



ARENA Winter Championships

HOSTED BY Lakeside Aquatic Club

December 11-13, 2020

Sanctioned by USA Swimming through NT.

In granting this sanction and by any person's participation in the meet it is understood and agreed that USA Swimming, inc., North Texas swimming, inc., all meet officials, LISD, (Lewisville Westside Aquatic Center) shall be free from any and all liabilities or any claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet.

Sanction # NT 093-20

COVID-19

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.

Every club planning to host or attend this competition must develop a "Return to Competition" plan, and hosts must include this plan with their sanction application. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult usaswimming.org and/or your LSC. To address circumstances related to COVID-19, the supplemental "Return to Competition" document to the meet sanction request must include:

- A. A statement of the local protocols and requirements;
- B. The plan for spectator ingress and egress;
- C. The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.;
- D. Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child; and
- E. An attestation statement in which the meet host attests that the conduct of the meet will adhere to local jurisdictional guidelines.



- Location:** Lewisville ISD Westside Aquatic Center (WAC)
1750 Duncan Lane
Lewisville, TX 75067
- Facility:** 1 - 8 lane course for competition and at least 16 lanes available for pre meet warm up. Colorado timing system, Hy-Tek Meet Manager Software and 2 scoreboards will be utilized.
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and the turn end is 8 feet, 6 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Deck Changes:** Deck changes are prohibited.
- Date:** December 11 – 13, 2020.
- Eligibility:** This competition is open to all **invited** Premium or Outreach USA Swimming member-athletes who have achieved the published time standards. Swimmers who are 18 or under as of December 1, 2020 will be eligible for and may be included in the *2020 USA Swimming 18-Under Winter Championships*.
- Entry Deadline:** All entries shall be received, not later than 11:59PM Mountain Time, December 1, 2020.
- Qualifying Period:** The qualifying period for this competition is November 1, 2018 through November 30, 2020.
- Format:** All events will be Short Course Yards (SCY). Prelims will be run slowest to fastest, except the 1650 Free (see 'Distance event' for more info). There is a limit of 300 swimmers per session.
- Rules and Safe Sport Information:** USA Swimming Rules and Regulations will govern the conduct of these Championships. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all information contained here within.

All persons expecting to receive access to the pool deck must be prepared to show a current USA Swimming membership card (Deck Pass is acceptable proof of USA Swimming membership). Information regarding the APT course and the background check is available online at usaswimming.org/protect. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents and must have successfully passed the required background check and APT Course. Coaches must display their coach membership card while on deck.

No swimmer will be permitted to compete unless he/she is a member as provided in Article 302. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with these requirements.

No swimmer will be allowed on deck without a coach member present. If the home club coach is not planning to attend event, swimmer must be assigned a supervising coach. If a swimmer



arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

Adult athletes (18 and older) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their Deck Pass account prior to competing. Times achieved by an adult athlete who competes without completing this membership requirement will NOT count for qualification or recognition in individual events or relays

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

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 the backstroke ledge. A racing start includes all forward starts from the block or deck, and any backstroke start, including the use of ledges. 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.



Entry Process:

All entry times submitted for this competition must be from official USA Swimming sanctioned, observed, or approved competitions and must be provable. Entries will be entered via the OME

All event entry questions should be directed to the Administrative Referee or Meet Director. Specific questions regarding OME can be addressed to Macie McNichols at mmcnichols@usaswimming.org (719-351-6511) and Bryan Welter at bryan.welter@swimlac.org.

- Enter the 2020 ARENA Winter Championships online at usaswimming.org/ome beginning 10:00 a.m. Mountain Time Tuesday, November 17, 2020 and no later than 11:59 p.m. Mountain Time, Tuesday, December 1, 2020 provided the entry cap has not been reached.
- Once entry closes absolutely no changes, additions, deletions, or anything else.
- All entries must be finalized and paid for by Tuesday December 1, 2020 11:59 p.m. Mountain Time.
- You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be provided.
- OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet (just in case).
- COVID-19, USA Swimming Waiver and Release Forms, and Therapeutic Use Exemption Forms will automatically be sent to you via email after the entry deadline. Make copies as needed for each swimmer. Additionally, a parent or legal guardian must sign form if swimmer is under the age of majority in his/her home state. Please complete these forms and email to the Meet Director (i.e. do not mail to USA Swimming).

Automatic Proven Times:

If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

Times from all college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends.

Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

Responsibility Clause:

The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the Corporation for each such time entered, unless absolved of the fine by USA Swimming or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.



Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.

Appeal of fines are to be made to USA Swimming and/or Board of Review. Any appeal of the decision of USA Swimming shall be in accordance with the provisions of Part Four, specifically Article 407.

