



2022 Polar Bear Meet

hosted by
HIGH POINT SWIM CLUB
January 8-9, 2022
The Kernersville YMCA

1113 West Mountain Street, Kernersville, NC 27284

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

Sanction #NC22004

MEET DIRECTOR	MEET ENTRY COORDINATOR
John Cameron 336.887.4772 meetdirector@highpointswimclub.org	John Cameron PO Box 5815 High Point, NC 27262 336.887.4772 entries@highpointswimclub.org
MEET REFEREE	MEET MARSHAL
Cynthia Shannon cynthialshannon@gmail.com	Aaron Reeves official@highpointswimclub.org

CONDITION OF SANCTION

As a condition of this sanction, High Point Swim Club agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the High Point Swim Club Meet Plan 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

The High Point Swim Club 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

USA Swimming, Inc., High Point Swim Club and the Kernersville YMCA 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.

High Point Swim Club COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

FACILITY and HOST TEAM REQUIREMENTS High Point Swim Club has discussed specific health and safety procedures with the venue management. At this time, the facility and High Point Swim Club have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

SPECTATOR LIMITATIONS and PROTOCOLS High Point Swim Club reserves the right to limit spectators due to the number of athletes entered. If live streaming is made available for this meet a link will be sent out before the General meeting.

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 pool entrance on the parking lot side of the pool. Should parents be unable to contact their child directly, they should see the Meet Marshal located at clerk of course. In the case of an emergency, please call and/or text the Meet Director at 336-253-3737

FACILITY The Kernersville YMCA has 8 – 8.5 feet wide lanes by 25 yards long pool, ranging from 3.5 at the turn end to 6 feet deep at the start end, with stationary starting blocks. All starts, including relay starts from the turn end, must begin from within the water. The Colorado System 6 timing system and two scrolling display scoreboards. The timing system includes pads and two timers per lane; one operating a button and watch and one operating a watch only. Hy-Tek Meet Manager software will be used. The competition course has not been certified in accordance with 104.2.2C(4).

NOTE: NO FOOD OR DRINK ALLOWED ON DECK. HOWEVER, SWIMMERS MAY HAVE A PLASTIC BOTTLE FOR WATER OR OTHER SPORTS BEVERAGE.

NO TOBACCO USE ALLOWED IN ANY PART OF THE BUILDING

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	Saturday	8:00am	9:15am	All
2	Saturday Distance		10 minutes after conclusion of Saturday's session	Open
3	Sunday	8:00am	9:15am	All

Meet management reserves the right to combine/alter/add sessions if timelines warrant. Notification will be given by Monday, January 3, 2022 by email to the coach who sends in the entry.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday 12/29/2021	8:00 PM	Entry deadline
Saturday 1/8/2022	7:45am	Coaches Meeting
Saturday 1/8/22	10:00AM	Positive check in for 400 IM and 500 Free

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.
TECHNICAL SUIT BAN for 12&Us	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> • 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.
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	<p>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.</p> <p>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.</p> <p>Deck changes are prohibited.</p> <p>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.</p> <p>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.</p> <p>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.</p>
ELIGIBILITY	All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. There will be no on deck

**MEMBERS WITH
DISABILITIES OR
MEDICAL CONDITIONS**

HIGH POINT SWIM CLUB 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. Failure to provide advance notice may limit HIGH POINT SWIM CLUB's ability to accommodate all requests.

ENTRIES

Please submit entries with times. ***NT's are not acceptable for timeline reasons.*** Determine an appropriate entry for each entry. Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries. However, disks are also acceptable. Payment in full must be received by the Meet Entry Coordinator or clerk of course by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. HIGH POINT SWIM CLUB entries will be entered first and then accept teams/entries in the order received, until the four-hour rule is reached. Entries received thereafter will be returned immediately. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 5 individual events plus 2 relays per day. 400 IM and 500 Free may be limited based on entries to accommodate the 4-hour rule. Swimmers that are bumped from these events will be able to enter another event. There will be no refunds for those bumped and that do not choose to add a new event. The sessions will be modified as needed to accommodate the 4-hour rule. High Point Swim Club reserves the right to add sessions as needed.

