



Georgia Swimming will increase opportunity, recognition, and growth in competitive swimming. We believe that swimming provides life-changing experiences for young people.



2021 Mizuno Fall Flash

October 15-17, 2021

HOST	GCAT
SANCTION:	Held under the sanction of USA Swimming, issued by Georgia Swimming Inc., Sanction #: GA21-118
ATTESTATION:	<ul style="list-style-type: none"> Article 202.4.3: Granted sanctions are non-transferrable to other organizations or clubs. Any such transferred sanction shall be void and the Sanction Committee shall deny any further sanctions to the organization or club violating this provision. In applying for this sanctioned event, the Host, GCAT agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Georgia LSC, the State of Georgia, and local jurisdiction.
MAAPP: Minor Athlete Abuse Prevention Policy Effective June 23, 2019	<ul style="list-style-type: none"> A USA Swimming club that hosts a sanctioned USA Swimming swim meet indicates acknowledgement of USA Swimming’s Minor Athlete Abuse Prevention Policy (“MAAPP”). All USA Swimming members including athletes 18 and older and adults who interact with minor athletes at swim meets are expected to comply with the MAAPP policy. All chaperones, team managers, adult swimmers, meet directors, officials, and non-member parents and meet volunteers are expected to understand and comply with MAAPP. As the host club, you are responsible for ensuring that these individuals know about and comply with MAAPP.
ELIGIBILITY FOR TIME RECOGNITION TO THE SWIMS DATABASE	Times achieved by an athlete member at a sanctioned competition who is 18 years of age (+30-day grace period) who have not completed the Athlete Protection Training OR (whose APT training had expired) by the date of the swim, WILL NOT be uploaded to the SWIMS database.
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and GCAT., 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.
REPORT DISCRIMINATION:	The Georgia LSC believes that there is no place for discrimination in the sport of swimming. If you believe you are the victim of discrimination, you are encouraged to report the incident to USA-Swimming’s Associate Counsel & Director of Safe Sport, Abigail Howard (ahoward@usaswimming.org or 719-866-3529). Please provide a complete description of the incident as well as a way to contact you and/or other parties involved. For more information refer to gaswimming.org/diversity Gaswim.org
D, E, & I = Reference / Informational Section	Georgia Swimming LSC: D, E, & I (teamunify.com)
MEET DIRECTOR:	Bill Forrester – gcatcoach@aol.com
MEET REFEREE:	Eric Wayner – epwayner@comast.net Steve Seymour – runsmour@bellsouth.net
STARTER:	Chris Dibkey
STROKE AND TURN:	George Patselas
ADMIN OFFICIAL:	Deanne Bland – gcatmeetentries@gmail.com
SAFETY DIRECTOR:	Bill Forrester

FACILITY:	<p>Chatham County Aquatic Center 7240 Sallie Mood Rd, Savannah, GA 31406 912-652-6793</p> <p>This facilities competition pool is a 16 lane, 25-yard pool with Colorado timing and scoreboard*. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming, Inc., and Georgia Swimming, Inc. The pool depth at the start end equals (enter depth – 7-9 ft.) and turn end depth equals (enter depth- 7-9 ft). 16 warm-up lanes will be available.</p>
SCHEDULE:	<p>Session 1: Open Friday, Oct 15: Warm up: 5 PM Start: 6 PM Session 2: Open Saturday, Oct 16: Warm up: 8 AM Start: 9 AM Session 3: 12&under Saturday, Oct 16: Warm up: Not before 12 PM Start: Not before 1PM Session 4: Open Sunday, Oct 17: Warm up: 8 AM Start: 9 AM Session 5: 12&under Sunday, Oct 17: Warm up: Not before 12 PM Start: Not before 1 PM</p>
MEET FORMAT:	<ul style="list-style-type: none"> • SCY • Time Final Format (TF) • 8 lanes will be used for competition • Slow to Fast seeding • Positive Check-in Events – Fastest to Slowest; Alternating Women > Men
ENTRY FEES:	<ul style="list-style-type: none"> • IND EVENT FEE: \$7 • EVENT -LATE ENTRIES: \$14 / Event • RELAYS: - \$10 / EVENT • RELAYS: LATE ENTRY - \$20 • A \$2.00 Ga travel surcharge applies to all non-Georgia LSC registered swimmers.
ELIGIBILITY:	<p>MEET TYPE: OPEN - GCAT will not allow unregistered swimmers, coaches, officials, or teams to participate in this meet. No swimmer will be permitted to compete unless the swimmer is a member in as provided in Article 302.</p>
ENTRIES:	<p>Swimmers may swim a maximum of four (4) individual events per day.</p>
CHECK IN CLERK of COURSE	<ul style="list-style-type: none"> • Deck entries can be made with the clerk of course up to 30 minutes before the start of the session • Positive check in is required for the 400 IM and 500 FREE 45 minutes before the start of the session
ENTRY SUBMISSION:	<p>ENTRY DEADLINE: Date: Friday, October 8, 2021, Time: 6:00 pm Submit entries using Hy-Tek team manager. Entries must include the USA Swimming Club Code and each swimmer’s USA Swimming number, first and last name, age, and seeding time for each event entered.</p>
RULES:	<p>Tech Suit Restriction for 12-and-Under Swimmers: https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers</p> <p>102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet. 1) A Technical Suit is one that has the following components: a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or b. Any suit with woven fabric extending past the hips. (Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.) (Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.)</p> <p>This rule is in effect for all USA Swimming competitions in the United States, so any manufacturer or vendor selling a suit in the United States is subject to the above rule. No</p>