Meet Format:

- This meet will be run chase start format out of 1 pool. Odd heats will start from the east side of the competition pool, even heats will start from the west/bulkhead side of the competition pool.
- All heats will be run slowest to fastest, except the 400 IM, 500 Free, & 1650 Free (see 'Distance events' for more info).
- Prelim/Finals for all events, except 1650 Free which will be Timed Finals.
- Finals will bring Top 32 from prelim session. Finals heats will be swum during finals as D, C, B, A.
- B, C, & D Finals will be 18 & U only.
- All prelim heats and finals heats will be staged. Swimmers should report to staging area at least 3 heats before they swim.
- Prelim Session will be run in A & B flights if we have more than 300 swimmers in the meet.
- If we run A & B flights, there will be a 30 min cleaning break beginning at the end of A flight. After the 30 min break, B flight entry into facility will begin.
- If we run A & B flights, swimmers will only be allowed into their flight session. They may not come into facility if they are not in that session.
- Prelim sessions will be run as chase starts, split odd heats / even heats. Each side will have separate staging area.
- Only swimmers competing in the finals session and 1st & 2nd alternates will be allowed into the facility at night.
- Each prelim session will have general warm up sessions approximately 30-45min depending on the number of warm up groups we may need to run to accommodate numbers. Teams will be assigned lanes, based on the facilities policy of 6 swimmers per lane max.
- After general warm up sessions are run, there will be at least 15 minutes of pace and start lanes in the competition pool prior to the start of the meet.

Lakeside Aquatic Club reserves the right to change the amount of lanes used in competition pool, update meet start times, update meet warm up times, add in necessary breaks to allow for rest, and any changes necessary to accommodate the size of the meet, including but not limited to; flyover starts, chase starts, change of warm-up sessions depending on meet size, etc.

Schedule and Order of Events:	Friday December 11	Prelims:	Warm up: 7:15am	Meet: 9:00am
		Finals:	Warm up: 4:30pm	Meet: 6:00pm
	200 Free			
	100 Breast			
	100 Fly			
	400 IM			
	Saturday December 12	Prelim:	Warm up: 7:15am	Meet: 9:00am
		Final:	Warm up: 4:30pm	Meet: 6:00pm
	200 Fly			
	50 Free			
	100 Back			
	200 Breast			
	500 Free			



Sunday December 13 Prelim: Warm up: 7:15am Meet: 9:00am
Final: Warm up: 4:30pm Meet: 6:00pm
1650 Free (Timed Final only)
200 IM
200 Back
100 Free

Distance Events:

Swimmers may qualify for the 1650 events using the 1500/1650 time standards or the 800/1000 time standards.

- 1650 swum as timed finals.
- 1650 will have top 8 girls and top 8 boys that elect to swim PM will swim at finals. When checking in, swimmers must elect either AM or PM.
- All others will swim following their flight session. Alternating 1 heat girls, 1 heat boys, fastest to slowest.
- Positive check in for the 1650 free will be 7:00pm on Saturday December 12, 2020.

Swimmers in the 400 IM & 500 Free will be seeded as follows in each prelim flight/session

- Top 3 heats of girls in that session, (only the top 2 heats in the A flight will be circle seeded, Top 3 heats in B flight as normally seeded) and swum fastest to slowest, then top 3 heats of boys in that session, (only the top 2 heats in the A flight will be circle seeded, Top 3 heats in B flight as normally seeded) and swum fastest to slowest, then all remaining heats alternating 1 girls heat, 1 boys heat until done.

Lap Counters:

Athletes must provide their own lap counters, who must be another athlete competing in the meet at that session or a coach in the meet.

Technical Meeting:

There will be a coaches' meeting on Thursday December 10th, 2020. Information will be sent out or posted on LAC website, by December 7th, 2020.

Meet

Director(s): Tony Arbogast, Tony.arbogast@swimlac.org

Officials:

Meet Referee: Karen Rourke swim.tex@verizon.net
Starter: Sharon McGrath
Stroke & Turn Officials: Nick Disibio, Kim Johnson
Admin Referee: Gloria Schuldt gloria_schuldt@att.net
Head Safety Marshall: Bryan Welter
Club Safe Sport Chair: Jon Sakovich

Entry Limits:

No more than 3 events per day.

Bonus Events:

For this meet there will be bonus cuts for 18 & U swimmers only, in this format.
1 cut = 2 bonus swims
2 cut = 1 bonus swims
3 or more cuts = 0 bonus swims

There are no qualifying standards for bonus swims. Bonus swims can only be 200 & below events.

Entry Fees:



\$10.00 per individual event. \$40 surcharge per swimmer, \$3.00 of the surcharge will go to North Texas Swimming. After December 1, 2020 at 11:59 p.m. Mountain Time, no refunds will be given for any reason.

Coaches Deck Passes: \$25 for coaches deck passes. Each coach must be in good standing with USA Swimming. Each coach is required to have a pass or they will not be allowed access to the facility.

Scratches: Prelims:
Scratches prior to the seeding of heats shall be confirmed at the Clerk of Course

Scratch Deadlines:
Friday December 11th Events: Thursday December 10th – 30 minutes after coaches meeting at Clerk of Course table or emailed to admin referee, gloria_schuldt@att.net, by deadline.

