**ATOM Last Chance Time Trial**

**Hosted by ATOM**

**January 30-31, 2021**

**Fairmeadows Swim Club**

**2810 Eastburn Rd**

**Charlotte NC 28210**

***Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.***

***Sanction #***

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| **MEET DIRECTOR** | **MEET ENTRY COORDINATOR** |
| Shaynah Jerrell  919.360.0375  coachshaynah@gmail.com | Shaynah Jerrell  919.360.0375  coachshaynah@gmail.com |
| **MEET REFEREE** | **MEET MARSHAL** |
| Jeff Foltz  919.523.9540  jhfoltz@msn.com | Stephanie Toth  336.906.1611  coachstephanie28@gmail.com |

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| **CONDITION OF SANCTION** | As a condition of this sanction, ATOM agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the HOST TEAM Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period. |
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| **ASSUMPTION OF RISK DISCLAIMER** | The ATOM has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. 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. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19. |
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| **COVID-19 RELEASE** | 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, NORTH CAROLINA 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 THEREWITH. |
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| **ATOM COVID-19 MEET PLAN** | |
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| **FACE COVERINGS** | All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules. |
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| **LOCAL PROTOCOLS** | * *Total Facility Capacity is 125 people. ATOM Coaching staff is responsible for ensuring these limits* * *5 coaches on deck - coaches will also operate as meet management. No facility personnel is needed.* * *One meet referee, one admin official, one starter, 2 stroke & turn judges, one timing operator.* * *2 Timers per lane* * *1 meet marshalls will also be allowed on deck. Parents will be allowed to view the meet from outside the fence.* * *Swimmers will count for each other* * *Restrooms will only be allowed for emergency purposes. No changing will be allowed in the restrooms.* * *Watches, clipboards, writing utensils and starting equipment will be sanitized at the end of each session. Blocks and common areas will be cleaned at the end of each session. ATOM staff will be responsible for this.*   ***Warm-Ups***   * *No more than 25 swimmers will be allowed in the pool at a time for warm up. There will be no more than 5 swimmers per lane - spaced out 6 feet apart within the lane. Warm-up/warm-down will be available during the session if the timeline allows. Coaches will monitor the warm-up/warm-down sessions.* |
| **LOCKER ROOMS/**  **CHANGING** | ***Athletes must arrive and depart in their suits. Locker rooms are for restroom use only and must not be used for changing or showering. Deck changing is prohibited. Restrooms will be monitored by a safety marshall.*** |
| **ENTRY & EXIT PROCEDURES and**  **ATHLETE SEATING AREAS** | * *Athletes will enter the facility through the main gate. Athletes will exit the facility through the side gate* * *Only Athletes, Coaches, Officials, and Registered Volunteers, will be allowed in the facility. They should enter through the main gate and exit through the side gate. They should report to the tennis courts upon arrival for instructions.* * *Seating for athletes will be inside the facility when not in the pool. Each swimmer will be assigned a chair.* |
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| **SWIMMER LIMITATIONS and PROTOCOLS** | * *60 athletes per session will be allowed* * *Upcoming heat will be announced by officials* * *Athletes will line up along the side of the pool for their event. They will wait to line up behind the blocks until the previous heat has started their race.* * *Swimmers can put on cap and goggles behind the blocks.* * *Athletes will put personal items in the basket beside their lane before their race.* * *Athletes will wait for the next heat to start before exiting the pool. Once they exit they will walk directly back to their assigned chair. Coaches and safety marshalls will monitor this process.* * *Athletes should arrive at the facility no more than 10 minutes before their assigned warm up time. Once they have completed their last event, they are permitted to leave.*   ***When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming but must don them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times.*** |
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| **SPECTATOR**  **LIMITATIONS and PROTOCOLS** | ***There will be no “In-Person” spectator viewing. The meet will be live-streamed via ATOM’s instagram page. Spectators may not enter the facility except use the restrooms located in the clubhouse.***  ***Spectators/Parents are required to wear a face covering at all times while attending, observing or meeting with their athletes at the meet whether inside the facility, in any adjacent viewing/gathering areas provided by ATOM, or meeting with their swimmer in a designated facility location and are expected to comply with all mandated state/local/facility COVID-19 guidelines.*** |
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| **PARENTAL ACCESS** | ***Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them at the main gate. Should parents be unable to contact their child directly, they should see the Meet Marshal located at the entrance of the facility. In the case of an emergency, please call and/or text the meet director, Shaynah Jerrell at 919.360.0375.*** |
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| **HEALTH SCREENING** | ***Ingress to the facility requires health screening questions and/or a temperature check before entering in accordance with CDC and local health department recommendation.***   * ***A coach will be responsible for temperature checks before entering the facility*** * ***The health screening will take place at the main entrance*** |

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| **FACILITY** | Fairmeadows swim club is 5 lane 25 yard pool. With a Colorado timing system, and starting blocks. The pool is 10 feet at the start end and 3.5 feet at the turn end. Warm up and warm down will be provided in the competition pool between events as the timeline allows. **The competition course has not been certified in accordance with 104.2.2C(4).** Parking will be provided in the gravel lot beside the pool. No deck changing is allowed. |
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| **MEET FORMAT** | This is a time trial meet |

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| **Session** | **Day** | **Warm-up** | **Meet Start** | **Age Group** |
| 1 | Saturday | 1:00 PM | 2:00 PM | Open |
| 2 | Saturday | 3:30 PM | 4:30 PM | Open |
| 3 | Sunday | 8:00 AM | 9:00 AM | Open |

\*\* Meet management reserves the right to change all warm up and session start times\*\*