Technical Suits may be worn by any 12-Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind the blocks (Including warm-up, warm-down, and Competition), rest rooms or locker rooms.

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.

Deck changes are prohibited. (Defined as changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes). Swimmers participating in deck changing could be subject to removal from further competition in the meet.

On deck registrations will not be permitted during this event.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches’ areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and /or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair, Program & Events Committee Chair, or designee.

All referees, starters, administrative officials, chief judges and stroke and turn judges, serving in an official capacity in a sanctioned event, must be non-athlete members of USA Swimming or members of other FINA-member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the meet host and to allow the meet host the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director before the start of the first day of the meet.

A swimmer must start and finish the race in the same lane.

Deck Pass is acceptable proof of USA Swimming membership.

Swimmers participating under the provisions of 202.9 or USA Swimming’s “open border” policy must be under the supervision of their own coach or a USA Swimming member coach. The Meet Director or Meet Referee may assist the swimmer in deciding for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the start of the meet.

COACHES:	Coaches will be required to sign in and show their USA Swimming coaches registration card or DECK PASS for verification that all certifications are current.
COACHES MEETING:	October 15,2021 @ 4:45pm
OFFICIALS:	GCAT welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting 30 minutes prior to the start of each session. The official's uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and shoes. All officials must present at check in, their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.
MEET COMMITTEE:	The Meet Committee shall be established during the coaching meeting or prior to the competition and shall consist of the Meet Director, Meet Referee, Coaches, and athlete members, as appropriate. As defined in the Official Glossary (2021 USA Swimming Rulebook)
AWARDS:	Medals will be given 1 st – 3 rd and Ribbons will be given for 4 th through 8 th place in individual events and 1 st through 3 rd medals for relays.
SCORING:	10/under events will be broken out for scoring into 8 & under and 9-10 age groups. 11 and over events and Open events will score the 11-12, 13-14, and 15 and up age groups separately.
CONCESSIONS:	Full food concessions will be available for purchase. A complimentary hospitality area will be provided for all officials, coaches and meet volunteers with appropriate credentials.
GEORGIA WARM-UP POLICY:	The Georgia Swimming approved warm-up guidelines will be followed for this meet. Warm-up lane assignments will be posted at the pool. USA Swimming Certified Coaches must supervise in the vicinity of all warm-up activities. Refer www.gaofficials.org/documents > Sanctions
GEORGIA SCRATCH RULE:	Refer www.gaofficials.org/documents > Sanctions
MISC. INFORMATION:	

Order of Events

Session 1

Friday, October 11, 2019

Warm-up 5:00-5:55pm / Start time 6:00pm

Girls Event #	Age Group	Event	Boys Event #
1	Open	50 Back	2
3	11 & Over	400 IM*	4
5	11-12	200 IM	6
7	10 & Under	200 Free	8
9	Open	50 Breast	10
11	Open	500 Free*	12

**Deck seeded event: Positive check-in required at clerk of course 45 minutes before the start of the session.*

Swum fastest to slowest, alternating women and men.

