**ATOM Thanksgiving Invite**

**Blue Ridge Swim League**

**Huntersville, North Carolina**

**November 20-22, 2020**

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| Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.,  **Sanction #NC** | |
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| **HOST** | Aquatic Team of Mecklenburg |
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| **CONDITION OF SANCTION** | As a condition of this sanction, ATOM agree 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 ATOM 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** | 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, senior citizens and individuals with underlying medical conditions are especially vulnerable.  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 AND NCS 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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| **LOCKER ROOMS/**  **CHANGING** | ***Athletes must arrive and depart in their suits. Deck changing is prohibited. Restrooms will be monitored by facility personnel.*** |
| **ENTRY & EXIT**  **PROCEDURES** | **ATHLETE SEATING AREAS, SWIMMER LIMITATIONS AND LOCAL PROTOCOL** |
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| * HFFA Deck space: Max number on deck 225. The deck will be set up with each swimmer assigned a spot in the bleachers positioned 6 feet apart on the 50-meter pool deck. There are 105 spaces in the bleachers and room to hold another 40 swimmers on deck for a total of 145 swimmers. Coaches will have a designated location on the deck. * Meet host will be limited to swimmers per session 145 swimmers * There should be at least 15 minutes between sessions for cleaning. Swimmers from the first session should exit the facility and second session swimmers should not enter the facility until everything has been disinfected and sanitized. * Personnel on Deck: * HFFA 4 lifeguards, meet referee, meet director, starter, 1 AO, 2 S&T officials, Colorado Operator, Hytek Operator, 8 lane timers, 1 head timer, 2 coaches to monitor deck & warm-down lanes for social distancing, 1 coach to monitor room off the pool deck for social distancing. Coaching staff for swimmers in the session only. And any other meet personnel host sees fit, with approval from HFFA. * Restrooms are closed for changing and showering, swimmers should be made aware that restrooms are limited for use. * Shared items will be sanitized between sessions. All bleachers and chairs will be sanitized between sessions. Each session has a minimum of 15 minutes buffer between when the last swimmer exits the building and next swimmers enter to allow for sanitization. * Warm-up will only be 4 swimmers per lane * All swimmers will stay in their seat until their heat is called. Swimmers will wear their masks to clerk of course and behind the blocks. Swimmers in the previous heat will stay in the water until the heat after them starts. That heat will exit the water, put on their masks and exit the competition pool area to the left. A volunteer will disinfect starting blocks after each race starts. This plan continues throughout all heats in the meet. * Warm-up and cool-down lanes will be available in the lanes adjacent to the competition pool during the meet, with no more than 4 swimmers per lane to be supervised by Coaches or Volunteer assigned for monitoring. |
| * HFFA entrance will be located in the front of the building though the front entrance doors. Entering the pool deck using the 50m doors to the left of the front desk. Temperatures will be taken by the meet volunteer prior to entry at the pool door. Hand sanitizer applied before entering the pool deck. HFFA exit from the building will be through the front doors of the facility. * Meet personnel should take each swimmer's temperature prior to entering the pool deck to confirm body temperature is less than 100.5. Swimmer will also need to use hand sanitizer prior to entering the pool deck. Hand Sanitizer will be available throughout the facility and duration of the meet. |
| * Swimmers shall be assigned to a section or specific seat in the 50 M pool area. Athletes are expected to stay in their designated seat with their masks on during the meet, when not swimming. * There will be 1 or 2 next heat on deck spaces (clerk of course) for swimmers to line up in preparation for their race. Swimmers will move to the correct waiting area while the race 1 or 2 heats ahead are in the water. While in Clerk of Course swimmers should be ready to swim and must wear their masks and should maintain a safe distance from other swimmers. * Once the race in the water is complete, the swimmers will remain in the water until the next heat starts. Swimmers in clerk of course #2 will move to #1 and the next heat can line up in clerk of course #2. * Each team should assign a coach or volunteer to manage their swimmers in the bleachers – masks should be worn, and swimmers should stay in their assigned seat. * There will be no admittance for spectators at this time. Swimmers may be dropped off in the front drive at the front entrance of the building. As well as picked up. * Parents needing to wait around during a session may do so in a designated parking lot and space. HFFA will have 100 marked spaces available on property for Meet personnel, coaches, volunteers, and any parent needing to wait during the meet. Overflow parking will be available in surrounding parking lots designated on the map sent to the meet host prior to the event. * The spaces in green on the map sent to coaches the week of the meet will be designated as park and wait spaces for meet guest. * *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 front desk. Should parents be unable to contact their child directly, they should see the Meet Marshal located at the left side door to enter the pool. In the case of an emergency, please call and/or text the meet director, Shaynah Jerrell, at 919.360.0375* |

