



HSC LAST SPLASH

JULY 9, 10, AND 11, 2021

Sanctioned by USA Swimming, Inc. and Indiana Swimming, Inc. Sanction Number: IN21310

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
Scott Erdman headcoach@thehinsdaleswimclub.com Meet entries deadline: Friday, June 18th 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, AND LAKE CENTRAL SCHOOL CORP 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, 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: Lake Central Aquatic Center, 8400 Wicker Avenue, St. John, IN 46373

Facility: 10 Lane, 50-meter indoor competition pool. Starting end depth is 8'6". Turn end depth is 14'. The timing system is Colorado System 6. Paddock starting blocks. 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 or vaping 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 July 9, 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 July 9, 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 July 9th, 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 relays and individual events 400M or longer. Positive check-in deadlines are as follows:

All relays: 75 minutes prior to the start of each day's relays as indicated on the session report

800M Free (Session 3): 4pm on Friday, July 9

400M Free (Session 4): 9am on Saturday, July 10

400M Free (Session 5): 12pm on Saturday, July 10

400M IM (Session 6): 4pm on Saturday, July 10

400M Free (Session 9): 4pm on Sunday, July 11

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 events canceled outside the host team's control. Deck entries are not permitted and 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. Relays are \$12 per event. In addition, the host club will collect a surcharge of \$4.00 per swimmer (for Indiana Swimming) and a facility surcharge 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.

Relays: Relay cards are due to the admin table no later than 75 minutes prior to the start of each day's relays, as indicated on the session report. The host club reserves the right to cancel any/all relay events listed in order to ensure completion of the session for swimmers twelve (12) and under within a 4-hour time frame (ISI, Article 203.3.1). Any relay entries that are canceled by the host club 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 800M Freestyle, which will be swum fastest to slowest, alternating women's and men's heats.

Distance Events: Swimmers must provide their own counters and timers for the Open 800M Freestyle (Session 3). Swimmers must provide their own timers for the 400M Free (Session 4, Session 5 and Session 9) and the 400M IM (Session 6).

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, June 18th, 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), Wednesday, June 30th, 2021.** Additions may be accepted at the discretion of the Entry Chair also through noon on June 30th, 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.) The file will be set up to accept entries in the format of LYS and will be seeded in that order.
- 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, July 9

Session 1:

11-12, 13-14

Warm-ups 7:00am

Meet Starts 8:00am

GIRLS			BOYS
Event No.	Age Group	Event	Event No.
1	11-12	200M Breast	2
3	13-14	200M Breast	4
5	11-12	100M Free	6
7	13-14	100M Free	8
9	11-12	200M IM	10
11	13-14	200M IM	12
13	11-12	50M Breast	14
15	11-12	400M Free Relay	16
17	13-14	400M Free Relay	18

Friday, July 9

Session 2:

10 & Under

Warm-ups 11:00am (est.)

Meet Starts 12:00pm (est.)

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

Friday, July 9

Session 3:

15 & Over, Open

Warm-ups 2:00pm (est.)

Meet Starts 3:00pm (est.)

GIRLS			BOYS
Event No.	Age Group	Event	Event No.
27	15 & Over	100M Free	28
29	15 & Over	200M IM	30
31	15 & Over	100M Back	32
33	15 & Over	200M Breast	34
35	15 & Over	400M Free Relay	36
37	Open*	800M Free**	38

*Any swimmers 12 and younger should be discussed with host team prior to entry

**15 minute warmup may be allowed prior to start, at discretion of Meet Referee

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.

Saturday, July 10

Session 4:

11-12, 13-14

Warm-ups 7:00am

Meet Starts 8:00am

GIRLS			BOYS
Event No.	Age Group	Event	Event No.
39	11-12	100M Fly	40
41	13-14	100M Fly	42
43	11-12	50M Back	44
45	11-12	50M Free	46
47	13-14	50M Free	48
49	11-12	200M Back	50
51	13-14	200M Back	52
53	11-12	400M Free	54
55	13-14	400M Free	56

Saturday, July 10

Session 5:

10 & Under

Warm-ups 11:00am (est.)

Meet Starts 12:00pm (est.)

GIRLS			BOYS
Event No.	Age Group	Event	Event No.
57	10 & Under	50M Free	58
59	10 & Under	50M Fly	60
61	10 & Under	100M Breast	62
63	10 & Under	200M Free Relay	64
65	10 & Under	400M Free	66

Saturday, July 10

Session 6:

15 & Over

Warm-ups 2:00pm (est.)

