

## Friday Night at The Races

Brownell Talbot

TT#1 Friday, October 22, 2021

TT#2 Friday, November 19, 2021

TT#3 Friday, January 28, 2022

TT#4 Friday, February 18, 2022

### SANCTION:

The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc,

Sanction numbers: Time Trial #1: MWS21051TT

Time Trial #2: MWS21055TT

Time Trial #3: MWS22004TT

Time Trial #4: MWS22010TT

- It is understood and agreed that USA Swimming, Midwestern Swimming Inc. and Brownell Talbot School shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

- Brownell Talbot has agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Nebraska, and Lincoln.

### DISCLAIMER:

- Brownell Talbot 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 Brownell Talbot 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 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 PARATICIPATION IN THIS COMPETITION.

### LOCATION:

Brownell Talbot

400 Happy Hollow Blvd., NE 68132 - Enter off Underwood

### POOL:

- 25 yards, 6 lanes, Omega Touchpads & Starting Platforms, 6 Lane TV readout for Athlete 1 Line scoreboard for spectators and anti-turbulent lane lines. The water depth of the competition pool measured for a distance of 3'3 ½" (1.0 meter) to 16'5" (5.0 meters) from the start wall is 9' to 12'6", and the water depth at the turn wall when measured for a distance of 3'3 ½" to 16'5" (5.0 meters) is 4' to 4'2". (USA-S Rule 202.3.4.D).

- Pool has not been certified in accordance with 104.2.2C(4).

- MAXIMUM Capacity: 287 in pool area, including the pool, deck and stands.

### FACILITY:

- FACE COVERINGS. All persons at Brownell Talbot facility shall always wear a face covering. Coaches, spectators, athletes, officials, school staff members will all wear masks. 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 Brownell Talbot facility. Swimming participants can remove their face coverings while engaged in exercise or while swimming.

- No glass containers will be allowed on the pool deck or in the stands. Concessions will not be available, including self brought snacks for athletes. Any consumption of food must be done outside of the pool/stands.
- Sanitizing stations for athletes, volunteers, and any spectators will be at the entrance of the meet as well as at the pool deck entrance.

- BT and Brownell Talbot 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.

- Two gender specific facilities are available at this facility. Gender specific locker rooms will be available for athletes only. Athletes are expected to arrive and depart in their suits. If you have further questions regarding the locker rooms available, please contact the meet director at [jimmy.parmenter@brownell.edu](mailto:jimmy.parmenter@brownell.edu)

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- **One Spectator per athlete.** Each team that attends the meet will need to help with assisting with the following Volunteer Positions. Timing, Male and Female meet Marshal, Head Timer, Lane Order Finish. All persons attending the meet are expected to socially and will always be required to wear a mask or face covering. A sign-up link for volunteers will be sent to each team after meet deadline.
- SCHEDULE:** Meet #1: Friday, October 22, 2021 • Entries Due Wednesday, October 13, 2021 by 12 noon.  
Meet #2: Friday, November 19, 2021 • Entries Due Wednesday, / November 10, 2021 by 12 noon.  
Meet #3: Friday, January 28, 2022 • Entries Due Wednesday, January 19, 2022 by 12 noon.  
Meet #4: Friday, February 18, 2022 • Entries Due Wednesday, February 9, 2022 by 12 noon.
- MEET DIRECTOR:** Meet Director: Jimmy Parmenter [jimmy.parmenter@brownell.edu](mailto:jimmy.parmenter@brownell.edu)
- OFFICIALS:** Meet Referee: Jeff Nelson [jeff.nelson@brownell.edu](mailto:jeff.nelson@brownell.edu)  
Admin Referee: Bill Haney
- Meet Marshals:** **Female:** Diana Schergin **Male:** Andrej Schergin
- MEET FORMAT:** • Timed Finals; Pre-seeded; NO deck entries  
• Age Groups: **OPEN to first 130 Athletes**
- 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, including the Minor Athlete Abuse Prevention Policy ("MAAPP") and Midwestern Rules will govern this meet.
- 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 immediately **or their own LSC**. A second pre-meet recon will be run 4 days prior to the start of the meet and any unregistered MW 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 the day of Time Trials determines his/her age for the entire meet.
  - 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:**
- Individual Events: **4 Individual Events** per Time Trial
  - The Time Trials will not run past 9:00 pm
  - Any 8-10 year olds wishing to swim the 200s of strokes must be able to swim the 100 of that stroke in 2:00 minutes or better.
- EVENT FEES:** Friday Night Race #1. \$26.50
- AWARDS:** Friday Night Race #2. \$26.50  
Friday Night Race #3. \$26.50  
Friday Night Race #4. \$26.50  
Fees include MW \$6.50 Splash Fee and Facility Fee; NO Awards
- 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 **Brownell Talbot** - NO REFUNDS
  - Entries submitted electronically will be acknowledged within 24 hours of receipt.
- ENTRY DEADLINE:**
- DEADLINES, **Please see listed Entry Deadlines above in Meet Schedule.**
  - NO late entries. NO deck entries.
  - Psych sheets will be sent to club entry chair within 24 hours of entry deadline.

