

Council Bluffs Swim Club
B+ Holiday Classic
December 18-19, 2021

- SANCTION:** The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS21068
- 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.
 - Council Bluffs Swim Club has agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Iowa, and Council Bluffs.
- DISCLAIMER:**
- Council Bluffs Swim Club 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 Titan Hill Pool. 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 against 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 PARICIPATION IN THIS COMPETITION.
- LOCATION:** Titan Hill Intermediate School
4155 Harry Langdon Blvd
Council Bluffs, Iowa 51503
- POOL:**
- 8 Lane, 25 yard pool. Non-turbulent lane lines with Daktronics Electronic timing system with 8-lane Daktronics scoreboard.
 - The water depth of the competition pool measured for a distance of 3' 3 1/2" (1.0 meter) to 16' 5" (5.0 meters) from the start wall is 9' to 12' and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" (1 meter) to 16' 5" (5.0 meters) is 4' to 4'6". (USA-S Rule 202.3.4.D).
 - Pool has not been certified in accordance with 104.2.2C(4)
- FACILITY:**
- This meet will follow current Lewis Central Schools guidance. Currently, there are no mandatory masks requirements for either spectators or athletes while in the school or pool area.
 - There will be team seating for all athletes attending the meet in our adjacent gymnasium and on the pool deck. Spectators only will be allowed in the pool bleacher area.
 - Disinfecting stations will be available on the pool deck and in the pool lobby and spectator area.
 - CBSC and Titan Hill School 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.
 - 1 gender-neutral/family facility is available at this facility and can be found in the pool lobby area along with 1 separate facility for both male and female use.
 - For more information contact the meet director at Baswmmr@yahoo.com or 402-201-6876.
- SCHEDULE:**
- | SESSIONS | WARM-UP | MEET |
|------------------------------------|------------|-----------|
| I- Sat./Sun. Morning Dec. 18-19 | 7:00 a.m. | 8:15 a.m. |
| II- Sat./Sun. Afternoon Dec. 18-19 | 12:30 p.m. | 1:15 PM |
- MEET DIRECTOR:** Bruce Schomburg Email: baswmmr@yahoo.com Phone: (402) 201-6876

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- OFFICIALS:** Meet Referee: Deb Pearson
Admin Official: Jill Hoss
Meet Marshal: Steve Kidder
- MEET FORMAT:** • Timed finals for all events; NAG B minimum 11 & O; NTS 10 & U.
- 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 (MAAPPP, 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.
 - 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
 - The age of the swimmer on December 18, 2021 determines his/her age for the entire meet.
 - Time qualifications: NAG B standard for 11 & O; NTS for 10&U swimmers.
 - Host team reserves the right to enter swimmers regardless of entry time.
 - 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 4 individual events per day.
 - The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & U swimmers where the 4-hour projected time limit is reached (205.3.1F). The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit. Teams will be notified of any and all adjustments
- EVENT FEES:**
- | | |
|--------------------|--------|
| Individual Events: | \$4.00 |
| Midwestern Fee: | \$6.50 |
| Time Trials: | \$8.00 |
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email.
 - All entry times should be YARD times.
 - A check for the entry fees must accompany all entries.
 - Make checks payable to Council Bluffs Swim Club. NO REFUNDS
 - Entries submitted electronically will be acknowledged within 24 hours of receipt.
- ENTRY DEADLINE:**
- **Entries will be accepted starting Monday, November 29, 2021 at 8 am and DEADLINE FOR RECEIPT OF ENTRIES IS Wednesday, December 8, 2021, 8:00 p.m.**
 - NO late entries. NO deck entries.
 - Psych sheets will be sent to club entry chair within 24 hours of entry deadline. Indicate time for corrections.
- ENTRY CHAIR:** Bruce Schomburg Email: baswmr@yahoo.com
109 Golden Circle, Council Bluffs, IA 51503
- COACH MEETING:** A coaches meeting will be held in the pool office 10 minutes before the start of each session.

