

2021 Nebraska Aquatics Fast & Frigid Swim Meet

December 5, 2021

- SANCTION:** The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS21064
- It is understood and agreed that USA Swimming and Midwestern Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
 - Nebraska Aquatics has agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Nebraska, and the City of Lincoln, Lancaster County.
- DISCLAIMER:**
- Nebraska Aquatics has taken enhanced health and safety measures for all athletes, officials, and family members. Participants must follow all posted instructions while in and around the venue of Lincoln East High School. 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, people with underlying medical conditions are especially vulnerable. By attending and participating in this activity, participants voluntarily assume all risks related to exposure to COVID-19.
 - To Parents: USA Swimming, Inc., cannot prevent you or your children from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in this 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 MIDWESTERN SWIMMING 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.
- LOCATION:** Lincoln Southeast High School, 2930 South 38th Street Lincoln, Nebraska 68506
- POOL:**
- 25 yards, 8 lanes, Daktronics 2000 Timing System, 8 lane readout scoreboard and anti-turbulent lane lines. Pool depth of 3.5 ft at 1M, 4ft at 5M from turn end. Depth of 13ft at 1M, 12.5ft at 5M from start end. USA-S Rule 202.4.10.C
 - Pool has not been certified in accordance with 104.2.2C(4).
- FACILITY:**
- FACE COVERINGS. All persons in an LPS facility shall wear a face covering at all times. Coaches, spectators, athletes, officials, school staff members will all wear masks. The face covering shall cover the person's mouth and nose. Face shields are not allowed as a replacement for a face covering. All swim meet participants will wear cloth face coverings per district policy. This requirement applies to all swimmers, coaches, volunteers, meet officials, family, spectators, and anyone else present in or at an LPS facility. Swimming participants are allowed to remove their face coverings while engaged in exercise or while swimming.
 - Team seating in separate areas for athletes only. On deck and in the basement hallway used for crash areas. Athletes must wear masks when not competing and are encouraged to practice physical distancing of at least 6 feet apart.
 - No glass containers of any kind will be allowed on the pool deck, no concessions will be allowed.
 - Disinfecting stations- Entrance into the pool area, on the table by pool office, Before the bull pen area. Clerk of course table
 - Nebraska Aquatics and Lincoln Public Schools reserve the right to remove from the premises any individual who might jeopardize safety and facility privileges.
 - Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms, or locker rooms.
 - 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
 - Two gender specific facilities are available at this facility. Gender specific locker rooms will be available for athlete restroom use only. Locations of these facilities can be found in the concourse of the spectator

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area and in the hallway near the pool. For more information contact the meet director at swimnebraskaaquatics@gmail.com

Gender neutral/family facilities are not available at this facility since it was built before current codes apply. To accommodate the needs of individuals, please contact the meet director.

SCHEDULE: Sunday, December 5, 2021 11&Over Warm-Ups 7:00am Meet Starts 8:00am
Sunday, December 5, 2021 10&Under Warm-ups 12:30pm Meet Starts 1:30pm

MEET DIRECTOR: Sarah Bohnenkamp 402-217-1041 swimnebraskaaquatics@gmail.com

OFFICIALS: Meet Referee: Brenda Dankert brendadankert@gmail.com
Admin Official: Dan Brailita danmino2000@gmail.com
Meet Marshal: Jason Denker / Christin Kamm

MEET FORMAT: NTS Invite
Timed Finals; Pre-seeded; NO deck entries
Age Groups: 11&Over and 10&Under

DISABILITY SWIMMERS: Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the Deck Referee of any disability prior to competition.

RULES: Current USA Swimming Rules and Midwestern Rules will govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition..

CREDENTIALS:

- Presentation of coach's membership credentials will be required at coach sign-in. Credentials shall be available at all times. Deck Pass is acceptable proof of USA Swimming membership.
- In accordance with MWS Policy, only those coaches who hold current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

ELIGIBILITY:

- All swimmers, coaches and clubs must be currently registered with USA Swimming.
- NO on deck registration permitted. NO late entries permitted.
- The age of the swimmer on December 5, 2021 determines his/her age for the entire meet.
- Athletes who appear as unregistered on the first pre-meet recon must register with Midwestern or their own LSC immediately. A second pre-meet recon will be run 4 days prior to the start of the meet and any MW unregistered athlete that appears on that list must register with Midwestern Swimming and will be charged an additional \$30.00 above the current MW registration fee and must provide proof of registration before being allowed to swim in the meet. Meet management must delete unregistered athletes from the meet file prior to meet commencement.
- All ages; No time standards.
- 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.

ENTRY LIMITS:

- A swimmer may participate in 5 individual events.
- No time trials.
- The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & Under swimmers where a 4-hour projected time limit is reached. The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit (205.3.1F). Teams will be notified of any and all necessary adjustments.