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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](mailto:jhfoltz@msn.com) | | | | | Stephanie Toth  [coachstephanie28@gmail.com](mailto:coachstephanie28@gmail.com) | |
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| **FACILITY** | | Huntersville Community Center  11725 Verhoeff Drive Huntersville, NC 28070 | | | | |
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| **FACILITY**  **INFORMATION** | | The competition pool is an eight lane, 50-meter course featuring nine-foot lanes separated by non-turbulent lane lines, paragon starting blocks, and a minimum pool depth of six feet. An eight lane 25-yard course will be used for the competition. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming, Inc. A Colorado electronic timing system and 8-lane scoreboard will be used. Timing system will include touch pads and one timer per lane operating both a plunger button and a watch. Warm-up and warm-down lanes will be available. If chairs are brought to the meet, please keep all walk areas open for access by swimmers, other spectators, officials, etc. Please keep all food and beverages off the pool deck. | | | | |
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| **MEET FORMAT** | | Age Group closed league (Blue Ridge Swim League) meet. Teams included: GG, ATOM, NSS, QCD, SAC, CVAC, PAC, BAD. Age Group - 10 and under, 11-12, 13-14, and Open. | | | | |
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| **Session** | **Day** | | **Warm-up** | **Meet Start** | | **Age Group** |
| 1 | Friday | | 5:00pm | 6:15pm | | Open |
| 2 | Saturday | | 8:00am | 9:00am | | 11-12 |
| 3 | Saturday | | 10:45am | 12:00pm | | 13-14 and 10 & under |
| 4 | Saturday | | 4:00pm | 5:20pm | | 15 & over |
| 5 | Sunday | | 8:00am | 9:00am | | 11-12 |
| 6 | Sunday | | 10:45am | 12:00pm | | 13-14 and 10 & under |
| 7 | Sunday | | 4:00pm | 5:20pm | | 15& over |

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| **DEADLINE AND MEETING SUMMARY** | | | |
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| **Day, Date** | | **Time** | **For:** |
| November 11, 2020 | | 6pm | Entry Deadline |
| TBD | | via zoom | Official Briefing |
| November 18, 2020 | | 8pm via zoom | Coaches/General Meeting |
| November 18, 2020 | | 8pm via zoom | Timer & volunteer briefing |
| n/a | | n/a | Positive Check-in Closes |
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| **RULES** | The meet will be conducted in accordance with the current USA Swimming Rules and Regulations and the NCS Safety Program except where rules therein are optional, and exceptions are herein stated. | | |
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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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| **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 Gaston Gators’ ability to accommodate all requests. | | |
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| **ELIGIBILITY** | All swimmers must be registered USA Swimming, Inc. and be members of Blue Ridge Swim League. 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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| **ENTRIES** | Submit entries on enclosed entry forms and summary sheets or on disk in Hy-Tek format with summary sheet, if possible. List swimmers' ages as of November 20, 2020. The North Carolina Swimming registration chair will check USA Swimming registration at least 7 days prior to the start of the meet. Only properly completed entry forms with payments on all fees will be accepted. | | |
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| **ENTRY LIMIT** | A swimmer may enter **3 events each day**. Swimmers may enter 7 events total. **500 Free swimmers must provide a counter.** | | |
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| **ENTRY DEADLINE** | All entries (properly completed forms and fees) must be received by **Wednesday, November 11, 2020.** Late entries may be accepted at the discretion of the Meet Director. **Late entries will be charged double entry fees and possibly may not be seeded**. | | |
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| **ENTRY FEES** | Make check payable to the **ATOM**.  $5.00 FOR EACH EVENT FOR ALL AGES  $15.00 PERSWIMMER POOL USE FEE  $3.00 PER SWIMMER NCS TRAVEL FUND  Entry fees are non-refundable Mail checks to: ATOM  1310 Charter Pl, Charlotte NC 28211  Email all entries to: coachshaynah@gmail.com | | |
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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** | There will be no penalty for scratching pre-seeded events at the block. | | |
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| **SCORING** | This meet will be scored through sixteen places. Team scores will be sent with results. | | |
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| **AWARDS** | NO awards will be given | | |
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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. The Swim Team wATOM 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** | Limited hospitality will be available. There will be no concessions | | |
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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. 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. The ATOM, Huntersville Community Center, 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 head coach and the Meet Director prior to the meet  There will be a livestream available via the ATOM facebook page. A link will be sent out in the coaches announcement the week of the meet | | |
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| *The Meet Director reserves the right to adjust warm up times and sessions if numbers warrant such moves*. | | | |

