

Scott Usher Pentathlon

Sunday, January 30, 2022

- SANCTION:** Held under the sanction of USA Swimming and Midwestern Swimming
Midwestern Sanction #MWS22007
- It is understood and agreed that USA Swimming, Midwestern Swimming, Inc., Grand Island Quicksilver Swim Team, and the Grand Island YMCA shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
 - Grand Island Quicksilver Swim Team has agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Nebraska, and Grand Island.
- DISCLAIMER:**
- Grand Island Quicksilver 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 the Grand Island YMCA. 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 PARTICIPATION IN THIS COMPETITION.
- LOCATION:** Grand Island YMCA – 221 East South Front Street, Grand Island, NE
- POOL:**
- Six lane, indoor, 25 meter pool. Kiefer antiwave lane lines, Paragon starting blocks,
 - Electronic horn start. Colorado 6 Timing System with electronic scoreboard.
 - All events will start from the deep end of the pool (12 foot depth)
 - The water depth of the competition pool measured for a distance of 3' 3 1/2" to 16' 5" (1.0 meters to 5.0 meters) from the start wall is 11'4" – 12' and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" to 16' 5" (1.0 meters to 5.0 meters) is 3' – 3'8". (USA-S Rule 202.3.4.D).
 - Pool has not been certified in accordance with 104.2.2C(4)
- FACILITY:**
- All participants, spectators, and officials must wear a mask when inside the YMCA except swimmers when in the water.
 - Only swimmers (currently or about to compete), actual coaches plus two helpers, officials, timers, lifeguard and computer people will be allowed on deck.
 - Parents, swimmers, and families will stage in the south gym with group maximum of 8 and 6 feet apart. Heat sheets will be posted and heats will be announced regarding reporting to block area.
 - Hallways and windows by pool are off limits.
 - Two heats at a time will be allowed in the pool area. Three heats will be set up in the hall.
 - Swimmers will exit the pool through the locker rooms.
 - HG and the Grand Island YMCA 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 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 (pool, athlete/coach area, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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- If there is a need for unisex bathroom, please contact meet management.
- NO GLASS CONTAINERS WILL BE ALLOWED IN THE POOL AREA.

SCHEDULE: Warm-ups 10:00 a.m. Meet starts 11:00 p.m.

MEET DIRECTOR: Brian Jensen (308) 381-5108 Email: hgswwim@charter.net

Referee: Brenda Dankert Admin Official: Melody Greer
Meet Marshall: Daniel Novinski; Carole Novinski

MEET FORMAT: Timed Finals; Age group pentathlon; NTS

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, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and MWS rules will govern this meet..

CREDENTIALS:

- Presentation of current coach 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 with current, valid USA Swimming credentials available 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:

- Swimmers, coaches, and clubs must be currently registered with USA Swimming.
- Age of swimmer on January 30, 2022 determines his/her age for the meet.
- 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. A second pre-meet recon will be run 4 days prior to the start of the meet and any 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.
- 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.

EVENT LIMITS:

- Swimmers may enter 5 individual events.
- No Exhibition Swimming.

ENTRY FEES:

- \$25.00 per individual, this includes the \$6.50 per swimmer Midwestern splash fee. Pentathlon format requires a flat fee regardless of the number of events entered. **Swimmers are strongly encouraged to enter all five events.**

ENTRY PROCEDURE:

- Entries may be submitted either in electronic format (Hy-tek meet entry file with hard copy) or on a Meet Entry form.
- All times must be in YARDS.
- Please include a team contact person so any questions about the entries can be properly addressed.
- Meet event files will be sent to teams if requested.
- Payment for entries must be made before the start of warm-ups.
- MAKE CHECKS PAYABLE TO **Grand Island Quicksilver Swim Team**.. NO REFUNDS.

ENTRY DEADLINE:

- Entries must be received by Thursday, **January 20, 2022.**
- No late entries. No deck entries.

