

NORTHRIDGE AREA SWIMMING ASSOCIATION
2020 IN NASA SPRINT MEET PLUS
NOVEMBER 7-8, 2020

SANCTION: Held under the sanction of USA Swimming and Indiana Swimming. **Sanction # IN21047**

SPONSOR: Northridge Area Swimming Association
Head Coach and Club Director: Kyle Hembree
Email: coachhembree@nasaswimming.org

Meet Director: Mike Weber
Phone: 574-320-7964
Email: mike.weber1916@gmail.com

Entry Chair: Kyle Hembree
56779 Northridge Dr.
Middlebury IN 46540
Phone: 574-349-7456
E-mail: coachhembree@nasaswimming.org

DATE: November 7-8, 2020

LOCATION: NORTHRIDGE HIGH SCHOOL POOL
56779 Northridge Drive (Pool door faces US 20 – Door 11, SE side)
Middlebury, Indiana 46540

FACILITIES: 10 lane, 25 yard competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Depth at start end of the pool is 13.5 ft. Depth at turn end of pool is 5 ft – 6 ft. Non-turbulent lane lines. Daktronics Automatic timing system with backup. Two full color score boards. Warm up/warm down area available. Stadium seating. Swimmers rest area is available in adjoining field house.

TIME SCHEDULE: The below time schedule is tentative. Depending on the number of entries received, we may be holding anywhere from two to four sessions. We will send a final schedule to coaches and post on our website (www.nasaswimming.org) when finalized by November 3, 2020.

Sat & Sun Morning Sessions: **Warm-ups: 7:00 – 7:50 AM**
Meet Begins: 8:05 AM

Sat & Sun Mid-Morning Sessions: **Warm-ups: 10:30 – 11:20 AM**
Meet Begins: 11:35 AM

Afternoon session will begin immediately following the conclusion of the mid-morning session but not before 2:00 PM. There will be one hour of warm-ups. The afternoon session will begin not before 3:05 PM.

ELIGIBILITY: Swimmers must be registered with USA Swimming and their registration numbers must accompany the entry. Age as of November 7, 2020 will determine age for the meet. Indiana Swimming does not process on-site registrations.

ENTRY LIMITS: Each swimmer may enter five (5) individual events plus one (1) Relay per day. No deck entries will be accepted. Teams will not be split. Entries may be e-mailed or sent by mail. Teams will not be split. NT entries will be placed in the slowest heats. Entries may be e-mailed or sent by mail.

ENTRY FEES: \$5.00 per individual event. \$8.00 per relay. \$2.00 INDIANA Swimming surcharge per swimmer. Make checks payable to Northridge Area Swimming Association (NASA). Checks must accompany the entry or be paid by the start of the meet. No entry fees will be returned except for those received after the limit has been reached.

ENTRY DEADLINE: Entries will be accepted starting Tuesday, September 29, 2020 and must be received no later than Friday, October 23, 2020. The deadline will be extended if the meet is not full. You will receive confirmation of your entry as it is received.

Mail or email entries to: Kyle Hembree
56779 Northridge Dr.
Middlebury IN 46540
Phone: 574-349-7456
E-mail: coachhembree@nasaswimming.org

If the meet is over-entered, NASA has sole discretion to determine which entries to accept. In making this decision, teams will not be split and the number of officials and timers will be considered. Order of arrival of entries submitted before the entry deadline will not be a consideration. Teams will be notified by email of their status by 8:00 pm, October 26, 2020

SAFETY: NASA will be hosting this meet in compliance with all health and safety mandates and guidelines of USA Swimming, Indiana Swimming, the State of Indiana, and local health department. Please see attached NASA Meet Safety Policy and Procedures – COVID for additional procedures.

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, THE INDIANA LSC, NORTHRIDGE AREA SWIM ASSOCIATION 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.

AWARDS: No awards will be provided at this meet.

RESULTS: A copy of the final results will be sent to each participating team in the formats indicated on the Summary of Entry Form.

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP” – see below), will govern this meet. USA Swimming rules 202.5.2 – At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-ups, competition, and warm-down. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision, but it the swimmer’s responsibility to make such arrangements. The No-Recall procedure will be used.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

202.4.9 J: 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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

SAFE SPORT 360: 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 [insert date that is 30 days prior to the last date of the actual competition], 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 [insert same date], 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.

