14th Annual Bob Pratt Invitational

June 18-20, 2021

Hickory Foundation YMCA
701 First Street NW, Hickory, NC 28601

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC21101

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jon Jolley 828-381-8806 jonj@ymcacv.org	Jon Jolley 701 First Street NW Hickory, NC 28601 828-381-8806 jonj@ymcacv.org
MEET REFEREE	**MEET MARSHAL**
Todd Webber Toddw0312@gmail.com	Hickory Foundation YMCA Lifeguard Staff

CONDITION OF SANCTION

As a condition of this sanction, YSST 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 YSST Meet Plan detailed below.

ASSUMPTION OF RISK DISCLAIMER

YSST 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 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.

FACE COVERINGS

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.

LOCAL PROTOCOLS

There will be a maximum of 250 swimmers per session. Team areas will be designated to ensure social distancing. There will be a maximum of 55 volunteers, coaches, and facility staff on deck – 9 timers, 15 officials, a Colorado Timing Operator, 4 Covid monitors, 2 clerk of course volunteers, 20 coaches, and 5 lifeguards.

ALL SWIMMERS WILL NEED TO BRING THEIR OWN CHAIR TO THE MEET AS WELL AS A ZIPLOC BAG FOR THEIR FACE COVERING.

LOCKER ROOMS/ CHANGING

Locker rooms will be limited to bathroom use only. Showers are closed and swimmers are asked to not change in the locker rooms.

RELAYS & 50 EVENTS

Runners will bring masks to the opposite end of the pool for swimmers participating in the 50- meter individual and 200-meter relay events. For all 50's, masks will be made available for all swimmers under the scoreboard.

ENTRY & EXIT PROCEDURES

The designated entrance for the meet will be through the west side doors of the bathhouse and the designated exit will be through the east side doors of the bathhouse.

SPECTATOR LIMITATIONS

No spectators will be allowed inside the fence. Parents will be able to view the pool and interact with their athletes from anywhere outside the fence. Coaches and volunteer COVID monitors will make sure that parents on deck are volunteering in some capacity. Parents will be able to contact their swimmers through the fence.

PARENTAL ACCESS FOR SAFE SPORT

Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cell phone and arrange to meet them outside the facility. Should parents be unable to contact their child directly, they should see the Meet Director located on the pool deck closest to the door used for entry to the meet. In the event of an emergency, please call and/or text Jon Jolley (828) 381-8806. Restrooms for parents/adults can be utilized in the bathhouse.

HEALTH SCREENING

Entrance to the facility requires health screening questions and/or temperature checks before entering, in accordance with CDC and local health department recommendations.

WARM-UPS

General warm-ups will be split for every session with no more than 14 swimmers per long course lane to be supervised by COVID monitors and coaches. Warm up/Warm down will be available in the indoor 8 lane, 25 yard pool with no more than 6 per lane.

FACILITY

50 meter, 8 lane pool (lanes are 6 feet wide), water depth from 3 ½ feet to 8 feet, with non-turbulent lane markers and KDI Paragon starting blocks. Swimmers 2 and 4 on the 200 relays will start in the water due to the shallow water depth. Colorado 6000 timing system will be used. **There is an additional 9,000 square feet of deck space at the facility.** Warm up/warm down space will be available during the meet at the indoor pool. **The competition course has not been certified in accordance with 104.2.2C(4).**

MEET FORMAT

Open Invitational. All individual events will be pre-seeded.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	3:00 PM	4:00 PM	All
2	Saturday	7:30 AM	8:30 AM	12 & U
3	Saturday	12:30 PM	1:30 PM	13&O
4	Sunday	7:30 AM	8:30 AM	12&U
5	Sunday	12:30 PM	1:30 PM	13&O

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, June 8, 2021	11:59 PM	Entry deadline
Tuesday, June 15, 2021	7:00 PM	Coaches Meeting (Virtual)
Thursday, June 17, 2021	8:00 PM	Officials Meeting (Virtual)

SAFETY

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

RACING STARTS 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.

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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changes are prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS YSST 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 YSST's ability to accommodate all requests.