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<b>ENTRY CHAIR:</b>	Jimmy Parmenter	<a href="mailto:jimmy.parmenter@brownell.edu">jimmy.parmenter@brownell.edu</a>	954-253-3062
<b>COACH MEETING:</b>	Prior to meet start.		
<b>GENERAL MEET CONDUCT:</b>	<ul style="list-style-type: none"><li>• All events will be timed finals and pre-seeded.</li><li>• Report any scratches as soon as possible.</li><li>• All starts will take place in the deep end of the swimming pool. All events other than 25-yard swims will finish into the deep end wall. Deep end wall will have electronic touch pads at the end of every lane. 25-yard events will finish to the shallow end wall. Two timers will be at the end of those lanes recording finish times.</li><li>• All events swum Fastest to Slowest.</li><li>• Fly over starts will be used. Swimmers exit the pool after the next heat is started.</li><li>• 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 the X on the ground when waiting for their heat to be called to help with social distancing behind the blocks.</li><li>• Exhibition swimming will not be allowed.</li></ul>		
<b>WARM-UP PROCEDURES:</b>	<ul style="list-style-type: none"><li>• 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.</li><li>• 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.</li><li>• Swimmers will be assigned time and lanes for warm-ups.</li><li>• Swimmers are to sit and slide entering water.</li><li>• During sprint starts, swimmers must swim one direction only from deep to shallow.</li></ul>		
<b>TEAM SUPERVISION:</b>	<ul style="list-style-type: none"><li>• Deck changes are prohibited.</li><li>• Team areas will be assigned. They will be located on deck and in stands.</li><li>• 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.</li></ul>		
<b>SCORING:</b>	No Scoring		
<b>AWARDS:</b>	No Team awards.		
<b>MEET RESULTS:</b>	Available via Meet Mobile, and paper copies will be posted on the pool deck. Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – <a href="http://www.mwswim.org">www.mwswim.org</a> and <a href="http://www.swimbt.com">www.swimbt.com</a>		
<b>PHOTOGRAPHY POLICY:</b>	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.		
<b>GENERAL INFORMATION:</b>	There will be NO concessions. Swimmers may bring a water bottle or sports drink. Food will not be allowed for consumption on the pool deck.		

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### Friday Night at the Races TT #1 Events

Friday, October 22 2021 |

5:00 pm Warm-up / Starts 6:00 pm

Event #	Event
1	Open Mixed 100 Freestyle
2	8 & Older Mixed 200 Butterfly
3	12 & Under Mixed 25 Butterfly
4	Open Mixed 100 Butterfly
5	Open Mixed 50 Butterfly
6	Open Mixed 100 IM
7	8 & Older Mixed 200 IM
8	12 & Under 25 Freestyle
9	Open 50 Freestyle

Any 8-10 year olds wishing to swim the 200s of strokes must be able to swim the 100 of that stroke \ in 2:00 minutes or better.