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 Wednesday 12/29/2021, 8:00 PM. No late entries will be accepted. Late entries may be accepted at the discretion of the Meet Referee.

ENTRY FEES

Make checks payable to: High Point Swim Club	
Individual Event	\$7.00 per event
Relays	\$20.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10 per swimmer
Late Entry Fee	Double the IE and relay fees listed

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.

CHECK-IN

A positive check-in, at clerk of course, will be required for the following events:

- 500 free
- 400 IM

Check in for event will be at the end of warm up for that session to scratch, seed, and produce meet programs. Swimmers that fail to check in will be scratched from the event and not seeded.

SCRATCHES	There will be no penalty for scratching events.
SCORING	No team or individual scoring will be kept.
AWARDS	None Awarded.
RESULTS	Results will be posted on HIGH POINT SWIM CLUB's website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or 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 Saturday 1/8/2022 at 7:45am, 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. HIGH POINT SWIM CLUB welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. High Point Swim Club will provide a 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. Meet Management reserves the right to change warm-up times according to the number of entries. Teams will be assigned lanes for warm up and will be notified by email and postings at the pool of lane assignments. Each team will be allowed to run warm up as they wish in their assigned lanes. Warm up must be monitored closely by certified coaches and the NCS warm up guidelines must be followed. Diving will happen from the 50 start end of the pool for all sessions. Diving will not be allowed for any lane during the first ½ of the warm-up session.
WAIVER/RELEASE	As a team entered in this meet, upon entry you are verifying that all 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. High Point Swim Club, The Kernersville YMCA, 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.

ORDER OF EVENTS

Saturday January 8, 2022

Warm-ups at 8:00AM -- Timed Finals at 9:15AM

Girls	Event	Boys
1	8 & under 25 Freestyle	2
	2-minute break	
3	Open 200 Freestyle	4
5	12 & under 50 Backstroke	6
7	13 & older 100 Backstroke	8
9	12 & Under 100 Backstroke	10
	2-minute break	
11	8 & under 25 Breaststroke	12
	2-minute break	
13	13 & older 50 Breaststroke	14
15	Open 200 Breaststroke	16
17	12 & Under 50 Freestyle	18
19	13 & over 50 Freestyle	20
21	12 & Under 100 Butterfly	22
23	13 & Over 100 Butterfly	24
25	12 & Under 100 IM	26
27	13 & Over 200 IM	28
	2 Minute break	
29	8 & Under 100 Freestyle Relay	30
31	12 & Under 200 Freestyle Relay	32
33	Open 200 Freestyle Relay	34

Saturday January 8, 2022

Distance Session

10 minutes after the end of last Saturday session

Girls	Event	Boys
35	Open 500 Free	36
37	Open 400 Individual Medley	38

Swimmers must provide their own timer(s) and counter.

Sunday January 9, 2022

Warm-ups at 8:00 AM -- Timed Finals at 9:15AM

Girls	Event	Boys
39	8 & under 25 Backstroke	40
	2-minute break	
41	13 & older 50 Backstroke	42
43	Open 200 Backstroke	44
45	12 & Under 50 Breaststroke	46
47	13 & Over 100 Breaststroke	48
49	12 & Under 100 Breaststroke	50
51	13 & older 100 Freestyle	52
53	12 & under 100 Freestyle	54
55	13 & older 50 Butterfly	56
57	12 & Under 50 Butterfly	58
	2-minute break	
59	8 & under 25 Butterfly	60
	2-minute break	
61	Open 200 Butterfly	62
63	12 & Under 200 IM	64
65	13 & Over 100 IM	66
	2 Minute break	
67	8 & under 100 Medley Relay	68
69	12 & Under 200 Medley Relay	70
71	Open 200 Medley Relay	72

**2022 HPSC Polar Bear Meet
Summary of Fees/Release Form**

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

High Point Swim Club
PO Box 5815
High Point, NC 27261

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 per event	
Relay Entries		\$20.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$13.00 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. High Point Swim Club, The Kernersville YMCA, 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 _____