)

Session Starts 2:00pm (est.)

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
17	10 & Under	50M Back	18	
19	10 & Under	100M Breast	20	
21	10 & Under	50M Free	22	
23	10 & Under	100M Fly	24	
25	10 & Under	200M IM	26	

Saturday, June 12

Session 4:

14 & Over

Warm-ups 4:30pm (est.)

Session Starts 5:30pm (est.)

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
27	14 & Over	200M Free	28	
29	14 & Over	100M Breast	30	
31	14 & Over	200M Back	32	
33	14 & Over	100M Fly	34	
35	14 & Over	50M Free	36	

Please note these are tentative start times.

Warm-up and Session start times may be adjusted after entries are received in order to maximize pool time.

Sunday, June 13

Session 5:

Ages 11-13

Warm-ups 7:00am

Session Starts 8:00am

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
37	11-13	100M Back	38	
39	11-13	200M Fly	40	
41	11-13	50M Breast	42	
43	11-13	100M Free	44	
45	11-13	50M Fly	46	
47	11-13	200 Breast	48	
49	11-13	200M Free	50	

Sunday, June 13

Session 6:

10 & Under

Warm-ups 10:45am (est.)

Session Starts 11:45am (est.)

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
51	10 & Under	100M Back	52	
53	10 & Under	50M Breast	54	
55	10 & Under	100M Free	56	
57	10 & Under	50M Fly	58	
59	10 & Under	200M Free	60	

Sunday, June 13

Session 7:

14 & Over

Warm-ups 2:00pm (est.)

Session Starts 3:00pm (est.)

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
61	14 & Over	100M Free	62	
63	14 & Over	200M Breast	64	
65	14 & Over	100M Back	66	
67	14 & Over	200M Fly	68	
69	14 & Over	200M IM	70	

Sunday, June 13

Session 8:

Open

Warm-ups 5:45pm (est.)

Session Starts 6:15pm (est.)

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
71	Open	1500M Free	72	

**HSC & Fox Summer Blast
June 11, 12 & 13, 2021**

Complete all information on this form and deliver with check to entry chair within 72 hours of entry acceptance or entry may be rejected.

Hinsdale Swim Club
P.O. Box 126
Hinsdale, IL 60522-0126
headcoach@thehinsdaleswimclub.com

Please make checks payable to: **HINSDALE SWIM CLUB**

Summary of Fees

Individuals # of Entries _____ @ \$5.00 ea. = _____

Total # of Swimmers _____ @ \$29.00 ea. = _____

(Indiana Swimming Surcharge of \$4.00 & Facility Fee of \$25.00 each/swimmer)

Total Meet = _____

Fees

Name of Club: _____

Club Code: _____ **LSC:** _____

Head Coach: _____

Club Mailing Address: _____

Contact for Entries: _____

Phone: _____ **E-mail:** _____

This signed release must accompany entry or entry will not be accepted!

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., Indiana Swimming, Inc., Hinsdale Swim Club, Fox Valley Swimming, School Town of Munster, 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.

Signature: _____ **Date:** _____

ENTRIES WILL NOT BE ACCEPTED AFTER 9:00am, FRIDAY, May 21st, 2021 at 9am. NO HAND DELIVERIES OR FAXED ENTRIES WILL BE ACCEPTED.

HSC & Fox Summer Blast
June 11, 12 & 13, 2021
Warm-Up Procedures (To Be Posted)

A. WARM-UP PROCEDURES

1. General Warm-up

- a. There will be assigned warm-up lanes for this meet.
- b. Entry into pool from starting end of pool only, unless noted otherwise by the Meet Director and Meet Referee.
- c. No diving shall be allowed from the blocks or the edge of the pool at any time when a lane is being used for any one swimmers to swim more than one length. At such times, swimmers must enter the pool feet first, while maintaining contact with the deck with the body and a hand from the start end of the pool.
- d. When a coach converts the use of a lane to a diving lane, swimmers shall swim one length from the start end and exit the pool at the turn end. No swimmer shall return to the start end or linger in swimming to the turn end to exit the pool.

B. SAFETY GUIDELINES

1. Coaches Responsibilities

- a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- b. Coaches shall actively supervise their swimmers throughout the Warm-up session at meets and all practices.