**DEADLINE AND MEETING SUMMARY**: (keep section in chronological order)

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| **Day, Date** | | **Time** | **For:** |
| Thursday, January 21, 2021 | | 6:00pm | Entry deadline |
| Saturday, January 30, 2021 | | 1:30pm | Official Briefings |
| Friday, January 29, 2021 | | 6pm via zoom | Coaches/General Meeting |
| Saturday, January 20, 2021 | | 1:30pm | Timer Briefing |
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| **RULES** | **This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.** If following the NCS Scratch Rule: The NCS Scratch Rule is in effect for this meet. Include the scratch rule (on separate page) and any penalties that may be accessed. |
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| **TECHNICAL SUIT BAN for 12&Us** | **Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.**  A Technical Suit is one that has the following components:   * Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or * Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type. |
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| **MAAPP** | All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. |
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| **SAFE SPORT** | The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.  Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.  Deck changes are prohibited.  Any swimmer entered in the meet 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 without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.  Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.  Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time. |
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| **ELIGIBILITY** | All swimmers must be registered with USA Swimming, Inc. and be members of ATOM or NSS. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. **There will be no on deck registration available at this meet.** |
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| **MEMBERS WITH DISABILITIES OR**  **MEDICAL CONDITIONS** | ATOM welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit ATOM’s ability to accommodate all requests. |
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| **ENTRIES** | Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries however; disks are also acceptable. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer’s age on the first day of the meet will determine their age for the entire meet. ATOM’s entries will be entered first and then accept teams/entries in the order received, until the four/eight-hour rule is reached. Entries received thereafter will be returned immediately. |
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| **ENTRY LIMITATIONS** | Swimmers may swim a maximum of 3 individual events on Saturday and 2 individual events on Sunday for a total of 5 individual events for the meet. |
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| **ENTRY VERIFICATION** | An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. |
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| **ENTRY DEADLINES** | **The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary.**  **Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.** |

**ENTRY FEES**

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| **Make checks payable to: ATOM; All fees are non-refundable** | |
| Individual Event | $10 per event |
| NCS Travel Fund | $3.00 per swimmer, including relay only swimmers |
| Facility Surcharge | $10 |

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| **SEEDING** | | The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order |
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| **CHECK-IN** | | All events will be pre-seeded and there will be no positive check-in. |
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| **SCRATCHES** | | EXAMPLE: There will be no penalty for scratching pre-seeded events at the block. If following the NCS Scratch Rule: The NCS Scratch Rule is in effect for this meet. Include the scratch rule (on a separate page) and any penalties that may be accessed. |
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| **SCORING** | | There will be no scoring |
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| **AWARDS** | | No awards will be given |
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| **RESULTS** | | Results will be emailed to all participating teams within 24 hours of the completion of the meet. |
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| **COACHES** | | All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee’s discretion. Meet Management requests that at least one coach representative from each team attend all coaches’ meetings. |
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| **OFFICIALS/TIMERS/**  **VOLUNTEERS** | | There will be a need for officials. ATOM welcomes and encourages anyone willing to volunteer. Volunteering Officials **MUST** contact the Meet Referee by email **prior to the meet.** All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. There will be no officials meeting at the meet, and assignments will be communicated electronically prior to each session. A virtual meeting may be held prior to the meet / session at the referee’s discretion, and all assigned officials are strongly encouraged to complete and individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start, and bring a mask, your personal water bottle, a writing utensil, and a headset (if applicable). |
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| **HOSPITALITY/**  **CONCESSIONS** | | Hospitality will not be provided |
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| **WARM-UP** | | In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). **There is to be no diving or horseplay in this area.** |
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| **WAIVER/RELEASE** | | As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. ATOM, Fairmeadows Swim Club, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. |
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| **IMAGE RELEASE** | | All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team’s head coach and the Meet Director prior to the meet. |
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**ORDER OF EVENTS**

**Saturday, January 30, 2021**

**Warm-up: 1:00pm; Meet Start: 2:00pm**

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| **Mixed** | **Event** |
| **1** | **Open 200 Free** |
| **2** | **Open 100 Breast** |
| **3** | **Open 400 IM** |
| **4** | **Open 100 IM** |
| **5** | **Open 50 Fly** |
| **6** | **Open 200 Fly** |

**Saturday, January 30, 2021**

**Warm-up: 3:30pm; Meet Start: 4:30pm**

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| **Mixed** | **Event** |
| **7** | **Open 50 Free** |
| **8** | **100 Fly** |
| **9** | **Open 200 Breast** |
| **10** | **Open 50 Breast** |
| **11** | **Open 100 Back** |
| **12** | **Open 500 Free** |

**Sunday, January 31, 2021**

**Warm-up: 8:00am; Meet Start: 9:00am**

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| **Mixed** | **Event** |
| **13** | **Open 200 IM** |
| **14** | **Open 50 Back** |
| **15** | **Open 200 Back** |
| **16** | **Open 100 Free** |
| **17** | **Open 1000 Free** |

**ATOM Last Chance Time Trial**

**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to ATOM):

ATOM

ATTN: Shaynah Jerrell

1310 Charter Pl

Charlotte, NC 28211

Email to: coachshaynah@gmail.com

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| --- | --- |
| Team Name |  |
| Club Code |  |
| Coach |  |
| Coach Phone |  |
| Coach Email |  |
| Team Address |  |

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| Item | Total Number | Cost per | Total |
| Individual Entries |  | $10 per event |  |
| Swimmers (Travel Fund & Facility Surcharge) |  | $13 per swimmer |  |
| **Total Fees Due** |  |  |  |

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. ATOM, Fairmeadows Swim Club, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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SIGNATURE (Coach or Club Representative) CLUB

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