



**Northern Kentucky Clippers Swimming
Intra-squad Meet
October 23-25
Held under the sanction of USA Swimming
Sanction #: OH-21SC-[xx]**



Location:	Silverlake The Family Place 301 Kenton Lands Rd Erlanger, KY 41018 859-342-4000
Facility:	This meet will compete in a 10 lane x 25 yard pool. Separate warm down lanes are available. Electronic timing system by Daktronics, with a LED scoreboard. The depth at the scoreboard end at 3.5 feet from the wall is 6'8"; at 16.5 feet from the wall is 6'8". The depth at the other end at 3.5 feet from the bulkhead s 6'8" and at 16.5' from the wall is 6'8". The pool has a moveable bulkhead therefore is currently not certified. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i> , Article 104.2.2C(4).
Meet Director:	Mark Koors clippers.swimming@clipperswim.org 859-342-4000
Officials Contact for the Meet:	Jenny Kunkel Clippers.swimming@clipperswim.org 859-342-4000
Entry Chair:	Jenny Kunkel Clippers.swimming@clipperswim.org 859-342-4000
COVID Compliance Officer for Meet	Chad Rehkamp Chad.Rehkamp@clipperswim.org 859-342-4000
Sanction:	In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. As a condition of sanction, Northern Kentucky Clippers Swimming agrees to comply and to enforce all COVID-19 health and safety mandates and guidelines (including face covering, social distancing and mass gatherings) of USA Swimming, Ohio Swimming, the State of Kentucky, local jurisdictions and the Northern Kentucky Clippers Meet Plan detailed in this packet. 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.
Meet Type:	Intrasquad This will be an in-person meet. The meet will be limited to Clippers swimmers only.
Meet Type:	Intrasquad Meet Teams participating in this meet must be able to run a full meet at their pool. This includes providing their own officials, volunteers and equipment needed to run the meet at their pool. Teams will comply with the current state, local, health and USA Swimming guidelines available on the meet date and should meet or exceed all requirements in their facility during the meet. It is not the host team's responsibility to ensure each team is following the state, local, health and USA Swimming guidelines. The meet will be limited to Clippers swimmers only teams. Clippers will have a limited number of swimmers not to exceed the facility capacity listed in this meet announcement.

Disclaimers

Northern Kentucky Clippers has taken enhanced health and safety measures for you, our other guests, volunteers, and our athletes. Everyone must follow all posted instructions while attending this meet.

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 Ohio 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 herewith.

Organization Regulations/Waivers

<p>USA Swimming Rules</p>	<ul style="list-style-type: none"> • At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. • Any swimmer entered in the meet <u>must</u> 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 the 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. • The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. • Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices. • 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. • Flash photography is not permitted at the start of any race. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
<p>Technical Suit Ban</p>	<p>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:</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.
<p>Ohio State Laws that are applicable to Ohio Swimming sanctioned events</p>	<ul style="list-style-type: none"> • Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at www.swimohio.com under Safe Sport>Concussion. • There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.
<p>COVID-19 Information</p>	<ul style="list-style-type: none"> • Avoid getting closer than six (6) feet to anyone coughing or sneezing. • Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer that has 60-95% alcohol. • Avoid touching your eyes, nose, and mouth. • Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue in the trash then wash your hands. • Stay home if you are sick, and away from the pool and from fellow team members. • 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.

Organization Regulations/Waivers	
Waiver/Release	<p>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.</p> <p>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 OSI 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.</p>

