

**City of Plano Swimmers
COPS/ESP/Select Tri-Meet
December 18-20, 2020**

Sanction #: NT 094-20
Held under the sanction of USA Swimming by North Texas Swimming, Inc.

MAAPP: 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.

APT: 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.

Venue: The meet will be held at Rowlinson Natatorium, 1712 Ave. P, Plano, Tx 75074. This pool is on the physical campus of Williams High School, but is operated by the City of Plano Parks and Recreation Department. Parking is available on the north and south sides of the pool.

Facility: The facility is a 6 lane 25-yard pool. The starting end of the pool is 4.0 feet in depth and the turn in is 9.0 feet in depth. The pool is equipped with Kieffer Wave Breaker Lane lines. Colorado timing system and Hy-Tek meet manager will be utilized (primary timing system to touchpad with one button time and one stop watch time as backups.)

Facility will be limited to 100 attendees including swimmers, coaches, officials and essential volunteers. Parents will not be allowed on deck

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is 4.0 feet, at the start end and the turn end is 9.0 feet, measured for a distance of 1.0 meter to 5.0 meters from both end walls.

Course Certification: The competition course has not been certified in accordance with 104.2.2C(4).

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 NORTH TEXAS 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Guidelines: Conditions of Sanction: As a condition of this sanction, COPS, ESP and SELECT 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 Texas Swimming, the State of Texas, local jurisdictions, and the COPS Meet Plan detailed below. The competition as stated is in compliance with the State of Texas Executive Order 29, the Governors order GA-23 Phase 2 requirements and all county and City requirements. <https://open.texas.gov/>

COVID 19 Protocol: [Link](#)

COVID 19 Meet Procedure: [Link](#)

Rowlinson Pool Meet Procedures
City of Plano Swimmers

PRE-MEET AT HOME

1. Parental Responsibility (Daily)
 - a. Check swimmer's health prior to leaving for meet. If the swimmer has a temperature of 99.6 or higher, the swimmer should not attend meet.
 - b. Make sure you use the bathroom immediately prior to leaving your house
 - c. Coaches will follow the same protocols each day. Each coach will have their temperature taken each day and if it is above 99.6 he/she will not be allowed to attend the meet.
 - d. Coaches will wear a face mask prior to the swimmers entering the water. Once the swimmers are in the water the coach has the option to remove the mask, but must put it back on if they are within 6 feet of another person and at the end of the meet.
2. Swimmer Drop Off (Pool will open 10 minutes prior to start of warm-up- or after all swimmers from previous session have exited)
 - a. The parking lot directly south of the pool will be the designated drop off point for swimmers. The driver should go to the southernmost entrance of that lot (right before the stop sign), turn left into the lot and proceed to the curb that is nearest the pool and leading to an exit. If the waiting line exceeds the limits of the south parking lot drivers should not block the 4 way stop, but extend the line down 17th Street.
 - b. The swimmer will walk down the side walk to the pool entrance.
 - c. The parent will not be allowed to enter the pool area, so they may leave or drive to the far north parking lot of the Williams High and wait there for their swimmer to finish the meet
 - d. The parent may walk the child to the entrance area. They will need to park in the far North Parking lot of Williams High School and then walk the swimmer to the entrance area. The far north lot is not the parking spaces in front of the pool.
3. Pool Entrance Area
 - a. All swimmers will be asked a series of questions concerning their health. (See attached handout)
 - b. The swimmers should all be wearing a protective face mask at all times unless they are swimming.
 - c. The swimmers will be allowed to bring one swim bag into the pool area. The swimmer should have their swim suit on prior to arriving at the pool, goggles, cap, towel, inhaler, and water bottle. The swimmers should have their name on all equipment and there will be no sharing of equipment.
 - d. No chairs allowed. (Host team will set up chairs in each team's sitting area)
 - e. The swimmers will be asked to social distance by staying 6 feet apart while waiting.
4. Warm-up Procedures
 - a. The swimmers will need to always be aware of their lane position. The entire warm-up will be geared around that lane position being their starting point for each swim.
 - b. The coach will begin warm-up with a mask on and as warm-up starts when the coach is more than 6 feet away from any other person, the coach may lower the mask if that aids in communication with the group.
 - c. The pool's maximum capacity for warm-up will be 24 swimmers (4 swimmers per lane).
5. Conclusion of Meet
 - a. Swimmers should quickly dry off and exit the pool. Locker rooms and showers will not be used during this time.
 - b. Only after previous group has vacated the pool will the next session be admitted.
6. Swimmer Pick up
 - a. Parents should park in the far north parking lot of Williams High School. The parent may walk to the entry point of the pool and pick up their child. Another option is to have the child walk down the sidewalk to the north parking area.
 - b. Parents should plan on being on time to pick the swimmer up as they will have to wait outside the pool area.
 - c. Parents should diligently work at being punctual as the entire system hinges on everyone functioning in a timely manner.
7. If your child becomes ill (any nature of illness) after meet, please notify the COPS office. Should the child have contracted COVID 19 the COPS staff will examine who was within 6 feet of the child and make proper notification.

