



2021 Mako Holiday Spirit Classic
Dec. 10-12, 2021
Held under the sanction of USA Swimming
Sanction #: OH-22SC-43

Hosted by
Makos

Location:	Corwin M. Nixon Aquatic Center, Miami University 750 S. Oak St. Oxford, OH 45056 [513] 529-1844
Facility:	The Corwin M. Nixon pool is a 50-meter x 25-yard pool with adjacent diving well. The competition pool will consist of one 25-yard course, 9 lanes each in prelims with a depth of 8 to 10 feet. Continuous warm-up and warm-down areas will be available in the 50M West pool, Lanes 5-8. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming; Note: Swimmers will not be permitted in the adjacent leisure pool. Locker rooms are open for changing but lockers and showers are unavailable.
Meet Director:	Terri Shannon, Associate Director Shannot1@miamioh.edu 513-255-5043
Meet Referee:	Bill Houk
Officials Contact for the Meet:	Mike Crowder crowdemw@miamioh.edu [513] 255-6555
Entry Chair:	Terri Shannon, Associate Director Shannot1@miamioh.edu 513-255-5043
COVID Compliance Officer for the Meet	John Mihevic mihevijp@miamioh.edu 513-529-8155
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, MAKOS 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 Ohio, local jurisdictions and the MAKO 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:	Invitational for swimmers 9 years old and older. This will be an in-person meet. The number of swimmers will not exceed the facility capacity listed in this meet announcement.
# of Sessions:	7

Disclaimers

Makos 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	
USA Swimming Rules	<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.
Technical Suit Ban	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>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.
Ohio State Law	<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.
COVID-19 Information	<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.
Waiver/Release	<ul style="list-style-type: none"> 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. 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.

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. Age on the first day of the meet will determine age for the entire meet. All adult athletes must hold current Athlete Protection Training certification.

Entering the Meet	
Disability Swimmers:	<ul style="list-style-type: none"> Ohio Swimming welcomes swimmers with a disability. Entry Procedures: <ol style="list-style-type: none"> Enter the USA-S swimmers with a disability electronically or on the paper entry form. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. 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. \$6.00 per individual event. \$8.00 per relay event. \$5.00 OH LSC surcharge per swimmer \$5.00 Facility Surcharge per swimmer.
Entry Procedures:	<ul style="list-style-type: none"> Entries will not be accepted until 8a on Wednesday, Dec. 1, 2021. Entry forms and fees should be mailed to: Terri Shannon, 750 S. Oak St. Oxford, OH 45056 Email: meetentries@miamioh.edu. Make checks payable to: Miami University. Checks may be mailed or hand carried to the meet. A psych sheet will be posted on the MAKO website by Tuesday, Dec. 7, 2021. www.swimmakos.com. Friday evening events and all relay events will be timed finals. We reserve the right to require positive check in on Friday evening and limit events if the timeline is over four hours. The 1000-yard freestyle will be a timed final event on Sunday morning. Positive check in will close at 10a on Sunday. Athletes will NOT be seeded unless they check in. All heats of the 1000-yard freestyle will be swum fastest to slowest following Sunday morning prelims in two courses. We reserve the right to limit the numbers of heats in the 1000 to three for each gender. The 400 IM and 500 Free will require "B" cut to quality to swim. Qualifying ties are listed on the Schedule of Events. The remaining individual events will be PRELIMINARY and FINALS. Consolation & Championship finals will be swum for the 11-12, 13-14, and 15 & over events. Only one Championship final heat will be swum for the 9-10 age group. 18 lanes will be used for prelims and timed final events. One course of 9 lanes will be used for finals. 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: meetentries@miamioh.edu Please include the names of any Outreach swimmers in the email. Checks should be made payable to: Miami University "No Time" (NT) entries will be accepted. The Meet Director reserves the right to return entries in order to control the duration of the meet. Entries will be accepted on a first come basis (SEE ENTRY DEADLINE). The Meet Director will also have the authority to add heats if time permits. The meet will be limited to 900 swimmers. No team will be split. No Deck entries will be allowed.
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.
Competition Guidelines:	<ul style="list-style-type: none"> This meet will be a preliminary and finals meet.