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**GENERAL MEET
CONDUCT:**

- All events will be timed finals.
- Report any scratches as soon as possible.
- All starts will be in the deep end of the pool
- **Events will be seeded FASTEST to SLOWEST.**
- Age groups will be seeded together in each event but placed separately by age group.
- The meet will be pre-seeded except for the 400IM & the 500 Freestyle. These events will be deck seeded and scored separately by age groups.
- Positive check-in required for the 400 IM and the 500 Freestyle. Check-in 30 minutes before the start of the session in which they are swum. Swimmers failing to check in will be scratched from the event.
- The 400 IM and the 500 Freestyle will be swum fastest to slowest alternating girls and boys
- **Time trials may be held immediately following the Sunday A.M. session if permitted by the time line. Fee for each trial will be \$8.00. The number of events must not exceed the maximum allowable events per day and is limited to one per swimmer. Swimmers MUST be entered in the meet in order to swim Time Trials.**
- Fly over starts may be used at the discretion of the meet referee and meet director.
- Each swimmer shall report promptly to his/her assigned lane prior to the start of each race in which he/she is entered and stand on tape provided behind the blocks when waiting for their heat to be called to help with social distancing behind the blocks.
- Exhibition swimming will NOT be allowed.

**WARM-UP
PROCEDURES:**

- Athletes should arrive in their suits and depart in their suits. Locker rooms will be available for restroom use only and will be monitored for usage and social distancing.
- MWS Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
- Teams will be assigned to lanes and warm-ups will be divided into two 35-minute sessions.
- Clubs will be notified of warm-up time.
- The team(s) in each lane will be allowed to organize their own warm-up procedure and do starts when lane is clear for one-way swimming.
- Sit and slide pool entry will be used.

**TEAM
SUPERVISION:**

- Deck changes are prohibited.
- Team area will be located on deck.
- Each team must provide an adult with non-athlete USA Swimming membership to supervise the swimmers in the team area at all times. Only registered coaches, swimmers, and officials will be allowed on deck.

SCORING:

Meet will not be scored

AWARDS:

Swim Meet Mementos will be given to each swimmer participating in the meet.
Ribbons 1st-6th for 8&U and 9-10 events

MEET RESULTS:

A paper copy of results will be available after the session. Meet results will also be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – www.mwswim.org .

**PHOTOGRAPHY
POLICY:**

The MWS Photography Policy will be followed (MWS Policies and Procedures 8.5.15). Photographers taking pictures must adhere to MW policies and have advanced, written permission from the Meet Director or the Meet Referee to be on deck.

CONCESSIONS

Bottled drinks and packaged goods will be available.

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Event Schedule

Saturday December 18			7:00am Warm Up – Split	8:15am Meet Starts	
<u>Girls</u>	<u>Minimum Time</u>	<u>Event</u>		<u>Minimum Time</u>	<u>Boys</u>
1	38.09	11-12 50yd Backstroke		37.89	2
3	3:20.89	11-12 200yd Breaststroke		3:14.09	3
3	3:10.89	13-14 200yd Breaststroke		2:56.59	3
3	3:05.99	15&Over 200yd Breaststroke		2:48.19	3
5	1:24.39	11-12 100yd Butterfly		1:22.89	5
5	1:16.39	13-14 100yd Butterfly		1:11.19	5
5	1:14.69	15&Over 100yd Butterfly		1:07.49	5
7	1:13.59	11-12 100yd Freestyle		1:10.99	7
7	1:10.59	13-14 100yd Freestyle		1:05.59	7
7	1:08.89	15&Over 100yd Freestyle		1:02.39	7
9	42.99	11-12 50yd Breaststroke		42.89	9
11	2:56.59	11-12 200yd Backstroke		2:51.99	11
11	2:46.79	13-14 200yd Backstroke		2:36.29	11
11	2:42.99	15&Over 200yd Backstroke		2:27.99	11
13	3:00.19	11-12 200yd Individual Medley		2:57.29	14
13	2:49.79	13-14 200yd Individual Medley		2:39.99	14
13	2:46.79	15&Over 200yd Individual Medley		2:31.69	14
15	7:08.79	11-12 500yd Freestyle		6:57.29	16
15	6:47.79	13-14 500yd Freestyle		6:26.59	16
15	6:40.59	15&Over 500yd Freestyle		6:10.59	16

Saturday December 18			12:30pm Warm Up	1:15pm Meet Starts	
<u>Girls</u>	<u>Minimum Time</u>	<u>Event</u>		<u>Minimum Time</u>	<u>Boys</u>
17	NTS	10&Under 200yd Individual Medley		NTS	18
19	NTS	8&Under 25yd Backstroke		NTS	20
21	NTS	10&Under 100 Backstroke		NTS	22
23	NTS	10&Under 50yd Butterfly		NTS	24
25	NTS	8&Under 25yd Breaststroke		NTS	26
27	NTS	10&Under 100yd Breaststroke		NTS	28
29	NTS	10&Under 50yd Freestyle		NTS	30

10 & U individual events 50 fly and 50 freestyle will be placed 8 & U, 9-10.