EVENT FEES: Individual Events: \$4.00
Midwestern Fee: \$6.50
Facility Fee: \$5.00

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Event List

SESSION 1

Sunday, December 5, 2021

Warm-up @ 7:00 AM

Meet Starts @ 8:00 AM

Girls	Age Group	Event	Boys
1	11 - 12	100 yard IM	2
3	11 & O	200 yard IM	4
5	11 - 12	50 yard free	6
7	13 & O	50 yard free	8
9	11 - 12	50 yard fly	10
11	11 & O	100 yard fly	12
13	11 - 12	100 yard free	14
15	13 & O	100 yard free	16
17	11 - 12	50 yard back	18
19	11 & O	100 yard back	20
21	11 - 12	50 yard breast	22
23	11 & O	100 yard breast	24
25	11 -12	200 yard free	26
27	13 & O	200 yard free	28

SESSION 2

Sunday, December 13, 2020

Warm-up @ 12:30PM

Starts @ 1:30PM

Girls	Age Group	Event	Boys
29	8 & U	100 yard IM	30
31	9-10	100 yard IM	32
33	8 & U	50 yard free	34
35	9-10	50 yard free	36
37	8 & U	25 yard fly	38
39	10 & U	50 yard fly	40
41	8 & U	25 yard back	42
43	10 & U	50 yard back	44
45	8 & U	25 yard breast	46
47	10 & U	50 yard breast	58
49	8 & U	25 yard free	50
51	10 & U	100 yard free	52

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**USA Swimming and Midwestern Swimming
Supplement Document for Sanction**

The following information must be provided for sanction.

- a) A statement of the local protocols and requirements
At this time there are limited special requirements for facility use. Mask requirements: For athletes, volunteers, visitors, and families face coverings are REQUIRED
- b) The plan for spectator ingress and egress
All participants and spectators will enter from the Northeast side of the building. Door # 9 Prasch activities center
- c) The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc
LPS Maximum spectator and participant seating capacity at Lincoln Southeast is 560 persons. Teams will be spaced out around the pool deck and in the back hallways when crashing during the event. Spectators are encouraged to space themselves out appropriately when in the stands
- d) Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child
NA will ensure that athletes compete, coaches coach, and parents spectate. All on deck changing rooms are only available to athletes. Coaches, officials, and meet volunteers will have alternate access to restrooms on the basement level of the school. Parents and spectators are not allowed on the pool deck per USA swimming rules. Spectators have the ability to watch the meet from the stands or in the hallway.
- e) An attestation statement in which the meet hosts attest that the conduct of the meet will adhere to local jurisdictional guidelines.

In applying for this sanction, the Host, Nebraska Aquatics dba Lincoln Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, Inc, the State of Nebraska, and the City of Lincoln, Lancaster County.

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**COVID-19 Protocols for Non-LPS Youth Organizations LPS
Swimming Facilities Addendum**

Non-LPS Youth Organization use of LPS swimming pools shall comply with the following additional protocols in addition to all other issued protocols.

1. MAXIMUM CAPACITY. The total, maximum number of persons at an LPS facility attending, participating in, or observing a swimming event shall be as follows:

LPS High School Maximum number of persons on site

Lincoln East	300
Lincoln Southeast	280
Lincoln High	200
Lincoln North Star	150
Lincoln South West	150
Lincoln Northeast	140

2. FACE COVERINGS. All persons in or at an LPS facility shall wear a face covering at all times. The face covering shall cover the person’s mouth and nose. This requirement applies to all swimmers, coaches, volunteers, meet officials, family, spectators, and anyone else present in or at an LPS facility. Youth swimming participants are allowed to remove their face coverings while engaged in exercise or while swimming.

The Non-LPS Youth Organization reserving the LPS swimming pool is and shall be responsible for enforcing the face covering requirement. Any Non-LPS Youth Organization determined by LPS in its sole discretion to not have enforced the face covering requirement may be denied future reservations of LPS swimming facilities.

3. SOCIAL DISTANCING. All persons in or at an LPS facility shall observe appropriate social distancing guidelines, including wherever possible maintaining 6 feet of distance between individuals.

The Non-LPS Youth Organization reserving the LPS swimming pool is and shall be responsible for enforcing social distancing requirements. Any Non-LPS Youth Organization determined by LPS in its sole discretion to not have developed a social distancing plan or to not have enforced appropriate social distancing or its social distancing plan may be denied future reservations of LPS swimming facilities.

For information purposes only, social distancing in bleachers may be accomplished by appropriate non-permanent markings on bleacher seats for allowed seating. By way of example only, blocking every other row of bleacher seating may be appropriate. Also for information purposes only, the number of persons on pool decks should be limited as much as possible to essential persons only and persons not needed on pool decks should be directed to allowed bleacher seating. By way of example only, social distancing on the pool deck may be accomplished by appropriate non-permanent markings on the floor, including appropriate swimmer spacing near the starting blocks, and limiting the number of swimmers on the deck prior to events and heats.

4. COMPLIANCE MONITORING. The Non-LPS Youth Organization reserving the LPS swimming pool shall develop and retain records showing compliance with LPS protocols, applicable federal, state, or local health measures and regulations, and any governing or sanctioning organization COVID-19 guidance. Such records shall be in writing and shall be made available to LPS upon request. Any Non-LPS Youth Organization determined by LPS in its sole discretion to not have compliance records or to not be in compliance with LPS protocols may be denied future reservations of LPS swimming facilities.