ENTRIES Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries. Payment in full must be received by the start of the meet. List swimmer's age as of June 18, 2021. YSST entries will be entered first and then accept teams/entries in the order received, until the four hour rule is reached. Meet Management reserves the right to limit the number of participants in the meet.

ENTRY LIMITATIONS Swimmers may swim a maximum of 4 individual events plus 1 relay per day and a total of 10 individual events and 2 relays for the meet.

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 Tuesday, June 8th, 2021 by 11:59 pm. Late entries may be accepted at the discretion of the Meet Director.**

ENTRY FEES

Individual Event	$5.00 per event
Relays	$12.00 per relay
NCS Travel Fund	$3.00 per swimmer, including relay only swimmers
Facility Surcharge	$15.00 per swimmer
Late Entry Fee	$10.00 per individual event and $24.00 per relay

Please make checks payable to YSST

SEEDING The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Meet management reserves the right to combine heats (men & women).

CHECK-IN All individual events will be pre-seeded.

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

SCORING No team or individual scoring will be kept.

AWARDS There will be no awards for this meet.

RESULTS Results will be posted at www.swimysst.org 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 virtual coach/general meeting on Tuesday, June 15th at 7:00 pm. Other meetings may be held at the meet referee's discretion. Coaches are accountable for the information presented. Accordingly, please make sure there is at least one representative from your club in attendance.

OFFICIALS/TIMERS/ VOLUNTEERS There will be a need for officials. YSST 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, and writing utensil.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials.

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. YSST, YMCA of Catawba Valley, 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 Evening Session
Warm-up: 3:00 PM Meet Start: 4:00 PM

Girls/Women	Event	Boys/Men
1	Senior 400 IM	2
3	12 & U 400 Free	4
5	Senior 1500 Free	6

Saturday Morning Session
Warm-up: 7:30 AM Meet Start: 8:30 AM

Girls/Women	Event	Boys/Men
7	8 & U 200 Medley Relay	8
9	10 & U 200 Medley Relay	10
11	12 & U 200 Medley Relay	12
13	10 & U 200 Free	14
15	11-12 200 Free	16
17	8 & U 100 Fly	18
19	9-10 100 Fly	20
21	11-12 100 Fly	22
23	8 & U 50 Breast	24
25	9-10 50 Breast	26
27	11-12 50 Breast	28
29	8 & U 100 Back	30
31	9-10 100 Back	32
33	11-12 100 Back	34
35	8 & U 50 Free	36
37	9-10 50 Free	38
39	11-12 50 Free	40

Saturday Afternoon Session
Warm-up: 12:30 PM Meet Start: 1:30 PM

Girls/Women	Event	Boys/Men
41	14 & U 200 Medley Relay	42
43	Open 200 Medley Relay	44
45	Open 200 Fly	46
47	Open 100 Free	48
49	Open 100 Breast	50
51	Open 200 Back	52
53	Open 400 Free	54

Sunday Morning Session
Warm-up: 7:30 AM Meet Start: 8:30 AM

Girls/Women	Event	Boys/Men
55	8 & U 200 Free Relay	56
57	10 & U 200 Free Relay	58
59	12 & U 200 Free Relay	60
61	10 & U 200 IM	62
63	11-12 200 IM	64
65	8 & U 100 Breast	66
67	9-10 100 Breast	68
69	11-12 100 Breast	70
71	8 & U 50 Back	72
73	9-10 50 Back	74
75	11-12 50 Back	76
77	8 & U 100 Free	78
79	9-10 100 Free	80
81	11-12 100 Free	82
83	8 & U 50 Fly	84
85	9-10 50 Fly	86
87	11-12 50 Fly	88

Sunday Afternoon Session
Warm-up: 12:30 PM Meet Start: 1:30 PM

Girls/Women	Event	Boys/Men
89	14 & U 200 Free Relay	90
91	Open 200 Free Relay	92
93	Open 200 IM	94
95	Open 50 Free	96
97	Open 200 Breast	98
99	Open 100 Back	100
101	Open 200 Free	102
103	Open 100 Fly	104