Entering the Meet	
	<ul style="list-style-type: none"> • 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.
Scratch Rule:	<ul style="list-style-type: none"> • "Scratch Procedures will follow the OSI Scratch rules: Section 4.5.6 of the OSI Policy Manual.
Awards:	<ul style="list-style-type: none"> • Individual Events Medals: 1st-3rd place, Ribbons 4th – 18th. Relays: Medals 1st -3rd place. • Results will not be posted during the meet. Results will be available on Meet Mobile.
General:	There will be hospitality for coaches or officials at this time. Limited concession will be sold at the Pro Shop. Credit Purchases only. No cash or checks are accepted at the Pro Shop. Heat sheets will be available on Meet Mobile.
Timers:	Because we conduct competition in two pools, it is necessary to ask that each team with 10 or more athletes provide two (2) timers per session, possibly including the final sessions (although we hope to not need volunteers for the finals). A list of assignments will be provided prior to the meet based upon team size. Timers will need to sign in at the timer check-in table in the concourse and report to the Head Timer 30 minutes prior to the beginning of each preliminary session in the Aquatic vestibule.
Venue Rules	<p>Deck Access: Deck access is restricted to competing athletes, registered coaches, officials and meet workers. No parent or spectator will be allowed on deck except at the request of the meet officials or meet director.</p> <p>Locker Rooms and Changing Facilities: The Women and Men’s locker rooms are located on the pool deck level. Locker space is not available. Belongings may be stored on deck in team areas. Miami University is not responsible for any lost or stolen items.</p> <p>First Aid/Training Needs: Lifeguards are trained to handle water emergencies and first aid on the deck. Please report all first aid issues to the Aquatic Staff.</p> <p>Prohibited Items: The following items are not permitted in the facility: Glass, lawn chairs, coolers, and helium balloons. There is no food allowed on the pool deck.</p> <p>Banners: One professionally made banner per team may be displayed. All banners will be hung by the facility staff.</p> <p>Flash Photography: Flash photography is not permitted at the start of any race.</p> <p>Deck changing is not permitted.</p> <p>Team Seating: Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning. Spectator gallery is also available on a first-come basis. Saving of seats is prohibited.</p> <p>Wireless Internet Access: Wireless internet access will be available throughout the meet. Access through MU-Guest.</p>
MEET OFFICIALS:	<p>All USA Swimming certified officials willing to volunteer should fill out and submit the Application to Officiate found in the meet information on the Ohio Swimming Website or the MAKOS website. Requests for evaluations are also located on these websites.</p> <p>Official’s uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants (men or women) or modest length skirts (women) will be worn for finals.</p> <p>White covered toe athletic or deck shoes for all sessions</p> <p>Please provide the names of your officials via e-mail to Bill Houk at houtkw@miamioh.edu.</p> <p>This meet is an Officials Qualifying meet for certification at the N2 and N3 initial levels and for N2 and N3 re-certifications. Officials wishing to be evaluated should note this on the Officials Application form. Requests for Evaluation should be submitted to Bill Houk. Note: to be evaluated for certification or re-certification at any level, an official must work at least 4 sessions at the meet, even if the evaluation requirement is for only 2 or 3 sessions in a specific position.”</p> <p>Special notice to those interested in obtaining National Certification as a Chief Judge, Starter, or Referee: First priority for assigned positions will be given to those seeking certification, as well as, a commitment to working all sessions of the meet. This better serves the athletes and provides a consistent training experience. Preference will also be given to those seeking either an N2 or N3 Evaluation. If the evaluation is for “Recertification”, then one must work the minimum number of sessions in each position in</p>

Entering the Meet

which he/she is recertifying. For specific requirements, refer to the [USA Swimming](http://www.usaswimming.org) website, the Members Resources section under Officials –Testing and Certification /National Certification.

2021 Holiday Spirit Classic Hosted by Miami University and MAKOS

Schedule of Events

<u>Friday Evening</u>			<u>B Cut Times</u>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Boys</u>
101	13-14 400 IM	102	6:03.59		5:41.49
103	15 & Over 400 IM	104	5:55.89		5:26.99
105	9-10 200 IM	106			
107	11-12 200 IM	108			
109	13-14 500 Free	110	6:47.79		6:26.59
111	15 and Over 500 Free	112	6:40.59		6:10.59
113	9-10 200 Free	114			
115	11-12 500 Free	116	7:08.79		6:57.29
<u>Saturday Morning</u>			<u>Sunday Morning</u>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
201	13-14 200 Free Relay	202	301	13-14 200 Medley Relay	302
203	15 & over 200 Free Relay	204	303	15 & over 200 Medley Relay	304
205	13-14 50 Free	206	305	13-14 200 Fly	306
207	15 & Over 50 Free	208	307	15 & Over 200 Fly	308
209	13-14 100 Fly	210	309	13-14 100 Breast	310
211	15 & Over 100 Fly	212	311	15 & Over 100 Breast	312
213	13-14 200 Free	214	313	13-14 200 IM	314
215	15 & over 200 Free	216	315	15 & over 200 IM	316
217	13-14 200 Breast	218	317	13-14 100 Free	318
219	15 & Over 200 Breast	220	319	15 & Over 100 Free	320
221	13-14 200 Back	222	321	13-14 100 Back	322
223	15 & Over 200 Back	224	323	15 & Over 100 Back	324
			325	Open 1000 Free	326
<u>Saturday Afternoon</u>			<u>Sunday Afternoon</u>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
225	11-12 200 Free Relay	226	327	11-12 200 Medley Relay	328
227	9-10 200 Free Relay	228	339	9-10 200 Medley Relay	330
229	11-12 50 Back	230	331	11-12 50 Fly	332
231	9-10 100 Back	232	333	9-10 50 Fly	334
233	11-12 100 Fly	234	335	11-12 100 Breast	336
235	9-10 100 Fly	236	337	9-10 100 Breast	338
237	11-12 50 Free	238	339	11-12 100 IM	340
239	9-10 50 Free	240	341	9-10 100 IM	342
241	11-12 50 Breast	242	343	11-12 100 Free	344
243	9-10 50 Breast	244	345	9-10 100 Free	346
245	11-12 200 Free	246	347	11-12 100 Back	368
			349	9-10 50 Back	350