SAFE SPORT: Though parents will not be allowed inside the pool area. Parents will have the opportunity to watch the meet from outside the pool through the large viewing window. Parents needing access to their child may ask a COPS employee at the front desk for assistance.

COPS is also working on live streaming this event to give parents or guardians an opportunity to watch their athletes compete. We will communicate with coaches if such an opportunity is available.

Sanction: This meet has been sanctioned by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2020/21 with USA Swimming by the meet start date.

North Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability: 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, CITY OF PLANO, ROWLINSON NATATORIUM 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.

Damage to a facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's team, if attached, to be held accountable for repairs.

COVID-19: We have taken enhanced health and safety measures – for you, our employees, swimmers, and members of North Texas Swimming. You must follow all posted instructions while participating in the meet at Rowlinson Natatorium. 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 guests with underlying medical conditions are especially vulnerable. By participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently (2020/21) registered with USA Swimming. **All Coaches are required to complete the USADA Coaching Advantage and all officials and coaches are to have completed Concussion Protocol Training.** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their USA Swimming ID Card or Deck Pass as proof of their registration to the Meet Director or designee at any time. Swimmers who **1)** late enter when possible; **2)** need to be late-entered because of clerical errors by the entering team or the meet host; or **3)** are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming ID card or Deck Pass (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: Meet will be pre-seeded. This will be a timed finals event. Heats will be swum slow to fast. **Teams will be limited to 20 athletes per session.**

Qualifying

Times: There will be no qualifying times.

Age Up Date: The age of the swimmer will be his/her age on December 18, 2020

Restrictions: Athletes will be allowed to compete in a maximum of 4 events offered during their age-group designated session.

Entry

Deadline: entries shall be received, not later than 6:00PM Central Time, on Thursday December 10th, 2020

Entry

Procedures: All entries must be on Hy-Tek Meet Manager
Entries Chair: Rodrigo Pereira rodrigo@planoswimming.org
Make checks payable to: City of Plano Swimmers and hand deliver to the meet.

Entry Fees: Each swimmer will pay a \$30.00 entry fee, which includes the \$3.00 North Texas surcharge.

Deck Entries: No Deck Entries allowed.

Meet Staff: **Meet Referee:** Stephanie Minervini (apprentice Bryce Leach)
Starter: Roji Samaniego
Stroke & Turn Officials: Christy Maycock / Jennifer Chandler
Admin Official: Aimin Tang
Meet Director: Rodrigo Pereira – (972) 398-7946
Head Safety Marshall: Justin Bilgri
Club Safe Sport Chair: Madeline Wyatt

Cell Phone

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

Drone

Restrictions: 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.

Unaccompanied

Swimmers: 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.

**Swimmer
Photographs
and Videos:**

By entering into this competition, you agree to be videoed for the purpose of live streaming during the meet for parents and family to observe the competition outside of the venue

Deck

Changing: Deck changes are prohibited.

Swimmers with

Disabilities: Coaches and or swimmers are responsible for notifying the meet referee of any disability prior to the completion and for providing their own assistant or equipment. However, coaches/swimmers may contact the meet director at least 2 weeks in advance of the meet to reserve proper equipment. In any meet sanctioned or approved by North Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105.

Officials:

All currently (2020/21) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2020/21 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming. Please contact the meet referee at least 7 days before the meet if you are interested in participating. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments.

Timers:

The host team will provide timers for this meet.

Awards:

No awards will be given.

Daily**Schedule:**

Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template.

Warm-up details will be send to coaches no later than Wednesday December 16th. Please note that these start times are meet host best estimates. Meet host holds the right to modifying warm-up/start times after entries are received and a meet timeline is established.

