



**TYR FALL STATES INVITATIONAL
12 & UNDER SWIM MEET
December 10-12, 2021**

Orange County Sportsplex
101 Meadowlands Drive
Hillsborough, NC 27278

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

MEET DIRECTOR	MEET ENTRY COORDINATOR
John Roy 919-906-7946 Coachjohn@bellsouth.net	John Roy PO BOX 18012 Raleigh, NC 27619 919-906-7946 coachjohn@bellsouth.net
MEET REFEREE	MEET MARSHALL
	Bradford Hancock 757-879-2106 Brad.hancock2@gmail.com

**CONDITION OF
SANCTION**

As a condition of this sanction, the New Wave Swim Team 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 New Wave Swim Team 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 HOST 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., 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

HOST TEAM 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.

LOCAL PROTOCOLS

- As a condition of sanction, all meet participants, coaches, officials, administrators, vendors, and athletes (when not in the pool) – must wear fabric or paper face coverings/masks that fit snugly against the face and simultaneously cover the nose and mouth to minimize the spread of respiratory droplets. All participants must also comply with mandated social distancing and mass gathering rules. Participants wishing to remove their face coverings for periods longer than 5 minutes to eat or drink must move and stay 10 feet away from others or exit the facility until their face coverings are back in proper position. ◦ Be made with at least 2 layers of breathable material

- Fully cover the nose and mouth and secure under the chin

- Fit snugly but comfortably against the side of the face

- Be secured with ties or ear loops and allow the guest to remain hands-free

Entry will be through the front door of the Sportsplex. Exits will be the back double doors or the emergency exit. During the meet, athletes can enter through the back doors and exit back to the parking lot through the far emergency exit

(right next to lot) During the session, swimmers will sit outdoors, with marshals monitoring the team areas *weather permitting

- Warmup sessions will be made at the discretion of the Meet Director to provide appropriate space for each team to warmup.
- All Meet Personnel MUST always wear masks indoors); Masks may be removed outdoors if social distancing is practiced.
- Things can change based on Covid restrictions at any time. We will do our best to adapt and make things happen.

IMPORTANT INFORMATION:

- Swimmers will be allowed in the building no more than fifteen (15) minutes prior to their warm-up time and must leave the building immediately after their last swim of the session.
- Access to the building will be the front door and back door behind the blocks.
- Only swimmers and essential personnel will be allowed on deck. Swimmers will be able to exit via the front door if they need to see their parents. This door will be monitored. Swimmers may only access the locker rooms to use the bathroom (no changing or showering).
- The pool area will be cleared and completely sanitized within 15 minutes of the start of warm-ups of each session by Orange County Sportsplex facility staff.
- No parents allowed in the facility except for monitored use of the lobby bathrooms.
- Marshals will be monitoring the team spaces to ensure athletes are maintaining protocols.

All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face masks and comply with mandated social distancing and mass gathering rules.

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 parent volunteers.

Entry will be through the front door of the Sportsplex unless communicated otherwise prior to the meet. Exits will be the back, double doors, or the emergency exit. During the meet, athletes can enter through the back doors and exit back to the parking lot through the far emergency exit (right next to lot). Athletes will sit in designated team areas which will be monitored by parent volunteer. A bullpen volunteer will announce the heats to the teams.

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 door. Should parents be unable to contact their child directly, they should see the Meet Marshal or Meet Director.

Ingress to the facility MAY require health screening questions/and or temperature checks before entering in accordance with CDC and local health department recommendation. Orange County Sportsplex will provide waiver forms and have a table set up to conduct temperature checks for meet personnel and athletes if the facility requires it.

FACILITY

Competition Pool: The Triangle Sportsplex pool is an 11 - lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 6-foot depth at the starting end. A Colorado 5000 Timing System will be used with watches in each of 10 lanes for competition. A 10 - lane digital scoreboard is on site for our use.

Warm-up/Warm-down Pool: In addition to the competition pool, an adjacent 3 lanes of a 25-meter pool will be available for continuous warm-up/warm-down use throughout the meet.

Other Site Information: Spectator seating for approximately 400 people is available on one side of the pool and there is deck space for additional folding chairs. Boys' and girls' locker rooms are available. The facility includes a snack bar. The competition course has not been certified in accordance with 104.2.2C(4).

Facility Rules: Please inform your families of the following rules.

- * The facility DOES NOT allow coolers or outside food or beverages.
- * No smoking is allowed inside the facility.
- * No glass containers are allowed inside the facility.
- * Shoes are required in the lobby due to ice skaters on the premises.
- * Only meet volunteers, USA Swimming registered athletes and USA Swimming registered coaches and officials may be on deck (this includes behind the starting blocks, under the scoreboard and the bulkhead).
- * Each team is responsible for cleaning up their area. Please place all trash in receptacles provided.

MEET FORMAT

(1) All events will be swum as timed finals, slowest to fastest except the 500 freestyle.

(2) Swimmers in the 500 Freestyle are required to check in at the clerk of course no later than the end of warm-ups Friday evening. Swimmers not checked in by this deadline will be scratched from this event.

