



2021 January Jump Start
 www.SwimGSA.com
 January 15-17, 2021
 The Greensboro Aquatic Center
 1921 W. Gate City Blvd.
 Greensboro, NC 27403



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming
Sanction #NC21003 REVISED 1/6/2021

MEET DIRECTOR Tom Brewer TBrewer441@aol.com (336) 420-4136	MEET ENTRY COORDINATOR Tom Brewer TBrewer441@aol.com
MEET REFEREE Anne Marie Schneider amsbpt@gmail.com Stephanie Keaney stephkeaney@gmail.com	MEET MARSHAL Katie Quillen katieq@gswim.org

FACILITY

The GAC is a state-of-the-art indoor facility with three pools, which opened in August 2011. The main competition pool is 9-10 feet deep at both ends and can be configured into 25-yard courses with up to twelve 7-foot wide lanes. All lanes feature non-turbulent lane lines and KD Paragon starting blocks. One 10 lane course will be used for this competition. The Omega electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Parking will be available at the Coliseum for \$5 per day with unlimited entry and exit. Free parking will be provided for participating certified coaches and officials. Directions to the GAC are available at <https://greensboroaquaticcenter.com>

MEET FORMAT

This is a timed final, Age Group/Senior, pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	1:30 PM	2:30 PM	11-12
2	Friday	5:15 PM	6:00 PM	13 and Over
3	Saturday	7:15 AM	8:00 AM	11-12
4	Saturday	10:45 AM	11:30 AM	10 & Under
5	Saturday	2:15 PM	3:00 PM	13 and Over
6	Sunday	7:15 AM	8:00 AM	11-12
7	Sunday	10:45 AM	11:30 AM	10 & Under
8	Sunday	2:15 PM	3:00 PM	13 and Over

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Sunday, January 10th	5:00 PM	Entry deadline
Prior to meet	Virtual	Official Briefings
Week prior to meet	Virtual	Coaches/General Meeting
Day of Meet	20 min prior to start	Timer Briefing

CONDITION OF SANCTION

As a condition of this sanction, SwimGSA 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 SwimGSA 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.

ASSUMPTION OF RISK DISCLAIMER

SwimGSA 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.

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 [THE LSC] 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.

SwimGSA COVID-19 MEET PLAN

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.

LOCAL PROTOCOLS All meet participants – coaches, officials, administrators, spectators, vendors and athletes shall comply with the following facility and local protocols.

- Total Facility Capacity is limited to 150 swimmers, 3 coaches per team, required USA Swimming Officials, 20 volunteers and 10 facility staff per session. SwimGSA is responsible for monitoring these limits.
- Officials shall be limited to the following; Meet Referee, AO, Starter and S&T Judges.
- One lane timer per lane will provide a semi-automatic and manual watch back-up time.
- Volunteers are responsible for lane timers, clerk of course and meet marshals (lockers rooms, grandstands and race ready area).
- Spectators are not allowed in the facility. Teams are assigned seating areas in the grandstands, with 6' social distance labeling. Grandstands will be monitored by SwimGSA. Back packs are not allowed on deck.
- Swimmers must use on deck showers prior to entering water and use hand sanitizing stations at clerk of course and race ready area.
- Restroom facilities will be available and monitored by SwimGSA.
- Shared items (watches, clipboards, writing utensils, starting equipment, etc.) will be provided by the facility and sanitized by the GAC staff between each session. Blocks, touch points and common areas will be sanitized by the GAC staff between each session.

Warm-Ups

- Warm-ups will begin at the times stated above, and be split into two equal warm-up sessions.
- Warm-ups will be limited to the 10-lane competition pool and 12-lanes on other side of bulkheads (22 lanes total). Four swimmers per lane maximum, total 75 swimmers per session. Meet Marshal will monitor warm-up sessions.
- During the meet, warm-up/down lanes will be available in the main pool, next to the scoreboard. Maximum four swimmers per lane shall be allowed.

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 SwimGSA.

ENTRY & EXIT PROCEDURES Athletes must be dropped off at the designated outdoor drop-off area next to the Greensboro Aquatic Center. They must arrive and check-in at the outdoor area next to the designated entrance. Doors open 45 minutes prior to the start of the meet. Athletes will enter the facility as a team. One-way traffic patterns are marked throughout the facility with separate designated exit doors. All coaches, officials and volunteers will use the same designated entrance.

SWIMMER PROTOCOLS Athletes will be seated with their teams in assigned areas in the grandstands. A clerk of course, with two separate staging areas will be available on deck. A race recovery area

will be provided behind the starting blocks. All areas will be manned by volunteers, who will direct the swimmers thru the process.

- Swimmers should be ready to move to the clerk of course area 15 minutes prior to their event. Swimmers should be ready to race (cap/goggles on) prior to moving to the blocks.
- Mask should be removed once at the blocks. They should be placed in a plastic bag and kept at the blocks with other personal belongs (towels, shoes, etc.)
- After exiting the pool, the athlete will move directly to the race recovery area (behind the blocks), where they can redon their mask.
- Athletes may talk to coaches on deck, while returning to the designated team area.

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.

**SPECTATOR
LIMITATIONS**

There will be no “In-Person” spectator viewing. The meet will be live-streamed via the Greensboro Aquatic Center’s Facebook page.

PARENTAL ACCESS

Parents needing access to their athlete during the meet can contact their children directly via cellphone and arrange to meet them at the outdoor drop-off area. Should parents be unable to contact their child directly, they should contact their coach, who can request assistance from the Meet Marshal. In the case of an emergency, please call and/or text the Meet Director at (336) 420-4136.