Order of Events

Distances are in (SC yards)

Friday: December 18, 2020

Session 1: Warm up: COPS 4:00-4:20 pm ESP 4:20-4:40 pm Select 4:40-5:00 pm Meet Start: 5:10 pm
Maximum of 20 Swimmers per session (10 girls/10 boys) per team.

Girls Events	Description	Boys Event
1	13-14 200 Fly	2
3	13-14 50 Free	4
5	13-14 100 back	6
7	13-14 200 Breaststroke	8
9	13-14 200 Free	10

Session 2: Warm up: COPS 6:40-7:00 pm ESP 7:00-7:20 pm Select 7:20-7:40 pm Meet Start: 7:45 pm
Maximum of 20 Swimmers per session (10 girls/10 boys) per team.

Girls Events	Description	Boys Event
11	15 and over 200 Fly	12
13	15 and over 50 Free	14
15	15 and over 100 back	16
17	15 and over 200 Breaststroke	18
19	15 and over 200 Free	20

Saturday December 19, 2020

Session 3: Warm up: COPS 10:00-10:20 am ESP 10:20-10:40 am Select 10:40-11:00 am Meet Start: 11:10 pm
Maximum of 20 Swimmers per session (10 girls/10 boys) per team.

Girls Events	Description	Boys Event
21	10 & Under 50 Free	22
23	10 & Under 100 Breaststroke	24
25	10 & Under 50 back	26
27	10 & Under 50 Fly	28
29	10 and under 200 IM	30

Session 4: Warm up: COPS 1:20-1:40 pm ESP 1:40-2:00 pm Select 2:00-2:20 pm Meet Start: 2:30 pm
Maximum of 20 Swimmers per session (10 girls/10 boys) per team

Girls Events	Description	Boys Event
31	11-12 50 Free	32
33	11-12 100 Breaststroke	34
35	11-12 50 back	36
37	11-12 50 Fly	38
39	11-12 200 IM	40

Session 5: Warm up: COPS 4:20-4:40 pm ESP 4:40-5:00 pm Select 5:00-5:20 pm Meet Start: 5:30 pm
Maximum of 20 Swimmers per session (10 girls/10 boys) per team

Girls Event	Description	Boys Event
41	13-14 100 Free	42
43	13-14 200 back	44
45	13-14 100 breaststroke	46
47	13-14 100 Fly	48
49	13-14 200 IM	50

Session 6: Warm up: COPS 7:10-7:30 pm ESP 7:30-7:50 pm Select 7:50-8:10 pm Meet Start: 8:15 pm
Maximum of 20 Swimmers per session (10 girls/10 boys) per team

Girls Event	Description	Boys Event
51	15 & Over 100 Free	52
53	15 & Over 200 back	54
55	15 & Over 100 breaststroke	56
57	15 & Over 100 Fly	58
59	15 & Over 200 IM	60

Sunday November 15, 2020

Session 7: Warm up: COPS 7:00-7:20 am ESP 7:20-7:40 am Select 7:40-8:00 am Meet Start: 8:10 am
Maximum of 20 Swimmers per session (10 girls/10 boys) per team

Girls Event	Description	Boys Event
61	11-12 100 Free	62
63	11-12 50 breaststroke	64
65	11-12 100 back	66
67	11-12 100 Fly	68
69	11-12 100 IM	70

Session 8: Warm up: COPS 10:00-10:20 am ESP 10:20-10:40 pm Select 10:40-11:00 pm Meet Start: 11:10 am
Maximum of 20 Swimmers per session (10 girls/10 boys) per team

Girls Event	Description	Boys Event
71	10 and under 100 Free	72
73	10 and under 50 breaststroke	74
75	10 and under 100 back	76
77	10 and under 100 Fly	78
79	10 and under 100 IM	80

NORTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures
 - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
 - b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
 - c. Dive sprints may be done only under the direct supervision of the coach.
- II. Open Warm-up Procedures

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
10 Lanes	1 and 10	2 and 9	3 through 8
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first half of the assigned warm-up time shall be general warm-up for all lanes.
 - b. Push/Pace lanes will push off one or two lengths from starting end.
 - c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times—one way only.
 - d. Dive sprints may only be done under the direct supervision of the coach.
 - e. There will be no diving in the general warm-up lanes—circle swimming only.
- III. Safety Guidelines
- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
 - b. The host team will be responsible for the following:
 1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 2. Marshals will have the authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these procedures.
 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "North Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.