(3) All heats of the 500 Freestyle will be swum fastest to slowest; all girls and then all boys in each age event. A combined heat of boys and girls may be swum at the discretion of the Meet Referee. The 500 Freestyle may be limited to the fastest three (3) heats of each age group (9 & U, 10, 11 and 12). Swimmers must provide their own timer and lap counter. Swimmers must have achieved the B time standard in order to enter the 500 Freestyle.

(4) A 10-minute break may be added before relays to assure that swimmers have adequate rest after their last event.

(5) Swimmers must have achieved the B time standard in the 200 backstroke, 200 Breaststroke and the 200 Butterfly in order to enter those events. They may also enter those events if they have achieved the BB standard in 100 of the stroke they wish to enter.

(6) The meet will be limited to the first 300 swimmers entered.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	3:30 PM	4:45 PM	12 & under
2	Saturday	10:15 AM	11:30 AM	12 & under
3	Sunday	9:15 AM	10:30 AM	12 & under

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, November 30	9:00 PM	Entry deadline
Friday, December 10	4:30 PM	Coaches/General Meeting
Friday, December 10	4:30 PM	500 Free positive check
Friday, December 10	4:00 PM	Officials Briefing
Saturday, December 11	10:45 AM	Officials briefing
Sunday, December 11	9:45 AM	Officials briefing

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.

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

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.

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 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.

ENTRY LIMITATIONS All swimmers will be limited to a maximum of four (4) individual events and one (1) relay per day, ten (10) individual events for the meet. There is no limit to the number of relay teams entered; however, only 2 relay teams per age-group may score.

The meet will be limited to the first 300 swimmers received. .

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 Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

Make checks payable to: WAVE Swimming; All fees are non-refundable	
Individual Event	\$6.00 per event
Relays	\$12.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10.00 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, located outside the meet operations room, will be required for the following events:

- 500 free

Check in for event will be as stated in the Deadline and Meeting Summary Swimmers that fail to check in will be scratched from the event and not seeded. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

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

SCORING Scoring will be as follows:
Individual Events: 11 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1
Relays: 22 - 18 - 16 - 14 - 12 - 10 - 8 - 6 - 4 - 2

A maximum of two (2) relay teams per age group may score. There is no limit to the number of relays entered.

AWARDS

Individual Events: 1st – 10th place
Relays: 1st - 3rd place
Team Awards: 1st - 3rd place

RESULTS

Results will be available via Meet Mobile and final results will be emailed to all teams within 24 hours of completion of the meet.

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. WAVE Swimming 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. Refreshments will 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. 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.

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. WAVE Swimming, Orange County Sportsplex, 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

Friday, December 10, 2021
Warm-up: 3:30 PM; Meet Start: 4:45 PM

Girls/Women	Event	Boys/Men
1	9yr 200 IM	2
3	10yr 200 IM	4
5	11yr 200 IM	6
7	12yr 200 IM	8
9	10 & under 500 Freestyle	10
11	11-12 500 Freestyle	12

Saturday, December 11, 2021
Warm-up: 10:15 AM; Meet Start: 11:30 PM

Girls/Women	Event	Boys/Men
13	12yr 200 Freestyle	14
15	11yr 200 Freestyle	16
17	10yr 200 Freestyle	18
19	9yr 200 Freestyle	20
21	12yr 50 Breaststroke	22
23	11yr 50 Breaststroke	24
25	10yr 50 Breaststroke	26
27	9yr 50 Breaststroke	28
29	12yr 100 Backstroke	30
31	11yr 100 Backstroke	32
33	10yr 100 Backstroke	34
35	9yr 100 Backstroke	36
37	12yr 100 Butterfly	38
39	11yr 100 Butterfly	40
41	10yr 100 Butterfly	42
43	9yr 100 Butterfly	44
45	11-12 200 Breaststroke	46
47	12yr 50 Freestyle	48
49	11yr 50 Freestyle	50
51	10yr 50 Freestyle	52
53	9yr 50 Freestyle	54
55	11-12 200 Free Relay	56
57	10 & under 200 Free Relay	58

Sunday, December 12, 2021
Warm-up: 9:15 AM; Meet Start: 10:30 AM

Girls/Women	Event	Boys/Men
59	12yr 100 Freestyle	60
61	11yr 100 Freestyle	62
63	10yr 100 Freestyle	64
65	9yr 100 Freestyle	66
67	12yr 50 Butterfly	68
69	11yr 50 Butterfly	70
71	10yr 50 Butterfly	72
73	9yr 50 Butterfly	74
75	11-12 200 Backstroke	76
77	12yr 100 Breaststroke	78
79	11yr 100 Breaststroke	80
81	10yr 100 Breaststroke	82
83	9yr 100 Breaststroke	84
85	11-12 200 Butterfly	86
87	12yr 50 Backstroke	88
89	11yr 50 Backstroke	90
91	10yr 50 Backstroke	92
93	9yr 50 Backstroke	94
95	12yr 100 IM	96
97	11yr 100 IM	98
99	10yr 100 IM	100
101	9yr 100 IM	102
103	11-12 200 Medley Relay	104
105	10 & under 200 Medley Relay	106

**TYR Fall States Invitational
Summary of Fees/Release Form**

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

WAVE Swimming

ATTN: John Roy

PO BOX 18012

Raleigh, NC 27619

Email to: coachjohn@bellsouth.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.00 per event	
Relay Entries		\$12.00 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. WAVE Swimming, Orange County Sportsplex, 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