Saturday December 12th Events: Friday December 11th 6:30pm
Sunday December 13th Events: Saturday December 12th 6:30pm

Any swimmer who fails to swim in a preliminary event who has not properly scratched from the event as described above will be fined \$20.00 to the Clerk of Course. There is no event penalty, however the swimmer may not compete in subsequent events until the fine is paid. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet.

Finals:
Any swimmer who competes and is one of the fastest thirty-two (32) swimmers in prelims must swim A, B, C, & D finals (B, C, & D are 18 & Under only), or declare their possible intention to scratch to the Clerk of Course table within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their intentions within 30minutes of their last individual preliminary event. "Failure to swim" will result in the swimmer being fined \$30.00 cash. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet. If fine is not paid prior to the scratch deadline that evening the swimmer can only be seeded in events where there is an open lane. If there is no open lane, the swimmer will be scratched from that event. In the case of missing a Sunday night final, the \$30.00 is still required to be paid.

A swimmer not in the originally announced or posted in the 32 swimmers, who is seeded in a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final.

Seeding: For these Championships, the seeding order is:

1. Short Course Yards (SCY)
2. Short Course Meters (SCM)
3. Long Course Meters (LCM)
4. Non-conforming SCY (1650 Freestyle events)
5. Non-conforming LCM (1650 Freestyle events)

Altitude Adjustments: Where applicable, the following altitude adjustments may be used for qualification and seeding into the Championships, however altitude adjustments cannot be used to adjust results for the competition.

Event Distance	3,000-4,250 Feet	4,251-6,500 Feet	Above 6,500 Feet
200	0.50 Seconds	1.20 Seconds	1.60 Seconds
400 or 500	2.50 Seconds	5.00 Seconds	7.00 Seconds



800 or 1000	5.00 Seconds	10.00 Seconds	15.00 Seconds
1500 or 1650	11.0 Seconds	23.00 Seconds	32.50 Seconds

Subtract the time indicated above from the actual time achieved at altitude. This is the time that may be used for qualification and seeding. Information relative to the adjustment accompanying the entry must include name of swimmer, event, date of performance, elevation location, actual time, corrected time, and signature of coach.

Pool hours and warm-up procedures:

Thursday December 10, the pool is open for warm up between 9:00am – 2:00pm (these times may change based on Thursday’s Time Trial). Teams must contact Tom Cyprus, tom.cyprus@swimlac.org in order to reserve space in the pool that day. The pool will not be available any other days except for normal meet warm up and competition.

Awards:

Top 8 swimmers in the A final will receive awards in an awards ceremony immediately following their A finals heat. The 1650 will be awarded based on overall top 8 from the meet.

Top 3 teams, male, female, & combined, will receive an award.
Male & female high point winners will receive an award.

Scoring:

Scoring will be on a sixteen (16) place basis with individual events scored 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.

Spectator Info:

There will be no spectators allowed in the facility.

All sessions will be livestreamed. Livestream info will be posted on ARENA Winter Championships meet page on www.swimlac.org website.

Swimmers with Disabilities:

Please inform the Meet Referee of any swimmers needing additional accommodations prior to the start of each session.

Timing System:

Colorado timing system, Hy-Tek Meet Manager Software and 1 scoreboard will be utilized.

Additional Information:

See ARENA Winter Championships safety plan & additional info.



2020 ★ 18 & UNDER
WINTER
CHAMPIONSHIPS

TIME STANDARDS

2020 USA SWIMMING 18 & UNDER WINTER CHAMPIONSHIPS

SCY	GIRLS		EVENT	BOYS		
	SCM	LCM		SCM	LCM	
24.39	27.29	27.69	50 FR	21.69	24.69	25.19
52.69	59.49	59.99	100 FR	46.99	53.39	54.39
1:53.79	2:07.99	2:09.09	200 FR	1:42.89	1:56.79	1:59.29
5:06.59	4:29.39	4:31.49	400/500 FR	4:39.89	4:08.79	4:12.49
10:26.69	9:18.39	9:19.39	800/1000 FR	9:40.09	8:39.79	8:45.99
17:24.79	17:48.89	17:50.79	1500/1650 FR	16:15.19	16:37.19	16:48.99
58.69	1:06.39	1:07.59	100 BK	52.69	59.59	1:01.49
2:06.29	2:23.59	2:25.49	200 BK	1:53.99	2:09.89	2:13.29
1:06.69	1:15.89	1:16.79	100 BR	59.29	1:08.49	1:09.39
2:24.19	2:42.79	2:45.09	200 BR	2:09.89	2:27.09	2:30.59
58.09	1:05.29	1:05.39	100 FL	51.69	58.79	58.99
2:06.69	2:22.99	2:23.39	200 FL	1:54.89	2:09.39	2:11.49
2:09.59	2:25.99	2:27.89	200 IM	1:56.29	2:11.29	2:14.19
4:33.49	5:07.69	5:10.39	400 IM	4:10.09	4:39.59	4:45.29

Qualifying period is November 1, 2018 through November 30, 2020

Hosts may opt to allow slower time standards to meet local needs; however, only results for swimmers that have achieved the published time standards will be included in the competition results