11 & Over and Open events will be broken out for scoring for the 11/12, 13/14 and 15&up age groups.

Session 2

Saturday, October 12, 2019

Warm-up 8:00-8:55am / Start time 9:00am

Girls Event #	Age Group	Event	Boys Event #
13	11 & Over	200 Fly	14
15	Open	100 Breast	16
17	Open	100 Free	18
19	11 & Over	200 Back	20
21	Open	50 Fly	22
23	Open	200 IM	24
25	11 & Over	200 Free Relay	26

NOTE: 11 & 12-year-old swimmers are limited to swimming in one meet session per day during this meet. (Session 2 OR 3 on Saturday, NOT BOTH)

Session 3

Saturday, October 12, 2019

Warm-up: Not before 12:00pm / Start time: Not before 1:00pm

Girls Event #	Age Group	Event	Boys Event #
27	10 & Under	100 Free	28
29	11-12	100 Free	30
31	10 & Under	50 Back	32
33	11-12	50 Back	34
35	10 & Under	100 Breast	36
37	11-12	100 Breast	38
39	10 & Under	50 Fly	40
41	11-12	50 Fly	42
43	10 & Under	200 IM	44
45	12 & Under	200 Free Relay	46

10 & Under events will be broken out for scoring into 8&Under and 9-10 age groups.

NOTE: 11 & 12-year-old swimmers are limited to swimming in one meet session per day during this meet. (Session 2 OR 3 on Saturday, NOT BOTH)

Session 4

Sunday, October 13, 2019

Timed Finals Warm-up: 8:00am – 8:55am

Timed Finals Start time: 9:00am

Girls Event #	Age Group	Event	Boys Event #
47	Open	50 Free	48
49	11 & Over	200 Breast	50
51	Open	100 Fly	52
53	Open	100 Back	54
55	Open	100 IM	56
57	Open	200 Free	58
59	11 & Over	200 Medley Relay	60

11 & Over and Open events will be broken out for scoring for the 11/12, 13/14 and 15&up age groups.

NOTE: 11 & 12-year-old swimmers are limited to swimming in one meet session per day during this meet. (Session 4 OR 5 on Sunday, NOT BOTH)

Session 5

Sunday, October 13, 2019

Timed Finals Warm-up: Not before 12:00pm / Timed Finals Start time: Not before 1:00pm

Girls Event #	Age Group	Event	Boys Event #
61	10 & Under	200 Free	62
63	11-12	200 Free	64
65	10 & Under	50 Breast	66
67	11-12	50 Breast	68
69	10 & Under	100 Fly	70
71	11-12	100 Fly	72
73	10 & Under	50 Free	74
75	11-12	50 Free	76
77	10 & Under	100 IM	78
79	11-12	100 IM	80
81	10 & Under	100 Back	82
83	11-12	100 Back	84
85	12 & Under	200 Medley Relay	86

10 & Under events will be broken out for scoring into 8 & under and 9-10 age groups.

NOTE: 11 & 12-year-old swimmers are limited to swimming in one meet session per day during this meet. (Session 4 OR 5 on Sunday, NOT BOTH)

**GCAT/2021 Mizuno Fall Flash
October 15-17, 2021**

Team Name _____ Team abbreviation _____

Team Address _____

City _____ State _____ Zip _____

Head Coach _____

Phone _____ Home _____ E-mail _____

For entry problems call or e-mail _____

All coaches from your team present at the meet, must be listed

- | | |
|----------------|----------------|
| 1. Coach _____ | 2. Coach _____ |
| 3. Coach _____ | 4. Coach _____ |
| 5. Coach _____ | 6. Coach _____ |

Athlete Fee	\$7.00 x (per event)	= _____
TOTAL		= _____

Surcharge applies to all non-Georgia LSC registered swimmers. X \$2.00 = _____

Total fees submitted. _____

Submit one check payable to: GCAT

Entries must be received on or before **October 8, 2021.**

Email entries to: gcatmeetentries@gmail.com

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach, or team representative, verify that all swimmers and coaches listed on the enclosed entry are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

In granting this sanction it is understood and agreed that USA Swimming, Georgia LCS, and **GCAT** shall be free and harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

Signature/Title

Date

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 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.