ALL events will be swum FASTEST to SLOWEST.

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Event Schedule

<u>Girls</u>	<u>Sunday December 19</u>		<u>8:15am Meet Starts</u>	
	<u>Minimum Time</u>	<u>Event</u>	<u>Minimum Time</u>	<u>Boys</u>
31	36.49	11-12 50yd Butterfly	37.09	32
33	2:40.39	11-12 200yd Freestyle	2:34.59	34
33	2:32.09	13-14 200yd Freestyle	2:22.99	34
33	2:29.39	15&Over 200yd Freestyle	2:16.49	34
35	1:24.79	11-12 100yd Backstroke	1:22.19	36
35	1:16.69	13-14 100yd Backstroke	1:11.49	36
35	1:14.69	15&Over 100yd Backstroke	1:08.09	36
37	1:24.09	11-12 100yd Individual Medley	1:20.89	38
39	2:59.99	11-12 200yd Butterfly	2:53.19	40
39	2:48.99	13-14 200yd Butterfly	2:38.19	40
39	2:45.29	15&Over 200yd Butterfly	2:31.29	40
41	1:34.09	11-12 100yd Breaststroke	1:31.39	42
41	1:27.99	13-14 100yd Breaststroke	1:21.29	42
41	1:25.89	15&Over 100yd Breaststroke	1:16.49	42
43	33.59	11-12 50yd Freestyle	32.59	44
43	32.59	13-14 50yd Freestyle	29.89	44
43	31.79	15&Over 50yd Freestyle	28.39	44
45	6:24.19	11-12 400yd Individual Medley	6:13.09	46
45	6:03.59	13-14 400yd Individual Medley	5:41.49	46
45	5:55.89	15&Over 400yd Individual Medley	5:26.99	46

Time Trials: Time trials may be held immediately following the Sunday A.M. session if permitted by the time line. Fee for each trial will be \$8.00. The number of events must not exceed the maximum allowable events per day. Limit: one TT per swimmer. Swimmers must be entered in the meet in order to swim Time Trials.

<u>Girls</u>	<u>Sunday December 19</u>		<u>1:15pm Meet</u>	
	<u>Minimum Time</u>	<u>Event</u>	<u>Minimum Time</u>	<u>Boys</u>
47	NTS	10&Under 200yd Freestyle	NTS	48
49	NTS	8&Under 25yd Butterfly	NTS	50
51	NTS	10&Under 100yd Butterfly	NTS	52
53	NTS	10&Under 50yd Breaststroke	NTS	54
55	NTS	10&Under 50yd Backstroke	NTS	56
57	NTS	10&Under 100yd Individual Medley	NTS	58
59	NTS	8&Under 25yd Freestyle	NTS	60
61	NTS	10&Under 100yd Freestyle	NTS	62

10 & U individual events 50 breast, 50 back, 100 IM and 100 free will be placed 8 & U, 9-10.

ALL events will be swum FASTEST to SLOWEST.

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USA Swimming and Midwestern Swimming
Supplement Document for Sanction

The following information must be provided for sanction.

- a) This meet will follow current Lewis Central Schools' guidance. Currently, there are no mandatory masks requirements for either spectators or athletes while in the school or pool area.
- b) Spectators only will be allowed in the pool bleacher area.
- c) Safe Sport considerations: Pool bleacher area will be open to spectators to ensure parents have access to and/or the opportunity to observe their child.
- d) The Council Bluffs Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, Inc, the State of Iowa and the City of Council Bluffs.

The assumption of risk disclaimer language (listed in the Meet Information under Disclaimer) must be included in all meet information, announcements, and heat sheets.