Meet Starts 3:00pm (est.)

GIRLS			BOYS
Event No.	Age Group	Event	Event No.
67	15 & Over	200M Free	68
69	15 & Over	100M Fly	70
71	15 & Over	50M Free	72
73	15 & Over	400M IM	74

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, July 11

Session 7:

11-12, 13-14

Warm-ups 7:00am Meet Starts 8:00am

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
75	11-12	200M Free	76	
77	13-14	200M Free	78	
79	11-12	100M Breast	80	
81	13-14	100M Breast	82	
83	11-12	50M Fly	84	
85	11-12	100M Back	86	
87	13-14	100M Back	88	
89	11-12	200M Fly	90	
91	13-14	200M Fly	92	
93	11-12	400M Medley Relay	94	
95	13-14	400M Medley Relay	96	

Sunday, July 11

Session 8:

10 & Under

Warm-ups 11:00am (est.) Meet Starts 12:00pm (est.)

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
97	10 & Under	100M Fly	98	
99	10 & Under	50M Back	100	
101	10 & Under	200M Free	102	
103	10 & Under	200M Medley Relay	104	

Sunday, July 11

Session 9:

15 & Over

Warm-ups 2:00pm (est.) Meet Starts 3:00pm (est.)

GIRLS			BOYS	
Event No.	Age Group	Event	Event No.	
105	15 & Over	200M Fly	106	
107	15 & Over	100M Breast	108	
109	15 & Over	200M Back	110	
111	15 & Over	400M Medley Relay	112	
113	15 & Over	400M Free	114	

HSC Last Splash
July 9, 10 & 11, 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.	=	_____
Relays	# of Entries	_____	@ \$12.00 ea.	=	_____
Total	# of Swimmers	_____	@ \$29.00 ea.	=	_____

(Indiana Swimming Surcharge of \$4.00 & Club Surcharge 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, Lake Central School Corp., 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, June 18th, 2021 at 9am. NO HAND DELIVERIES OR FAXED ENTRIES WILL BE ACCEPTED.

HSC Last Splash
July 9, 10 & 11, 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 Last Splash - July 9, 10 & 11, 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
- 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

Lake Central Meet Safety Policy and Procedures – COVID

The safety of our athletes, coaches and families is of the utmost importance. With the current situation in regards to the COVID-19 pandemic, Lake Central will be adhering to the following COVID-19 Policies and Procedures, as well as those implemented by Lake Central School Corp,. These procedures will be in place during all meets at the Lake Central Aquatic Center.

The following procedures will be implemented for meets.

- Teams will be assigned warm up time to be able to adhere to social distancing guidelines.
- All swimmers/staff will wear a facemask while in the facility/on the pool deck until they are ready to get into the water.
- Any swimmers/staff member found to have any of the COVID symptoms will be asked to leave the facility.
- All swimmers and staff members entering the facility will be tracked through coach/official sign in sheets, volunteer check-in sheets, and swimmer check-in sheets on a daily basis.
- The meet will be pre-seeded and coaches will receive a check-in sheet each session to let facility staff know who was in the facility each session.
- All ages will utilize a clerk of course or marshal as a means to control how many swimmers are behind the blocks at any time.
- A ready room will be established for the next heat up to get ready without crowding the starting block area.
- A traffic flow pattern will be utilized so the swimmers who just finished and swimmers who are next will not pass each other as they enter or exit the starting block area. Fly-Over starts may be used as well.
- Everyone in the building should try to maintain at least a 6' social distancing between him or her and anyone else that is not an immediate family member.
- Team will be assigned areas around the pool deck and/or in the spectator stands for their athletes to camp out.
- Swimmers and staff members will need to provide their own water and water bottle. Use of drinking fountains, by swimmers, is prohibited at this time.
- Once a swimmer's events are complete they will be asked to dry off, get dressed, and exit the facility promptly

LOCKER ROOM PROCEDURES

- Swimmers should arrive to the meet in their swim attire.
- The use of locker rooms during the meets will be monitored by deck marshals to ensure that they do not get overcrowded.
- Nothing should be left in the locker room and should be taken on deck with the swimmer.
- Showers will not be available.
- Swimmers will wear masks at all times while in the locker rooms and will maintain social distancing.
- Facility staff may limit the number of swimmers or the amount of time a swimmer can be in the locker room at any time to make sure the facility is in compliance with any state or local regulations.
- Swimmers may change out of their wet swim attire after the meet but will be expected to change/use the restroom quickly and exit the locker room.