ENTRY CHAIR: QUICKSILVER c/o Brian Jensen
221 East South Front St, Grand Island NE 68801
E-Mail: hgswwim@charter.net

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- GENERAL MEET CONDUCT:**
- The meet will be pre-seeded.
 - All events will be timed finals.
 - Flyover starts may be used.
 - Events swum slowest to fastest.
 - The official meet program will indicate swimmer's heat and lane assignments. Swimmers will be responsible for reporting to their event on time.
- WARM-UP PROCEDURES:**
- 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 time and lanes for warm-ups.
 - Swimmers are to sit and slide when entering the pool during warm-up.
 - First half hour will be general warm-up, no diving – sit and slide entry. Second half hours; lanes 1 and 6 general warm-up, lanes 2 and 4 racing starts one way, lanes 3 and 5 return lanes.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
 - Each team must provide an adult with non-athlete USA Swimming registration to supervise the swimmers in the team area at all times.
 - Only registered coaches, swimmers, and officials will be allowed on deck.
- SCORING:**
- Cumulative times will be used for high point awards. This will be done using Hy-Tek meet manager Pentathlon scoring format.
 - An individual must complete all five events in a legal manner to be eligible for the high point trophy.
 - Lowest cumulative time in each division will be awarded the high point, next lowest time will receive the runner-up.
- AWARDS:**
- All swimmers will receive a meet memento.
 - Breaststroke events – Olympian Scott Usher awards
 - High point trophies will be awarded to the top two swimmers in each age division (both male and female).
 - A coach or team representative may pick up awards at the conclusion of the meet.
- MEET RESULTS:**
- Results will be posted on the Midwestern website – www.mwswim.org within 48 hours of meet end.
- CONCESSIONS:** A concession stand will be set up in the multi-purpose room.
- 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.

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EVENTS FOR GIY QUICKSILVER PENTATHLON

GIRLS	AGE	EVENT	BOYS
1	8&U	25 Butterfly	2
3	9-10	50 Butterfly	4
5	11-12	50 Butterfly	6
7	13 & Over	100 Butterfly	8
9	8&U	25 Backstroke	10
11	9-10	50 Backstroke	12
13	11-12	50 Backstroke	14
15	13 & Over	100 Backstroke	16
17	8&U	25 Breaststroke	18
19	9-10	50 Breaststroke	20
21	11-12	50 Breaststroke	22
23	13 & Over	100 Breaststroke	24
25	8&U	25 Freestyle	26
27	9-10	50 Freestyle	28
29	11-12	50 Freestyle	30
31	13 & Over	100 Freestyle	32
33	8&U	100 IM	34
35	9-10	100 IM	36
37	11-12	200 IM	38
39	13 & Over	200 IM	40

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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: All applicable DHM (Directed Health Measures) for Hall County will be followed as established by the State Health Department and Central District Health Department. In addition, the rules and regulations of Grand Island YMCA will apply.
- b) The plan for spectator ingress and egress: Parents, swimmers and families will stage in south gym. Groups no more than 8 and 6 ft apart. Will have heat sheets posted and will announce which heats need to report The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc:
- c) Officials will be kept at a minimum (4)+ 1 console operator. 1 Timer per lane. 1 Meet marshal- 1 access point;
- d) Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child : Meet may be view via video.
- e) An attestation statement in which the meet hosts attest that the conduct of the meet will adhere to local jurisdictional guidelines. See above.

In applying for this sanction(ed event), the Host, ___HG_____ (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 ___city of Grand Island_____ (local city/jurisdiction).

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

Specifics regarding meet management:

- Masks must be worn at all times when inside the YMCA except swimmers when in the water
- No spectators on deck.
- Only swimmers (currently or about to compete) actual coaches plus 2 helpers, officials, timers, lifeguard and computer people will be allowed on deck
- Parents, swimmers and families will stage in south gym. Groups no more than 8 and 6 ft apart. Will have heat sheets posted and will announce which heats need to report
- Hallways and windows by pool are off limits
- 2 heats at a time will be allowed in pool. 3 heats will be set up in hall
- Swimmers will exit pool through locker room