### Friday Night at the Races TT #2 Events

Friday, November 19, 2021

5:00 pm Warm-up / Starts 6:00 pm

Event #	Event
1	8 & Older Mixed 200 Backstroke
2	12 & Under Mixed 25 Backstroke
3	Open Mixed 100 Backstroke
4	Open Mixed 50 Backstroke
5	8 & Older Mixed 200 Breaststroke
6	12 & Under Mixed 25 Breaststroke
7	Open Older Mixed 100 Breaststroke
8	Open Mixed 50 Breaststroke
9	Open Mixed 200 Freestyle

Any 8-10 year olds wishing to swim the 200s of strokes must be able to swim the 100 of that stroke in 2:00 minutes or better.

### Friday Night at the Races TTt #3 Events

Friday, January 28, 2022

5:00 pm Warm-up / Starts 6:00 pm

Event #	Event
1	Open Mixed 100 Freestyle
2	8 & Older Mixed 200 Butterfly
3	12 & Under Mixed 25 Butterfly
4	Open Mixed 100 Butterfly
5	Open Mixed 50 Butterfly
6	Open Mixed 100 IM
7	8 & Older Mixed 200 IM
8	12 & Under 25 Freestyle
9	Open 50 Freestyle

Any 8-10 year olds wishing to swim the 200s of strokes must be able to swim the 100 of that stroke in 2:00 minutes or better.

### Friday Night at the Races TT #4 Events

Friday, February 18, 2022

5:00 pm Warm-up / Starts 6:00 pm

Event #	Event
1	8 & Older Mixed 200 Backstroke
2	12 & Under Mixed 25 Backstroke
3	Open Mixed 100 Backstroke
4	Open Mixed 50 Backstroke
5	8 & Older Mixed 200 Breaststroke
6	12 & Under Mixed 25 Breaststroke
7	Open Mixed 100 Breaststroke
8	Open Mixed 50 Breaststroke
9	Open Mixed 200 Freestyle

Any 8-10 year olds wishing to swim the 200s of strokes must be able to swim the 100 of that stroke in 2:00 minutes or better.

## **Friday Night at The Races**

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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  
<http://dhhs.ne.gov/Documents/COVID-19-Outline-of-Changes-to-Upcoming-DHMs-Phase-III.pdf>
- b) <http://dhhs.ne.gov/Documents/DCHD-DHM-September1.pdf> b) The plan for spectator ingress and egress
  - The BT swimmers will arrive wearing masks and swimsuits and have their temperatures taken as they enter the pool from the side door which leads directly to the pool deck, eliminating any access to the rest of the building. Our swimmers and coaches are accustomed to this routine.
  - The swimmers will only use the restroom located in the locker rooms right off the pool deck and will not be allowed to wander into the rest of Brownell Talbot. Officials, coaches and volunteers will use the restrooms in the upstairs in the Science wing or in the Commons Area.
  - Due to limited space, spectators will not be allowed in the pool area. They may watch on Facebook Live or we will need a limited number of volunteers to help time. We will allow one parent per family to help volunteer time.
  - BT has been working on a system to mitigate cross contact possibilities and assist in contact tracing and minimize potential virus exposure risks while providing a quality racing environment for the swimmers. The heats will be pre-seeded and those swimmers will stay seated in there designated area until they are called to swim.
  - Swimmers will be expected to stay the entire session to eliminate those coming and going during the meet session.
  - Upon departure at the end of the session, swimmers will leave wearing their swimsuits and masks. The estimated conclusion time for each session will be communicated to families as the timeline becomes finalized.
- c) The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc
  - The number of swimmers will be limited to no more than 125 per session.
  - Per session, the number of volunteers will be limited to (12) lane timers, (1) Head Timer, one (1) individuals for order of finish, (1) Safety Marshall.
- d) Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child
  - Cameras are currently set up at Brownell Talbot. These cameras will be used for live streaming of each of the sessions which will be accessible online.
- 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(ed event), the Host, **Brownell Talbot** (specifically named Club of other entity) agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, Inc, the State of **Nebraska**, and **Omaha / Douglas County** (local city/jurisdiction).

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