**Session 1: Friday**

**Warm-up: 5:00pm; Meet Start: 6:15pm**

**Open**

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| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **1** | **Open 500 free** | **2** |
| **3** | **Open 400 IM** | **4** |
| **5** | **Open 50 free** | **6** |

**Session 2: Saturday**

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

**11/12**

|  |  |  |
| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **7** | **11/12 50 free** | **8** |
| **9** | **11/12 100 back** | **10** |
| **11** | **11/50 breast** | **12** |
| **13** | **11/12 100 fly** | **14** |
| **15** | **11/12 100 IM** | **16** |
| **17** | **11/12 200 free** | **18** |

**Session 3: Saturday**

**Approximate Warm-up: 10:45am; Meet Start: 12:00pm**

**10 & under and 13/14**

|  |  |  |
| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **19** | **10 & u 50 free** | **20** |
| **21** | **13/14 50 free** | **22** |
| **23** | **10 & u 100 back** | **24** |
| **25** | **13/14 100 breast** | **26** |
| **27** | **10 & u 50 breast** | **28** |
| **29** | **13/14 200 back** | **30** |
| **31** | **10 & u 100 fly** | **32** |
| **33** | **13/14 200 free** | **34** |
| **35** | **10 & u 100 IM** | **36** |
| **37** | **13/14 100 fly** | **38** |
| **39** | **10 & u 200 free** | **40** |

**Session 4: Saturday**

**Warm-up: 4:00pm; Meet Start: 5:20pm**

**Open**

|  |  |  |
| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **41** | **Open 100 breast** | **42** |
| **43** | **Open 200 back** | **44** |
| **45** | **Open 100 Fly** | **46** |
| **47** | **Open 200 free** | **48** |

**Session 5: Sunday**

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

**11/12**

|  |  |  |
| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **49** | **11/12 100 free** | **50** |
| **51** | **11/12 50 back** | **52** |
| **53** | **11/12 100 breast** | **54** |
| **55** | **11/12 50 fly** | **56** |
| **57** | **11/12 200 IM** | **58** |

**Session 6: Sunday**

**Approximate Warm-up: 10:45am; Meet Start: 12:00pm**

**10 & under and 13/14**

|  |  |  |
| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **59** | **13/14 100 free** | **60** |
| **61** | **10 & under 100 free** | **62** |
| **63** | **13/14 200 breast** | **64** |
| **65** | **10 & under 50 back** | **66** |
| **67** | **13/14 100 back** | **68** |
| **69** | **10 & under 100 breast** | **70** |
| **71** | **13/14 200 IM** | **72** |
| **73** | **10 & under 50 fly** | **74** |
| **75** | **13/14 200 fly** | **76** |
| **77** | **10 & under 200 IM** | **78** |

**Session 7: Sunday**

**Warm-up: 4:00pm; Meet Start: 5:20pm**

**Open**

|  |  |  |
| --- | --- | --- |
| **Girls/Women** | **Event** | **Boys/Men** |
| **79** | **Open 100 free** | **80** |
| **81** | **Open 200 breast** | **82** |
| **83** | **Open 100 back** | **84** |
| **85** | **Open 200 IM** | **86** |
| **87** | **Open 200 fly** | **88** |

**ATOM Thanksgiving Invite**

**Blue Ridge Swim League**

**Huntersville, North Carolina**

**November 20-22, 2020**

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

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| --- | --- | --- | --- |
| Item | Total Number | Cost per | Total |
| Individual Entries |  | $5.00 per event |  |
| Relay Entries |  | N/A |  |
| Swimmers (Travel Fund & Facility Surcharge) |  | $18.00 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. The Gaston Gators, Huntersville Community Center, 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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TITLE DATE

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| **PLEASE MAKE CHECKS PAYABLE TO**: ATOM  MAIL ENTRIES TO: Shaynah Jerrell 1310 Charter Pl, Charlotte NC 28211 or e-mail to: coachshaynah@gmail.com  **ENTRY DEADLINE**: Must be received by 6:00 PM, Wednesday November 11, 2020.  **THIS FORM MUST BE FILLED OUT COMPLETELY** |