2021 Holiday Spirit Classic
Hosted by Miami University and MAKOS

Schedule of Events

<u>Saturday Evening</u>			<u>Sunday Evening</u>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
229	11-12 50 Back	230	331	11-12 50 Fly	332
231	9-10 100 back	232	333	9-10 50 Fly	334
205	13-14 50 Free	206	305	13-14 200 Fly	306
207	15 & Over 50 Free	208	307	15 & Over 200 Fly	308
233	11-12 100 Fly	234	335	11-12 100 Breast	336
235	9-10 100 Fly	236	337	9-10 100 Breast	338
209	13-14 100 Fly	210	309	13-14 100 Breast	310
211	15 & Over 100 Fly	212	311	15 & over 100 Breast	312
237	11-12 50 Free	238	339	11-12 100 IM	340
239	9-10 50 Free	240	341	9-10 100 IM	342
213	13-14 200 Free	214	313	13-14 200 IM	314
215	15 & Over 200 Free	216	315	15 & Over 200 IM	316
241	11-12 50 Breast	242	343	11-12 100 Free	344
243	9-10 50 Breast	244	345	9-10 100 Free	346
217	13-14 200 Breast	218	317	13-14 100 Free	318
219	15 & Over 200 Breast	220	319	15 & Over 100 Free	320
245	11-12 200 Free	246	347	11-12 100 Back	348
221	13-14 200 Back	222	349	9-10 50 Back	350
223	15 & Over 200 Back	224	321	13-14 100 Back	322
			323	15 & Over 100 Back	324

2021 Holiday Spirit Classic
Hosted by Miami University and MAKOS
Held under the sanction of USA Swimming, Inc. #OH-22SC

USA Swimming Registration Waiver Form

Location: Corwin M. Nixon Natatorium, Miami University

Date: Dec. 10-12, 2021

You must return this form with your check.

1. The undersigned team representative certifies by his/her signature that all the athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc.
2. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is a current coach member in good standing of USA Swimming, Inc.

Team: _____ Code: _____

Head Coach Name: _____ Email: _____

Team Representative's Name
(printed): _____

Team Representative's
Signature: _____

**Team Contact's Email
Address:** _____

(We will use this email to update you on this meet)

Number of Coaches Attending: _____

Team Contact Phone: _____

Team Address: _____

Did you include:

____ Entry report

____ Check

____ This report, completed and signed

Financial Summer: Meet Entry Summary

Number of Outreach swimmers attending the meet: _____

Number of Outreach Individual Events: _____

List the names of Outreach swimmers attending the [meet](#): _____

Number of Swimmers (do not include Outreach) x \$5.00 per swimmer (LSC fee)	\$ _____
Number of Swimmers (do not include Outreach) x \$5.00 per swimmer (facility fee)	\$ _____
Number of Individual Events (do not include Outreach) x \$6.00	\$ _____
Number of Relay Events x 8.00 =	\$ _____
Total Amount Remitted:	\$ _____

A paper copy of your entries may be sent along with your check and this page.

Makes checks payable to: Miami University

Hard copies can be sent to Miami Recreational Sports Center. c/o Terri Shannon, 750 S. Oak St. Oxford, OH 45056

Phone: 514-529-8154 Cell 513-255-5043

APPENDIX 1: Meet Safety Plan for MAKO Swim Team

Facility Information	
Facility Rules and Policies:	All athletes, coaches and volunteers will enter through the Aquatic tunnel. Spectators will enter via the RSC Concourse. All must wear a mask with the exception of athletes while they are competing in the water.
Locker Rooms / Changing	Locker rooms are available for changing and showering. Restrooms will be monitored by Safety Marshals. Deck changing is prohibited. Restrooms will be monitored by Safety Marshals.
Facility Capacity	At this point, there are no facility capacity limits. If this changes, teams will be notified and changes will be made to follow guidelines. Makos encourage parents to volunteer during the swim meet to reduce the number of people in the facility.

COVID Procedures / Information	
Specific COVID Protocols for this Meet	Host team 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. <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. 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.
Entry and Exit Procedures and Health Screening	Volunteers, coaches, officials and athletes will be required to wear a mask at all times while inside the building. Spectators will be required to wear a mask at all times while inside the building.
Athlete Seating Areas	Athletes will have seating on the pool deck following the ODH protocols for social distancing.
Swimmer Limitations and Protocols	DURING RACES: Swimmers will leave their items where they are seated in the Aquatic Center. We will do fly-over (dive-over) starts if necessary Locker rooms are available for changing before or after the meet. Showers will be available. 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 masks for 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. There are restroom facilities available for spectators in the Concourse. 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 MAKO Swim Team 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 for Athletes	Makos will provide a live stream so parents will have access to and/or opportunity to observe their swimmer. The Meet Safety Marshal as well as the MAKOS 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. Makos will encourage parents to volunteer during the swim meet to reduce the number of people in the facility.

For posting at the Meet Facility and/or added to Heat Sheets

Makos 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.

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.