- SUIT RULE:** THE USA SWIMMING SWIMSUIT RULE (102.9.1 B) IS IN EFFECT. 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 or below the knees, and for women, shall not cover the neck, extend past the shoulders, nor extend below the knee.
- CHECK-IN:** For this November meet, the meet will be pre-seeded. No positive check in required. Clerk of Course provided for all swimmers on the east side of the pool.
- COACHES:** Coaches and officials must constantly display their USA Swimming coach credential or deck pass to gain deck access. The meet referee reserves the right to ask for coach credential display and/or deny deck access to a coach who does not comply. Coaches will be required to show their credentials at sign in table before access to pool is granted.
- MEET WORKERS:** NASA will provide majority of the officials. If visiting clubs have officials interested in volunteering, they should contact the Meet Director ahead of time. Officials' meeting will be held in advance before the meet begins. Timers' meeting will be held on the pool deck behind the blocks ten minutes prior to the meet session starting (if needed).
- ADMISSION:** No spectators will be allowed at this meet. The meet will be live streamed – go to www.nasaswimming.org for the link to the live stream.
- CONCESSIONS:** Concessions will not be available at this meet.
- HEAT SHEETS:** No paper heat sheets will be provided. Heat sheets will be available electronically on Meet Mobile.
- PARKING:** Parking is available near the pool entrance as well as in other lots around the building. There may be other events at the school occurring during the same time as our meet. You may have to park in lots that are not immediately adjacent to the pool and result in a short walk to reach the pool. You will be able to drop swimmers and family members off at door 11. PLEASE DO NOT park on the grass or along curbs. Thank you!!
- FACILITIES:** We are excited to be able to use the facilities at Northridge High School for our meet under a long standing agreement between the administration and our club. PLEASE respect our facility rules and respect all school property. NO SMOKING is permitted on the school premises. NO food or drinks will be allowed in the pool or in the field house. NO coolers are allowed in the swimmer rest area or the pool area. Coolers can be kept in the hall near the swimmer rest area. Food and drinks will be permitted in the spectator area with the expectation that everyone will clean up their area before leaving.
- HOTELS:** There are several hotels in close proximity to the pool that provide reasonably priced overnight accommodations. The listing of these hotels is attached to the meet packet. Please provide this information to your swimmer families.

NASA SPRINT MEET PLUS

SUMMARY OF ENTRY

In addition to your HyTek/Team Unify entry (disk or email), please fill out the form below and include it with your check, **made payable to NASA**, to be received no later than the start of the meet. If mailing, please send to:

Kyle Hembree
56779 Northridge Dr.
Middlebury IN 46540
Phone: 574-349-7456
E-mail: coachhembree@nasaswimming.org

Name of Club: _____ Club Code: _____

Total individual entries: _____ X \$5.00 = \$ _____

Total Relay entries: _____ X \$8.00 = \$ _____

Total # swimmers entered _____ X \$2.00 swimmer surcharge = \$ _____
(IN Swimming surcharge)

Total enclosed (payable to NASA before the start of the meet) \$ _____

Person filling out this entry: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ email: _____

Head Coach: _____ Asst. Coach: _____

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. It is further understood that Indiana Swimming and NASA 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.

Signature of Club Official

Please indicate how your club would like to receive the final results:

_____ Hard copy (US Mail or .htm file emailed)

_____ Meet Manager Backup (emailed)

_____ Team Manager .cl2 file (emailed)

_____ All of the above

Email address for meet results: _____

**SUMMARY OF EVENTS
NASA SPRINT MEET PLUS
NOVEMBER 7-8, 2020**

SATURDAY MORNING - SESSION 1

Warm-ups Start: 7:00 am

Meet Starts: 8:05 am

GIRLS			BOYS		
1	15 & over	50 YD FREESTYLE	2		
3	15 & over	200 YD BUTTERFLY	4		
5	15 & over	100 YD BACKSTROKE	6		
7	15 & over	100 YD BREASTSTROKE	8		
9	15 & over	200 YD FREESTYLE	10		
11	15 & over	50 YD BUTTERFLY	12		
13	15 & over	100 YD I.M.	14		
15	15 & over	100 YD MEDLEY RELAY	16		