2. Host Team Responsibilities

- a. Marshaling
 - 1) A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
 - 2) Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures.
- b. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.
- c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the information: "Indiana Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."
- d. An announcer shall be on duty for each Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up. Coaches are encouraged to plan for Warm-ups in advance.
- e. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

3. Miscellaneous:

- a. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
- b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- d. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- e. The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

Note: The host club may, the consent of the Meet Director and Meet Referee, modify the warm-up time schedule or recommend lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

Addendum A

COVID Policies and Procedures HSC & Fox Summer Blast - June 11, 12 & 13, 2021

Indiana State Department of Health Protocols and Requirements

- Each person entering the pool space will sign a facility waiver (athletes, coaches, volunteers)
- Athlete attendance will be kept (via heat sheets)
- All team rest areas will be kept 30 feet from each other
- Masks will be worn by all attendees at all times, other than by swimmers when they are competing
- Disinfecting and cleaning protocols will be in place, time allowed between sessions to clean each area
 - o Restrooms
 - o Athlete areas
 - o Competition area
 - o High touch items such as stopwatches
- No spectators
- No admissions
- No heat sheets (other than to coaches, officials and volunteers as necessary)
- All food/beverage provided to coaches, officials and volunteers will be limited and only distributed via individual serving (pre-packed meals and bottled water)

Number of Individuals in Each Area of the Facility

- Deck
 - o Care will be taken to ensure that there is no crowding during warmups and competition amongst all participants:
 - Athletes (both competing and waiting to compete)
 - Coaches
 - Officials
 - Volunteers (including timers)
- Athlete Seating
 - o Sessions created to limit the number of athletes who will compete
 - o Each team will have their own rest area and will be assigned an area to allow all swimmers to spread out (stands = 114 swimmers max, deck = 150 swimmers max)
- Officials/Coaches
 - o Only the minimum number of officials will be working each session
 - Meet Referee
 - Deck Referee
 - Starter
 - Stroke and Turn
 - Admin
 - Console Operator
 - o Coaches will be limited to 3 per session per team

Safe Sport Considerations – Access for Parents

- Families will be asked to volunteer, and the majority of volunteer roles will have line of sight to the competition area
- The meet will be livestreamed

MHS Aquatics Center Meet Covid Guidelines

- Masks must be worn on deck at all times. They are to be removed and hung when all swimmers are directly behind their block for their event right before their event.
- After each event the swimmer needs to exit the water and grab their mask. They cannot exit from behind the block until their mask is on. After every swimmer has exited from behind the blocks, the next set of swimmers can come up behind their block for their event. Swimmers should try to not walk past each other without masks on.
- All timers, officials, coaches, workers, etc. must wear their masks at all times.
- Athletes will be spaced out 6 feet apart on the pool deck and in the stands if necessary. Their personal items will be kept by them at all times.
- Locker rooms have a limited capacity at this time and so do the showers. Spots where athletes can change and shower are clearly marked in the locker rooms. Please remind your athletes that when they are in the locker rooms they should be trying to maintain 6 feet of space from each other at all times. Due to these guidelines we recommend that your athletes come dressed with their suits under their clothes before the meet. We recommend that athletes are encouraged to change after they are done with their last event to help alleviate the number of people who need to change in the locker rooms.
- Athletes are not permitted to stand along the side of the pool deck unless they can be 6 feet apart at all times from all other people.
- The south and mid pool will be used for cool down purposes. (short course – 25 yards pool)
- Plastic ziploc baggies will be available, as well as permanent markers for writing your name, for use to be able to have your mask near your lane while you are warming up or cooling down. (to keep from getting wet)
- Athletes from other teams must be pre-screened by their coaches and coaches must be able to verify that they had done so. Athletes with any signs or symptoms will not be allowed to participate and should not be brought with to the meet.
- Only 4 swimmers per lane at a time. Two swimmers on each end, two starting at the flags. (short course – 25 yards pool)
- No more than 20 swimmers at 6 feet apart throughout the length of the pool per lane. (long course – 50 meter pool)
- Diving: divers have their masks on until they are at least 6 feet away from everyone else. They may place their masks with their shammies/towels on a starting block. Masks must be placed back on after their dive is complete and they have exited the water.
- Relay races: swimmers must stay lined up behind the blocks. When relays are done, all swimmers will exit to the west. Only the first two people competing in the relay should have their masks off. Once the first person is done, they should put their mask back on and stay behind the blocks, then the third person can take their mask off, and so forth. All athletes should stay behind the blocks until the relay event is over.
- Athletes from opposing teams will be on the west side of the pool deck and will compete in lanes 1-5. Munster athletes will be on the east side of the pool deck and will compete in lanes 6-10. Teams should be limiting cross over on the sides of the pool deck. If there are more than 2 teams then teams will enter for their events from the east side and exit to the west. (recommended – not required)
- Teams, you need to try to stay together. No visiting other teams/athletes on deck.