



**NAAC Valentine Splash**  
**February 13<sup>th</sup>, 2022**  
 Held under the sanction of USA Swimming  
 Sanction #: OH-22SC-67

**Hosted by**  
**New Albany**  
**Aquatics Club**

<b>Location:</b>	New Albany High School Pool 7600 Fodor Rd. New Albany OH 43054
<b>Facility:</b>	6-lane, 25-yard indoor pool, with Daktronics Automatic Timing System and Scoreboard Water depth measured for a distance of 3'8" (1.0 meter) to 4'8" (5.0 meters) and 12'4" (1.0 meters) to 12'1" (5.0 meters). Competition course is not certified in accordance with 104.2.2C(4). USA Swimming Rules and Regulations
<b>Meet Director:</b>	John Coffman Ape33coach@yahoo.com
<b>Meet Referee:</b>	Ron Wesley rtwesley@hotmail.com
<b>Entry Chair:</b>	Seth Reetz Erin.reetz@gmail.com
<b>Officials Coordinator:</b>	Ron Wesley rtwesley@hotmail.com
<b>covid compliance contact:</b>	John Coffman Ape33coach@yahoo.com 614-457-9178
<b>Sanction:</b>	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, NAAC 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 NAAC 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.
<b>Meet Type:</b>	Invitational – Limited to 150 swimmers per session
<b># of Meet Sessions:</b>	3

**Disclaimers**

New Albany Aquatics Club 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**

<b>USA Swimming Rules</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>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</li> </ul>
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Organization Regulations	
	<p>devices.</p> <ul style="list-style-type: none"> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• Flash photography is not permitted at the start of any race.</li> <li>• 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.</li> </ul>
<b>Technical Suit Ban</b>	<p>Per USA Swimming Rule 102.8.1F, 12 &amp; 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"> <li>• Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or</li> <li>• Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.</li> </ul>
<b>Ohio State Law</b>	<ul style="list-style-type: none"> <li>• 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 <a href="http://www.swimohio.com">www.swimohio.com</a> under Safe Sport&gt;Concussion.</li> <li>• Any swimmer who is suspected of sustaining a concussion should seek medical attention immediately and will not be permitted to return to competition until cleared by a medical professional with a signed Return to Play form.</li> <li>• 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.</li> </ul>
<b>COVID-19 Information</b>	<ul style="list-style-type: none"> <li>• Avoid getting closer than six (6) feet to anyone coughing or sneezing.</li> <li>• Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer that has 60-95% alcohol.</li> <li>• Avoid touching your eyes, nose, and mouth.</li> <li>• Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue in the trash then wash your hands.</li> <li>• <b>Stay home if you are sick</b>, and away from the pool and from fellow team members.</li> <li>• FACE COVERINGS are optional for all sessions at the publishing of this info.</li> <li>• NAAC will post updated protocols one week prior to the meet</li> </ul>
<b>Waiver/Release</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>

Entering the Meet	
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>• All contestants must be currently registered USA Swimming members. Registrations will not be accepted at the meet.</li> <li>• Age on the first day of the meet will determine age for the entire meet.</li> <li>• All adult athletes must hold current Athlete Protection Training certification.</li> <li>• This meet is limited to members of New Albany Aquatics Club</li> </ul>
<b>Disability Swimmers:</b>	<ul style="list-style-type: none"> <li>• Ohio Swimming welcomes swimmers with a disability.</li> <li>• Entry Procedures: <ol style="list-style-type: none"> <li>1. Enter the USA-S swimmers with a disability electronically or on the paper entry form.</li> <li>2. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations.</li> <li>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.</li> </ol> </li> <li>• 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.</li> <li>• See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).</li> </ul>

Entering the Meet	
<b>Entry Limits Entry Fees:</b>	<ul style="list-style-type: none"> <li>Swimmers may swim a maximum of 3 individual events per day.</li> <li>\$4 per individual event.</li> <li>\$5 OH LSC surcharge per swimmer.</li> </ul>
<b>Entry Procedures:</b>	<ul style="list-style-type: none"> <li>Entries open on Tuesday, February 1<sup>st</sup>, at 3 pm</li> <li>Entries must be submitted in SCY using electronic meet entry software (Hy-Tek/Team Unify).</li> <li>Checks should be made payable to: New Albany Aquatics Club</li> <li>"No Time" (NT) entries will be accepted.</li> <li>The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and or control building occupancy.</li> <li>Teams will be notified by Thursday, November 18<sup>th</sup> of acceptance of their entries</li> </ul>
<b>Warm-up and Safety Guidelines:</b>	<ul style="list-style-type: none"> <li>The meet host will provide a complete schedule of warm-up procedures to include group/lane assignments and times, which should be adhered to by all participants. This information will be distributed in advance of the meet.</li> <li>Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees).</li> <li>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.</li> <li>Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet.</li> <li>No spectators allowed on deck or in the stands. <b>If the temperature is above 55 degrees</b> the courtyard will be open for spectator viewing for the entirety of the meet.</li> </ul>
<b>Competition Guidelines:</b>	<ul style="list-style-type: none"> <li>This meet will be a timed final meet.</li> <li>This meet will be contested in SCY</li> <li>This meet will be pre-seeded. No deck entries will be accepted at the meet.</li> <li>There will be no bullpen for this meet, but on deck heats will line up separately.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>Ribbons 1-8 all sessions</li> <li>Heat Winner ribbons will be awarded during sessions 2 &amp; 3.</li> </ul>
<b>General:</b>	<ul style="list-style-type: none"> <li>All participants (swimmers, coaches, volunteers, etc) are expected to conduct themselves in an appropriate and sportsman-like manner. It is the responsibility of all parents to ensure all minor spectators are well behaved and under supervision at all times anywhere on the NA Campus – possible courtyard spectators included.</li> <li>There will not be any concessions during the swim meet</li> <li>Heat Sheets will be posted on Meet Mobile after the conclusion of warm-ups</li> <li>Hospitality will be provided for meet workers, officials and coaches</li> </ul>
<b>Facility Rules and Policies:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming and Ohio Swimming rules will govern the meet.</li> <li>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 this event.</li> <li>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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement.</li> <li>Deck changes are prohibited.</li> <li>NO USE of audio or visual recording devices, including cell phones, in changing areas, rest rooms or locker rooms. Under no circumstances are cameras or any other recording device allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during the competition and warm-up. 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.</li> <li>In accordance with Ohio Swimming, only those coaches who have current, valid USA Swimming credentials will be permitted to act with a coaching capacity at this meet.</li> <li>Prior to each session, all coaches will be required to sign-in at the timing table and present a valid USA Swimming Coaching membership card.</li> <li>No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet director.</li> <li>Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.</li> </ul>

