

**Elite Swim Program**  
**ESP Senior Sprint Classic**  
August 16, 2020

**Sanction #:** NT 042-20  
Held under the sanction of USA Swimming by North Texas Swimming, Inc.

**All participating athletes and clubs are registered with North Texas Swimming. No athletes will be allowed from another LSC.**

**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. All 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets or have their times loaded into SWIMS.

**Venue:** Greenhill School, Ginsburg Natatorium. 4141 Spring Valley Road, Addison, TX 75001. 972-628-5400. Enter Greenhill Campus off of Hornet Road (one block north of Spring Valley Road on Midway). Follow the road through the gate and continue on until the road turns left and ends in a large parking lot. You will park in that lot and the pool will be the building the farthest on the right to the left of the tennis courts (once you have turned left into the lot).

**Facility:** The facility is a six lane, 25 yard pool. The natatorium has modest deck space and bleachers, doors to outside on both the start and turn ends of the pool and, while connected to the main gymnasium on the bleacher side, is essentially a stand alone natatorium. Colorado timing System will be used. There will be no scoreboard. No spectators or swimmers will be allowed in the facility except swimmers when warming up or competing. Swimmers will sit outside in the shade under one of the many trees on campus or under their own tent. One family per tent and social distancing outside will be enforced.

**Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 7.0 feet at the start end and 4.0 feet at the turn end 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, NORTH TEXAS SWIMMING AND GREENHILL SCHOOL, 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, the Elite Swim Program 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 Elite Swim Program 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/dallascityhall.com/DCH%20Documents/covid19/FAQ%20stay%20at%20home%20regulations%20-%20ENGLISH.pdf>

**COVID 19 protocol:**

<https://drive.google.com/file/d/1OIER2KN-ANFrr-AIXmPMErTg3nvwWtvb/view?usp=sharing>

**COVID 19 Meet procedure:**

<https://drive.google.com/file/d/1zkb257eHVSe-1oGXLZEVLBzGdHmJQn6x/view?usp=sharing>

**SAFE SPORT:** Due to COVID-19 we are not allowing spectators in the pool during competition. We will be live streaming the event to give parents or guardians an opportunity to watch their athletes compete.

**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 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, AND GREENHILL SCHOOL 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 the Ginsburg Natatorium at Greenhill School. 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) 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 slow to fast and will be timed finals. No deck entries allowed. No relays, awards or scoring. This will be a senior meet with a maximum of 48 swimmers in total from ages 13 and up. The meet will consist of 10 events, swum over approximately 3 hours. There will be no flyover starts – each heat will swim their race, complete a 200 yard continuous warm down and exit the pool and facility prior to the subsequent heat or event commencing. Warm up procedures will be amended to provide for proper distancing per USA Swimming guidelines as noted in the warm up procedures section below. Please also see 'COVID Meet Plan' in Addendum A.

**Qualifying**

**Times:** This meet has no qualifying standards.

**Age up Date:** The age of the swimmer will be his/her age on August 16, 2020.

**Restrictions:** Entries will be in SCY or entered as NT (No Time). Each athlete will be limited to a maximum of 4 events. There will be no relays.

**Entry**

**Deadline:** All entries shall be received not later than 6:00PM Central Time on Thursday, August 6th.

**Entry**

**Procedures:** All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries Chair to make other arrangements. Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer.

When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive an email confirmation, your entries were not received.

**Entries Chair:** Shannon Beeson – [Shannon.beeson@sbcglobal.net](mailto:Shannon.beeson@sbcglobal.net), 214-454-9541

**Entry Fees:**

**\$6.00 per individual event** plus a \$15.00 per swimmer surcharge (which includes the \$3.00 North Texas surcharge). Please include a Meet Entry Fee report with your payment. Entry fees must be received by August 13<sup>th</sup>, 2020 or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: Elite Swim Program  
Send checks to: 442 Summit Drive, Richardson TX 75081

**Deck Entries:** No Deck Entries allowed.

**Meet Staff:**

**Meet Referee:** Kenneth Chung

**Starter:** Mike Gentry

**Stroke & Turn Officials:** Cindy Pick/Tommy Bradford

**Admin Referee:** Stephanie Minervini, [Stephanie.Minervini@ntswim.org](mailto:Stephanie.Minervini@ntswim.org)

**Meet Director:** Christine Kerr

**Head Safety Marshall:** David Fox

**Club Safe Sport Chair:** Richelle Fox

**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:** Please contact the meet referee at least 7 days before the meet if you are interested in participating. All officials will be pre-assigned and must register prior to the meet.**Timers:** The host team will provide backup timers for this meet. Each of the six lanes will have one timer operating both the plunger and a stop watch. There will be one additional back up timer available as well.**Awards:** There will be no scoring or awards.**Daily****Schedule:** Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template. Team Select will warm up in lanes 1, 2, 3 and Elite Swim Program will warm up in lanes 4, 5, and 6.

**Order of Events**  
**Distances are in SC Yards**  
**Sunday, August 16<sup>th</sup>**  
**Warmup – 8am**  
**Start – 9am**  
**Open – Mixed Single Session**

| <b>Event Number</b> | <b>Event</b>               | <b>Event Start Time</b> |
|---------------------|----------------------------|-------------------------|
| 1                   | 100 yard freestyle         | 9:00 am                 |
| 2                   | 50 yard backstroke         | 9:20 am                 |
| 3                   | 50 yard breaststroke       | 9:30 am                 |
| 4                   | 50 yard butterfly          | 9:40 am                 |
| 5                   | 50 yard freestyle          | 9:50 am                 |
|                     | <b>20 Minute Break</b>     | 10:00am to 10:20am      |
| 6                   | 100 yard backstroke        | 10:20 am                |
| 7                   | 100 yard breaststroke      | 10:40 am                |
| 8                   | 100 yard butterfly         | 11:00 am                |
| 9                   | 200 yard individual medley | 11:20 am                |
| 10                  | 200 yard freestyle         | 11:40 am                |

# 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.**