SATURDAY MID-MORNING - SESSION 2

Warm-ups Start: 10:30 am

Meet Starts: 11:35 am

GIRLS			BOYS		
17	13-14	50 YD FREESTYLE	18		
19	11-12	25 YD FREESTYLE	20		
21	13-14	200 YD BUTTERFLY	22		
23	11-12	100 YD BUTTERFLY	24		
25	13-14	100 YD BACKSTROKE	26		
27	11-12	50 YD BACKSTROKE	28		
29	13-14	100 YD BREASTSTROKE	30		
31	11-12	50 YD BREASTSTROKE	32		
33	13-14	200 YD FREESTYLE	34		
35	11-12	100 YD FREESTYLE	36		
37	13-14	50 YD BUTTERFLY	38		
39	11-12	25 YD BUTTERFLY	40		
41	13-14	100 YD I.M.	42		
43	11-12	100 YD I.M.	44		
45	13-14	100 YD MEDLEY RELAY	46		
47	11-12	100 YD MEDLEY RELAY	48		

SATURDAY AFTERNOON - SESSION 3

Warm-up starts: NOT BEFORE 2:00pm

Meet Starts: 3:05 pm

GIRLS			BOYS		
49	9-10	100 YD FREESTYLE	50		
51	8 & under	25 YD BUTTERFLY	52		
53	9-10	25 YD BUTTERFLY	54		
55	8 & under	50 YD BACKSTROKE	56		
57	9-10	50 YD BACKSTROKE	58		
59	8 & under	100 YD I.M.	60		
61	9-10	100 YD I.M.	62		
63	8 & under	25 YD FREESTYLE	64		
65	9-10	25 YD FREESTYLE	66		
67	8 & under	50 YD BREASTSTROKE	68		
69	9-10	50 YD BREASTSTROKE	70		
71	9-10	100 YD BUTTERFLY	72		
73	10 & under	100 YD MEDLEY RELAY	74		

**SUMMARY OF EVENTS
NASA SPRINT MEET PLUS
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SUNDAY MORNING - SESSION 4

Warm-ups Start: 7:00 am

Meet Starts: 8:05 am

GIRLS

75 15 & over
77 15 & over
79 15 & over
81 15 & over
83 15 & over
85 15 & over
87 15 & over
89 15 & over

200 YD IM
50 YD BREASTSTROKE
200 YD BACKSTROKE
100 YD BUTTERFLY
100 YD FREESTYLE
200 YD BREASTSTROKE
50 YD BACKSTROKE
100 YD FREESTYLE RELAY

BOYS

76
78
80
82
84
86
88
90

SUNDAY MID-MORNING - SESSION 5

Warm-ups Start: 10:30 am

Meet Starts: 11:35 am

GIRLS

91 13-14
93 11-12
95 13-14
97 11-12
99 13-14
101 11-12
103 13-14
105 11-12
107 13-14
109 11-12
111 13-14
113 11-12
115 13-14
117 11-12
119 13-14
121 11-12

200 YD IM
200 YD FREESTYLE
50 YD BREASTSTROKE
25 YD BREASTSTROKE
200 YD BACKSTROKE
100 YD BACKSTROKE
100 YD BUTTERFLY
50 YD BUTTERFLY
100 YD FREESTYLE
50 YD FREESTYLE
200 YD BREASTSTROKE
100 YD BREASTSTROKE
50 YD BACKSTROKE
25 YD BACKSTROKE
100 YD FREESTYLE RELAY
100 YD FREESTYLE RELAY

BOYS

92
94
96
98
100
102
104
106
108
110
112
114
116
118
120
122

SUNDAY AFTERNOON - SESSION 6

Warm-up starts: NOT BEFORE 2:00pm

Meet Starts: 3:05 pm

GIRLS

123 9-10
125 8 & under
127 9-10
129 8 & under
131 9-10
133 8 & under
135 9-10
137 8 & under
139 9-10
141 8 & under
143 9-10
145 9-10
147 10 & UNDER

100 YD BACKSTROKE
25 YD BREASTSTROKE
25 YD BREASTSTROKE
100 YD FREESTYLE
200 YD FREESTYLE
50 YD BUTTERFLY
50 YD BUTTERFLY
50 YD FREESTYLE
50 YD FREESTYLE
25 YD BACKSTROKE
25 YD BACKSTROKE
100 YD BREASTSTROKE
100 YD FREESTYLE RELAY

BOYS

124
126
128
130
132
134
136
138
140
142
144
146
148

NASA HOTEL PARTNERSHIPS

Winter 2020-2021

1. **Essenhaus Inn & Conference Center** (1 minute from pool)
240 US 20
Middlebury, IN 46540
(800) 455-9471

Indoor pool and Continental Breakfast.
Resort area with restaurant and gift shops.