Facility Information	
<b>Facility Rules and Policies:</b>	Please follow any and all Covid protocols noted above. No running on deck.
<b>Locker Rooms / Changing</b>	Athletes must arrive and depart in their suits. Locker rooms are for restroom use only and should not be used for changing or showering. Deck changing is prohibited. Restrooms will be monitored by Meet Marshals.
<b>Facility Capacity</b>	Due to the current COVID-19 environment and limited pool deck space at the NAHS Pool, NAAC is not allowing spectators at this time, however, there are many volunteer roles that will be required. 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.  We will have swimmers spread out in the stands and on deck, and seated in the pool lobby as needed to maintain appropriate deck space and stay within facility capacity at the time of the meet. Any additional, specific instructions will be posted at least one week prior to the meet (as possible).

COVID Procedures / Information	
<b>Specific COVID Protocols for this Meet</b>	<p>NAAC Meet 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> <ul style="list-style-type: none"> <li>• Avoid getting closer than six (6) feet to anyone coughing or sneezing.</li> <li>• Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer that has 60-95% alcohol.</li> <li>• Avoid touching your eyes, nose, and mouth.</li> <li>• Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue in the trash then wash your hands.</li> <li>• <b>Please stay home if you are sick</b>, and away from the pool and from fellow team members.</li> <li>• PROTOCOLS (face coverings, distancing, etc): <b>Protocols will be determined by the local health department, facility and NAAC and participating teams will be emailed notification and protocols will post to the NAAC Penguin Plunge Meet Page at least one week prior to the meet. Planned protocols are all noted above at the publishing of this information.</b></li> </ul>
<b>Swimmer Limitations and Protocols</b>	<p><b>DECK ENTRY &amp; EXIT</b></p> <p>We will use a clockwise flow of traffic on deck for upcoming &amp; completed heats.</p> <p>Swimmers will enter the pool deck several heats prior to their assigned heat, from the East bleacher steps or deck, and proceed to the shallow end of the pool, and once in heats to the South (courtyard) side of the pool deck, remaining spaced in preparation for their movement towards the West (deep end) wall.</p> <p><b>PRE RACE:</b></p> <p>Swimmers may put items behind their lane (baskets provided) and be staged on the West (deep end) wall of the pool deck. 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 to begin your heat. We plan on doing flyover starts for sessions 1 &amp; 2, no flyover starts for session 3.</p> <p><b>POST RACE:</b></p> <p>Swimmers exiting the water should collect their items and then proceed to the North (bleacher) side of deck to speak with Coaches, and then exit the pool area around the scoreboard side of the pool to the East bleacher steps.</p> <p><b>GENERALLY</b></p> <p>If you use the restrooms, spray all touched surfaces upon leaving the locker room, restroom use may be limited to a certain number at a time.</p> <p>Locker rooms are not generally available for changing before or after the meet.</p> <p>Athletes should maintain proper distancing as possible.</p>
<b>Parental Access and Safe Sport Considerations for Athletes</b>	<p>The Meet Marshals as well as the NAAC Safe Sport/COVID Coordinator will provide oversight for this.</p> <p>Should a parent need to access a child who is on deck, the child will be brought to the parent at the courtyard pool door or in case of emergency, the parent may be escorted to the child.</p> <p>NAAC encourages parents to volunteer during the swim meet as they are able.</p> <p>NAAC intends to provide a live stream so parents will have access to and/or opportunity to observe their swimmer if they are not volunteering.</p>

**ORDER OF EVENTS**

**Sunday February 13th, 2022**

Session # 11 & over		Session # 9-10		Session # 8 & under	
<u>Event #</u>	<u>Event Description</u>	<u>Event #</u>	<u>Event Description</u>	<u>Event #</u>	<u>Event Description</u>
101	100 Fly	200	100 IM	300	100 IM
102	50 back	201	200 Free	301	50 Free
103	200 Free	202	100 Back	302	25 Back
104	200 Breast	203	50 Breast	303	50 Breast
105	100 IM	204	100 Fly	304	25 Fly
106	200 Fly	205	200 IM	305	100 Free
107	100 Back	206	100 Free	306	25 Free
108	500 Free	207	50 Back	307	50 Back
109	100 Breast	208	100 Breast	308	25 Breast
110	200 IM	209	50 Fly	309	50 Fly
111	50 Fly				
112	200 Back				
113	50 Breast				
114	100 Free				
115	400 IM				
116	1650				

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