Entering the Meet	
Eligibility:	<ul style="list-style-type: none"> • All contestants must be currently registered USA Swimming members. Registrations will not be accepted at the meet. • All adult athletes must hold current Athlete Protection Training certification. • Age on the first day of the meet will determine age for the entire meet. • There are no qualifying times required for this meet.
Disability Swimmers:	<ul style="list-style-type: none"> • Ohio Swimming welcomes swimmers with a disability. • Entry Procedures: <ol style="list-style-type: none"> 1. Enter the USA-S swimmers with a disability electronically or on the paper entry form. 2. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. 3. List in the email with the electronic entry (or on the paper entry) the swimmer's name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions. • Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats. • See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).
Entry Limits Entry Fees:	<ul style="list-style-type: none"> • Swimmers may swim a maximum of 3 individual events per day. • \$3.50 per individual event. • \$5.00 OH LSC surcharge per swimmer.
Entry Procedures:	<ul style="list-style-type: none"> • Deadline for receipt of entries is October 19th, 2020 • Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). • Unattached swimmers (not with a team) are encouraged to use Hytek's TM Lite for entry submission. Entries not completed through a team software are subject to a \$25/swimmer surcharge. These fees are due at the time of the entry submission. • Send entries via email to: N/A • Please include the names of any Outreach swimmers in the email. • Checks should be made payable to: N/A • "No Time" (NT) entries will be accepted. • The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
Warm-up and Safety Guidelines:	<ul style="list-style-type: none"> • The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet. • Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees). • Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool deck. • Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet. • No spectators allowed on deck.

Entering the Meet	
Competition Guidelines:	<ul style="list-style-type: none"> This meet will be a timed finals meet. This meet will be contested in SCY This meet will be pre-seeded. No deck entries will be accepted at the meet. No Clerk of Course will be available for 8 & Under events.
Awards:	<ul style="list-style-type: none"> Awards will only be given to Clippers swimmers 12 & younger after results are processed. Individual Ribbons to 1st -12th places. Finals results will be posted on Clippers website. www.clipper swim.org
General:	Heat sheets will be posted on the meet page on the Clippers website. www.clipper swim.org Bottled water and sandwiches will be provided to officials and coaches.

Facility Information	
Facility Rules and Policies:	All participants, volunteers, and spectators must enter through Silverlake's front doors and must get their temperature taken.
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 Marshals.
Facility Capacity	<p>Due to the current COVID-19 environment and limited pool deck space at Silverlake, Clippers are limiting spectators to one spectator per family in the bleachers. We will continuously monitor the evolving guidelines pertaining to group size as it relates to COVID-19 and guidelines from various local and state agencies.</p> <p>SPECTATORS: The maximum number of spectators gathered at this indoor sports venue is 50</p> <p>POOL DECK: Planned total number of people on the pool deck area per session will not exceed 50 people and will be distributed as follows: Swimmers: 25 Coaches: 4 Officials: 7 (includes deck officials and AO/scoring table personnel) Volunteers on the pool deck: 9 timers / 1 runners / 2 safety marshals Lifeguards: 1</p>

COVID Procedures / Information	
Specific COVID Protocols for this Meet	<p><u>Mask/Cloth Face Covering Wearing Requirements:</u> Masks/cloth face coverings will be mandatory for all participants. Participants are defined as swimmers, coaches, officials, volunteers, and all other applicable adults as defined by MAAPP. Everyone must wear a mask/face covering for the duration of the meet.</p> <p>Swimmers only have an exception during the swim cycle. The 'swim cycle' is defined as the time period beginning with the swimmer being called for their warmup or race until their warmup/race/cool down has ended. Swimmers must wear their mask/cloth face covering when not swimming.</p> <p>Clippers staff will help monitor the number of people on the pool deck throughout the meet and help direct traffic from the entrance to the pool area and then to the exit upon the conclusion of the meet.</p>
Entry and Exit Procedures and Health Screening	<p>Ingress into the facility must include checking in and getting participants' temperatures. No person shall be admitted with a temperature over 100.0F</p> <p>Volunteers, coaches, officials and athletes will be required to wear a mask at all times while inside the building. All volunteers, coaches, officials and athletes will be required to answer health questions, take a temperature screening which will happen at the front desk as members check-in before they enter the pool area.</p> <p>Safety Marshal will be responsible for monitoring all safety procedures.</p>
Athlete Seating Areas	Athletes will be seated in the spectator bleachers and in bleachers placed on deck.
Swimmer Limitations and	<p>DURING RACES: Swimmers will put items in a basket behind the lane with your lane number and then be staged on the back wall</p>

COVID Procedures / Information**Protocols**

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 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. 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.

Locker rooms will be available for changing before or after the meet. However, benches and lockers are off limits.

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. Masks may be removed before swimming but must put them on again once they exit the water.

