Polar Express Invite 2021

Hosted by Swim Fanatics Swim Club
SATURDAY & SUNDAY, January 23rd + 24th, 2021
Held at Kernersville Family YMCA, 1113 W. Mountain St., Kernersville, NC 27284

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

CONDITION OF SANCTION

As a condition of this sanction, Swim Fanatics Swim Club 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 Swim Fanatics Swim Club 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

Swim Fanatics 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

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.

SWIM FANATICS SWIM CLUB 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. Any issues with face covering mandate must be addressed with the Meet Referee prior to the start of the meet.

LOCAL PROTOCOLS

Individuals, Families and Communities

- *NCDHHS recommends everyone continue taking precautions to protect themselves and others from the spread of respiratory illnesses, which includes COVID-19.*
    - *Wash hands frequently with soap and water, and for at least 20 seconds each time.*
    - *Avoid touching your eyes, nose and mouth with unwashed hands.*
    - *Avoid close contact with people who are ill.*
    - *Cover your mouth and nose with a tissue when you cough or sneeze.*
    - *Do not reuse tissue after coughing, sneezing, or blowing your nose.*
    - *Clean and disinfect surfaces that are frequently touched.*
    - *Use a cloth face covering when you may not be able to keep 6 feet between yourself and other people.*
- *It is also good practice to start being more aware of the number of times a day your hands touch an object or hard surface and then touch your face without being washed. Limiting the exposure of your nose, mouth and eyes to unwashed hands can help to protect from the spread of all germs and illnesses.*

*For more information on COVID-19, please visit the CDC's website at **cdc.gov/coronavirus.** North Carolina resources can be found on the Division of Public Health website at **ncdhhs.gov/coronavirus.***
If you have questions or concerns, call the COVID-19 Helpline toll free at 1-866- 462-3821

The Kernersville YMCA is approved to hold a maximum of 130 persons on deck. For this meet, that will include:
1-2 Lifeguards
2 AO/scoring table personnel (includes facility rep)
1 Safety Marshall
1 Meet Referee
1 Starter
4 Officials
10 Coaches
9 Volunteers: 7 Timers (1 per lane + 1 head timer)/1 Runner/1 Sanitizer
96 swimmers/session max

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 Safety Marshalls.

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS

Safety Marshall will be responsible for monitoring these procedures:
About 10 minutes prior to each event, swimmers will be lined up at assigned heat and lane spots along the sidewalk outside the doors at the front side of the pool (facing the Mountain Street parking lot). Swimmers should have masks, caps and goggles on.

In heat/lane order, swimmers will enter the building from the Northwest doors (the far right doors on the front side of the Kernersville Y). They will be lined up outside so, when they enter, Lane 1 is leading the way. Lane 2 will follow and then Lane 3, and so on. Swimmers will still be masked and may bring in a towel.
Safety Marshall will have primary responsibility with coaches assisting.

SWIMMER LIMITATIONS and PROTOCOLS

WARM UPS:
Warm up assignments are transmitted electronically in advance (#, lane and lane position). Warm ups will take place in the competition pool. 3 split warm up times will be used for all sessions. A maximum of four swimmers are assigned per lane for warm ups (using 8 lanes, max 32 swimmers/session). Swimmers are assigned positions either at the wall or at the flag/15 meter mark. Two swimmers are positioned at either end of each lane and the swimmer assigned the flag/meter mark enters first and moves into position and then the swimmer assigned to the wall enters the water. All entries are feet first with no splashing. Coaches are positioned at both ends of the pool monitoring two to three lanes for warm ups.

DURING RACES:
Swimmers will put items in a basket behind the lane with your lane number and then be staged on the back wall of the pool. When the heat before you dives in and the previous heat has moved to the warm down lane or exit the pool, you will be called to move to the block at your assigned lane and be ready to begin to begin your heat. When you finish your race, you will stay in the water.
We will do fly-over (dive-over) starts. After the next heat begins, swimmers in session may move to the cool down lane to swim a 50. then exit the pool and proceed to collect their towel and mask, dry face, put mask on, and proceed to exit the pool area - maintaining physical distance - around the scoreboard side of the pool to the north doors.
If you have to use the restrooms, please let us know and it's the same procedure as regular training – emergency only and spray Virex on all touched surfaces upon leaving the locker room.
Locker rooms are not available for changing before or after the meet.

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 and PROTOCOLS

Safety Marshall will have primary responsibility for maintaining guidelines. There are no restroom facilities available for spectators. Swimmers and parents will be staged outside the pool entrance (see map below) with family groups spread out at least 6 feet apart and masked (parents are more than welcome to join, and sit with their own swimmers outside as well while following the same guidelines). THIS WILL BE ADHERED TO OR YOU WILL BE DISQUALIFIED FROM THE COMPETITION.

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 the Swim Fanatics Swim Club, or meeting with their swimmer in a designated facility location and are expected to comply with all mandated state/local/facility COVID-19 guidelines.

PARENTAL ACCESS

The Meet Safety Marshall as well as the SFSC Safe Sport Coordinator will be responsible for maintaining.

Should a parent need to access a child who is on deck, the child will be brought to the parent at the pool door or in case of emergency, may be escorted to the child.