2. **Hampton Inn & Suites-** (located 1 mile from pool)
105 Crystal Heights Blvd.
Middlebury, IN 46540
(574) 822-0288
3. **Blue Gate Garden Inn-** (approx. 10 min. from pool)
800 S. Van Buren St.
Shipshewana, IN 46565
(260) 768-7688
4. **The Van Buren Hotel-** (approx. 10 min. from pool)
1175 N. Van Buren St.
Shipshewana, IN 46565
(260) 768-7780
5. **Farmstead Inn-** (approx. 10 min. from pool)
370 S. Van Buren St.
Shipshewana, IN 46525
(260) 768-4595
6. **Super 8 Motel-** (approx. 10 min from pool)
740 S. Van Buren St.
Shipshewana, IN 46565
(260) 768-4004

NASA 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, NASA will be adhering to the following COVID-19 Policies and Procedures, as well as those implemented by Middlebury Community Schools, Northridge High School and Northridge Middle School. These procedures will be in place during all NASA hosted meets at both the High School and the Middle School Facilities.

The following procedures will be implemented for NASA Hosted Meets.

- Max limit of four (4) swimmers per swimming lane, starting from opposite ends (in accordance with USA swimming guidelines).
- Teams will be assigned warm up and locker room 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.
- Upon entering the facility, all will be required to sanitize hands using provided sanitizers/wipes stationed on a table inside the door. Swimmers & staff will also have their temperature (no higher than 100.4 per CDC Guidelines) and symptoms checked by an MCS Aquatics Staff member prior to entry into 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 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 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 adjacent fieldhouse 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. If a swimmer needs more water during or before a meet a designated staff member will fill up the water bottle for the swimmer.
- Once a swimmers 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 reserved for restroom breaks only, with not more than two (2) patrons in the locker room at any given time. This will be monitored by deck marshals.
- 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.

HEALTH SCREEN

Facility Staff may conduct a health screen by checking swimmers/coaches/volunteers temperatures and asking about COVID symptoms prior to gaining entry into the facility. The most concerning threat to an organized sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from meet (isolation), and strict guidelines regarding return to meets.

If you had any of the **following symptoms in the past 24 hours**, please remain at home and do not return to practice until you are symptom free for 24 hours. If practical, go to a testing facility to be assessed.

- Unexplained rash
- Diarrhea
- Vomiting
- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches (outside of the normal)
- Sore throat
- New loss of taste or smell

Have you tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days? If you answer yes, all three of the following are required before being able to participate in a meet: a minimum of 14 days of self-quarantine from the positive test, 72 hours with no symptoms, and a subsequent negative test.

Have you have had close contact within the last 14-days with someone who has COVID-19 or who has any of the above symptoms? (Note: Close contact is defined as within 6 feet for more than 10 minutes per CDC Guidelines.) If you answer yes, to participate in the meet the swimmer should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual.

ADDITIONAL SAFETY EXPECTATIONS

- All families must return a signed copy of the MCS Aquatic Facilities COVID waiver to be permitted to attend the meet.
- Swimmers will only be permitted to enter the building 15 minutes before their scheduled warm up time. If they arrive early, they must wait in their car until the appropriate time to enter the building.
- Parents/spectators will not be allowed in the building at any time and are expected to practice social distancing when waiting for their swimmer. We understand this may bring Safe Sport concerns. We will have multiple coaches, lifeguards, and staff on site always. This will allow us to exceed “two deep leadership” and operate well within the requirements of Safe Sport. Doors will be unlocked to allow parents access to the deck/meet marshals in case of emergency.
- All doors to the building will be propped open to limit athletes from touching any surfaces.
- Athletes should bring their own water bottles (already filled). Use of the water fountains at the facility will be prohibited.
- MCS staff will be disinfecting the bathrooms throughout the day. Additionally, the entirety of both facilities will be disinfected between session and at the end of each day.

PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES BELOW REGARDING COVID-19 VIRUS:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>