Athletes are expected to maintain proper distancing at all times.

Spectator Limitations and Protocols

Safety Marshal will have primary responsibility for maintaining guidelines.

Restrooms are available for spectators. Benches and lockers are off limits

Spectators will be seated in the spectator bleachers nearest to the scoreboard wall.

THESE PROTOCOLS 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 [Host 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 and Safe Sport Considerations to Athletes

The Meet Safety Marshal as well as the Northern Kentucky Clippers Safe Sport/COVID Coordinator will provide oversight for this.

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, the parent may be escorted to the child.

Clippers will encourage parents to volunteer during the swim meet to reduce the number of people in the facility.

Clippers may provide a live stream so parents will have access to and/or opportunity to observe their swimmer.

Details will be posted on the meet page.

Session 1 – Friday afternoon 13 & Over Girls

101	13 & over girls	200 IM
103	13 & over girls	100 freestyle
105	13 & over girls	200 butterfly
107	13 & over girls	100 breaststroke
109	13 & over girls	200 backstroke
111	13 & over girls	500 freestyle

Session 2 – Friday Evening 13 & over boys

102	13 & over boys	200 IM
104	13 & over boys	100 freestyle
106	13 & over boys	200 butterfly
108	13 & over boys	100 breaststroke
110	13 & over boys	200 backstroke
112	13 & over boys	500 freestyle

Session 3 – Saturday Morning 11 & Over GIRLS

201	11-12	200 IM
203	13 & over	100 backstroke
205	11-12	100 freestyle
207	13 & over	200 freestyle
209	11-12	200 butterfly
211	13 & over	100 butterfly
213	11-12	100 breaststroke
215	13 & over	200 breaststroke
217	11-12	200 backstroke
219	13 & over	50 freestyle
221	11-12	500 freestyle
223	13 & over	400 IM

Session 4 – Saturday Afternoon 11 & Over BOYS

202	11-12	200 IM
204	13 & over	100 backstroke
206	11-12	100 freestyle
208	13 & over	200 freestyle
210	11-12	200 butterfly
212	13 & over	100 butterfly
214	11-12	100 breaststroke
216	13 & over	200 breaststroke
218	11-12	200 backstroke
220	13 & over	50 freestyle
222	11-12	500 freestyle
224	13 & over	400 IM

Session 5 – Saturday Evening 10 & Under BOYS and GIRLS

225	10 & under girls	50 freestyle
226	10 & under boys	50 freestyle
227	10 & under girls	50 butterfly
228	10 & under boys	50 butterfly
229	10 & under girls	100 IM
230	10 & under boys	100 IM
231	10 & under girls	50 breaststroke
232	10 & under boys	50 breaststroke
233	10 & under girls	50 backstroke
234	10 & under boys	50 backstroke

Session 6 – Sunday Morning 11 -12 BOYS and GIRLS

301	11-12 girls	100 backstroke
302	11-12 boys	100 backstroke
303	11-12 girls	200 freestyle
304	11-12 boys	200 freestyle
305	11-12 girls	100 butterfly
306	11-12 boys	100 butterfly
307	11-12 girls	200 breaststroke
308	11-12 boys	200 breaststroke
309	11-12 girls	50 freestyle
310	11-12 boys	50 freestyle
311	11-12 girls	400 IM
312	11-12 boys	400 IM

Session 7 – Sunday Morning 10 & Under BOYS and GIRLS

313	10 & under girls	100 freestyle
314	10 & under boys	100 freestyle
315	8 & under girls	25 freestyle
316	8 & under boys	25 freestyle
317	10 & under girls	100 breaststroke
318	10 & under boys	100 breaststroke
319	8 & under girls	25 breaststroke
320	8 & under boys	25 breaststroke
321	10 & under girls	100 backstroke
322	10 & under boys	100 backstroke
323	8 & under girls	25 backstroke
324	8 & under boys	25 backstroke
325	10 & under girls	100 butterfly
326	10 & under boys	100 butterfly
327	8 & under girls	25 butterfly
328	8 & under boys	25 butterfly

*** SEE OUR WEB PAGE: WWW.CLIPPERSWIM.ORG ***

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