Parents can watch the meet from the back sun deck, but will have to walk around the outside of the building. Parents will not be permitted to have chairs or "hang out" due the open outdoor pool on the back side of the Y.

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 waiver will be given to all swimmers and volunteers to sign prior to the start of the meet***
- ***Temperatures will be check at the main entrance to the facility***
- ***Volunteers will be placed in several locations at or near the entrance to ensure all swimmers and volunteers have been checked.***

MEET DIRECTOR	MEET ENTRY COORDINATOR
Sasha Kuznezov 607-742-8056 coachsasha@swimfanatics.com	Sasha Kuznezov 607-742-8056 coachsasha@swimfanatics.com
MEET REFEREE	**MEET MARSHAL**
Beth Burge Bethburge@me.com	Katie McNerney

FACILITY	An 8 Lane, 25 yard pool with a depth ranging from 5-7 feet at both the starting end and the turn end, and a lane width of 6 feet. Pool has nonturbulent lane lines, a Colorado Timing System with an 8 lane scoreboard display and custom starting blocks. The meet will be run in 6 lanes with one lane separated available for warm up/down. The competition course has not been certified in accordance with 104.2.2C(4).
MEET FORMAT	This is a timed final Age Group/Senior, pre-seeded meet unless otherwise indicated. This is a dual meet only.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:00AM	8:00AM	12 & Under
2	Saturday	10:00AM	10:30AM	Senior/Open
3	Saturday	12:30pm	1:30PM	Senior/Open
4	Sunday	7:00AM	8:00AM	12 & Under
5	Sunday	10:00AM	10:30AM	Senior/Open
6	Sunday	12:30pm	1:30PM	Senior/Open

* Subject to change due to actual number of swimmers

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday, January 14th	12:00PM	Entry deadline
Saturday, January 23rd	7:15AM	Official Briefings if otherwise unable to meet virtually
Saturday, January 23rd	7:30AM	Coaches/General Meeting if otherwise unable to meet virtually
Saturday, January 23rd	7:45AM	Timer Briefing if otherwise unable to meet virtually

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.

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 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 to be eligible to compete **There will be no on deck registration available at this meet.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

SFSC 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 SFSC's ability to accommodate all requests.

ENTRIES

Entries need to be submitted in Hy-tek format. 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 (also may be within x hours of receipt of entries, etc.). 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 accept teams/entries in the order received, until the four/eight-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 3 individual events per eligible session, but no more then 6 events/day if swimming in multiple sessions on the same day.

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 (note: no earlier than 10 days prior to the start date of the meet)**. 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: SFSC; All fees are non-refundable	
Individual Event	$3.50 per event; see NCS rules for any restrictions
Relays	$12.00 per relay; see NCS rules for any restrictions
NCS Travel Fund	$3.00 per swimmer, including relay only swimmers
Facility Surcharge	$17 per swimmer, including relay only swimmers
Late Entry Fee	$ double the IE and relay fees listed

SEEDING

The conforming time standard for this meet is short. 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

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 No team or individual scoring will be kept.

AWARDS N/A

RESULTS Results will be posted on SFSC 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 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. **SFSC** 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).

HOSPITALITY/ CONCESSIONS There will be a hospitality area open to all coaches and officials. There will be no concession stand offered at this meet.

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.**

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. SFSC, 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 23rd
Session 1
Warm-up: 7:00AM Meet Start: 8:00AM

Girls/Women	Event	Boys/Men
1	100 Fly 12 & Under	2
3	50 Back 12 & Under	4
5	100 Breast 12 & Under	6
7	50 Free 12 & Under	8
9	100 IM 12 & Under	10

Saturday, January 23rd
Session 2
Warm-up: 10:00AM Meet Start: 10:30AM

11	400 IM Open	12
13	500 Free Open	14

Saturday, January 23rd
Session 3
Warm-up: 12:30PM Meet Start: 1:30PM

Girls/Women	Event	Boys/Men
15	200 Fly Open	16
17	100 Ba Open	18
19	200 Breast Open	20
21	100 Free Open	22

Sunday, January 24th
Session 4
Warm-up: 7:00AM Meet Start: 8:00AM

23	**50 Fly 12 & Under**	**24**
25	**100 Back 12 & Under**	**26**
27	**50 Breast 12 & Under**	**28**
29	**100 Free 12 & Under**	**30**

Sunday, January 24th
Session 5
Warm-up: 10:00AM Meet Start: 10:30AM

31	**200 IM Open**	**32**
33	**1000 Free Open**	**34**

Sunday, January 24th
Session 6
Warm-up: 12:30pm Meet Start: 1:30PM

35	**100 Fly Open**	**36**
37	**200 Back Open**	**38**
39	**100 Breast Open**	**40**
41	**200 Free Open**	**42**

Polar Bear Express Invite 2021
Summary of Fees/Release Form

SFSC
Sasha Kuznezov
607-742-8056
coachsasha@swimfanatics.com
Email to: coachsasha@swimfanatics.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		$3.50 per event	
Relay Entries		$12.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		$20 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. TEAM HOST, FACILITY, 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