**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. All athletes will be screened at the check-in location, prior to entering the facility. Health screening will be monitored by SwimGSA volunteers.

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.

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.

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 who is 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. 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.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and 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.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

SwimGSA 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 SwimGSA's ability to accommodate all requests.

ENTRIES

Entries shall be submitted in Hy-Tek format via email to Meet Entry Coordinator. The completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received before swim meet. A swimmer's age on the first day of the meet will determine their age for the entire meet. HOST TEAM entries will be entered first and then the visiting teams will be notified of entry limitations, due to COVID restrictions.

ENTRY LIMITATIONS

Swimmers are limited to four individual events per day. Meet Management reserves the right to limit entries in distance freestyle events, to meet the COVID

restrictions on time limits. All swimmers should be entered with an actual time, as NT entries will not be accepted.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck entries.

ENTRY FEES

Make checks payable to: SwimGSA; All fees are non-refundable	
Individual Event Entry Fee	\$8.00 per event
Facility Surcharge	\$15.00 per swimmer
NCS Travel Fund	\$3.00 per swimmer
Late Entry Fee	N/A

SEEDING AND FORMAT 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 individual events will be contested as timed finals.

Swimmers in the 500Y Freestyle must provide their own counter, which must be another swimmer.

CHECK-IN All events will be pre-seeded and there will be no positive check-in.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block.

SCORING This meet will not be scored.

AWARDS No awards will be given.

RESULTS Results will be posted on Meet mobile during the meet. At the conclusion of the meet, teams may obtain Hy-Tek backups via email attachment.

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.

OFFICIALS/TIMERS/VOLUNTEERS There will be a need for officials. SwimGSA 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 an 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).

**HOSPITALITY/
CONCESSIONS**

There will not be a hospitality area. Refreshments will not be available at the concession stand.

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. There is to be no diving or horseplay in this area.

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. SwimGSA, Greensboro Aquatic 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.

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.

**2021 January Jump Start
ORDER OF EVENTS**

Friday January 15, 2021 – Session 1

Doors Open: 1:15 PM

Warm-up: 1:30 – 2:25 PM

Meet Start: 2:30 PM

Event Number	Age	Event
1	11-12	200Y Butterfly
2	11-12	50Y Freestyle
3	11-12	200Y Individual Medley
4	11-12	500Y Freestyle
5	11-12	100Y Individual Medley

Friday January 15, 2021 – Session 2

Doors Open: 5:00 PM

Warm-up: 5:15 – 5:55 PM

Meet Start: 6:00 PM

Event Number	Age	Event
6	13 and Over	400Y Individual Medley
7	13 and Over	50Y Freestyle
8	13 and Over	500Y Freestyle

Saturday January 16, 2021 – Session 3

Doors Open: 7:00 AM

Warm-up: 7:15 – 7:55 AM

Meet Start: 8:00 AM

Event Number	Age	Event
9	11-12	100Y Butterfly
10	11-12	200Y Breaststroke
11	11-12	400Y Individual Medley
12	11-12	200Y Freestyle
13	11-12	50Y Breaststroke
14	11-12	100Y Backstroke

Saturday January 16, 2021 – Session 4

Doors Open: 10:30 AM

Warm-up: 10:45 – 11:25 AM

Meet Start: 11:30 AM

Event Number	Age	Event
15	10 and Under	200Y Individual Medley
16	10 and Under	50Y Freestyle
17	10 and Under	100Y Breaststroke
18	10 and Under	50Y Backstroke
19	10 and Under	100Y Butterfly
20	10 and Under	100Y Individual Medley

Saturday January 16, 2021 – Session 5

Doors Open: 2:00 PM

Warm-up: 2:15 – 2:55 PM

Meet Start: 3:00 PM

Event Number	Age	Event
21	13 and Over	100Y Freestyle
22	13 and Over	200Y Breaststroke
23	13 and Over	100Y Backstroke
24	13 and Over	200Y Butterfly
25	13 and Over	100Y Individual Medley

Sunday January 17, 2021 – Session 6

Doors Open: 7:00 AM

Warm-up: 7:15 – 7:55 AM

Meet Start: 8:00 AM

26	11-12	50Y Backstroke
27	11-12	100Y Breaststroke
28	11-12	50Y Butterfly
29	11-12	100Y Freestyle
30	11-12	200Y Backstroke

Sunday January 17, 2021 – Session 7

Doors Open: 10:30 AM

Warm-up: 10:45 – 11:25 AM

Meet Start: 11:30 AM

Event Number	Age	Event
31	10 and Under	100Y Freestyle
32	10 and Under	50Y Breaststroke
33	10 and Under	100Y Backstroke
34	10 and Under	50Y Butterfly
35	10 and Under	200Y Freestyle

Sunday January 17, 2021 – Session 8

Doors Open: 2:00 PM

Warm-up: 2:15 – 2:55 PM

Meet Start: 3:00 PM

Event Number	Age	Event
36	13 and Over	200Y Freestyle
37	13 and Over	100Y Breaststroke
38	13 and Over	200Y Backstroke
39	13 and Over	100Y Butterfly
40	13 and Over	200Y Individual Medley

2021 January Jump Start Swim Meet

Summary of Fees/Release Form

Complete and return this form along with entry fees to SwimGSA:

ATTN: Katie Quillen

Email: katieq@gswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual TF Entries Fees		\$8.00 per event	
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 SwimGSA, Greensboro Aquatic 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE