



Pacific Northwest Swimming
 2022 PN UPAC First Annual IceBreaker Invitational -- Sanction #2201-SP03
 Curtis High School Pool
 8805 – 40th Street West, University Place, Washington
 Hosted by the University Place Aquatic Club

Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

This sanction is issued based on the current Washington State guidelines for Water Recreation Facilities and the allowance of swim meets. Should guidelines change prior to the meet, the sanction may be revoked.

SCHEDULES	SESSION 1	SESSIONS 2 & 3
Dates	SATURDAY, JANUARY 15, 2022	SUNDAY, JANUARY 16, 2022
Coaches' Meeting	Saturday: 3:15 PM Additional meetings will be announced as needed	
Officials' Meeting	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	Session 1: 3:30 PM	Session 2: 8:00 AM; Session 3 immediately following conclusion of previous session
Timed Finals	One hour after the start of warmups	One hour after the start of warmups

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 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 PACIFIC NORTHWEST 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 THE PARTICIPATION IN THIS COMPETITION.

MEET DIRECTORS:

- Kayla Keigley & Mel Bellin
- meetdirector@swimupac.org
 - 218-491-4649

MEET REFEREE:

- Bruce Seiber
- b.seiber@comcast.net

FACILITY INFORMATION:

- 25 yard, 8-lane competitive pool
- Starting end 6.5 feet deep; turning end 3.5 feet deep
- The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.
- Warm-up pool: adjacent dive tank
- Spectator viewing information will be posted on the PNS web page
- Only registered athletes, coaches, and authorized volunteers will be allowed in the facility. Please respect all posted signage.
- No wet swimmers in the upstairs viewing area. No personal chairs are allowed in the stands or on deck. All personal items must be removed at the end of each day or will be placed in the facility's lost-and-found.

- Colorado timing system; scoreboard with 8-lane readout
- Heat Sheets: will be posted; Results posted on PNS website
- Hospitality for coaches and officials only
- Parking: multiple lots at the high school – There may be additional events at the school. If parking in nearby neighborhoods, please respect all signage

ELIGIBILITY & ENTRY INFORMATION:

- This meet is an invitational. Teams interested in an invitation should contact the Meet Director. An invitation does not guarantee acceptance due to facility and timeline constraints.
- All swimmers must be registered with USA Swimming through Pacific Northwest Swimming through an invited team.. Neither on-deck USA Swimming registration nor any on-deck transfer will be permitted.
- Swimmers may enter one (1) individual event on Saturday and a maximum of four (4) events on Sunday. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Deck Entries: Only swimmers entered in the meet by the meet entry deadline and who did not pre-enter the maximum number of events listed above may deck enter any events. Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee.

- ⇒ Deck entries will be processed by the Clerk of Course.
- No deck entry will be considered complete without payment of all appropriate entry fees.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES:

- Surcharge: \$20.00
- Individual Event: \$ 4.50
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING: None

MEET RULES:

- UPAC-PN's and the facility's COVID-19 guidelines and procedures apply to this meet.
- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be seeded and swum mixed girls and boys.

Session 1:

- These events will be deck-seeded fast-to-slow, requiring a positive check-in with the Clerk of Course in order to swim. While there is no penalty for a swimmer who checks in but fails to show, coaches are asked not to check in any swimmer not present. A late arrival should check in with the Meet Referee for a possible heat/lane assignment.
- Swimmers must provide their own counter, if desired. All counters must be individuals authorized to be on deck at that time.

Sessions 2 & 3:

- Events 200 yards or shorter will be pre-seeded slow-to-fast.
- The 500 Freestyle will be deck-seeded fast-to-slow, requiring a positive check-in with the Clerk of Course in order to swim. While there is no penalty for a swimmer who checks in but fails to show, coaches are asked not to check in any swimmer not present. A late arrival should check in with the Meet Referee for a possible heat/lane assignment. Swimmers must provide their own their own counter, if desired. All counters must be individuals authorized to be on deck at that time.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 25 minutes of the warm-up period:
 - Lanes 5, 6, 7, & 8 – pace lanes, no diving
 - Lanes 1 & 3 - dive starts, return in lanes 2 & 4.
- Pool closed promptly ten (10) minutes prior to the start of competition.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.
- The warm-up pool will also be available throughout the meet. Circle-swim counter-clockwise only within the roped-off area.

SAFETY INFORMATION:

- All applicable adults participating in or associated with this meet acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0") and that they understand that compliance with the MAAPP 2.0 policy is a precondition of participation in the conduct of this meet. In addition, all 18&O athletes must be current in their Athlete Protection Training (APT) in order to swim.

- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- 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.
- No diving from the shallow end of the pool at any time. No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool. Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- In order to be on deck and serve in their official capacity, all coaches, officials, meet directors, marshals, and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- All persons acting in any coaching capacity must be coach members of USA Swimming and must show proof of current coaching credentials when checking in for the meet. Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with this requirement.
- Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet. Authorized volunteers will need to wear an ID badge or receive a lanyard from the Clerk of Course. No spectators will be permitted.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.
- It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event
- It is further understood that Pacific Northwest Swimming and the University Place Aquatic Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ENTRY SUBMITTAL INFORMATION: Entries will be accepted on a first-come/first-served basis, and will only be accepted upon receipt of at least the first three of the following prior to the entry deadline, January 5, 2022. If bringing the latter two to the meet, so attest in your cover email. **DO NOT SUBMIT ENTRIES WITHOUT AN INVITATION!**

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager or equivalent.
3. **Meet Entry Fee Report** from Team Manager or equivalent.
4. **Master Entry Summary Form**—Completed and hand-signed hardcopy only (original or faxed); typed signatures will not be accepted
5. **Meet Entry Fees**—one check payable to UPAC.

Submittal Formats & Notes:

- **Electronic files:** email items #1, #2, and #3.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Late, incomplete, or paper entries will not be processed.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- All entry times must be SCY (short course yards).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Mail entrees to University Place Aquatic Club, 6824 - 19th Street West, Suite 327, University Place, WA 98466**
- **Submit electronic entries to: Dan Forrest - dan.forrest@gmail.com**
- **Meet Entry/Contact:** Meet Directors or Entry Chair Dan Forest

ORDER OF EVENTS :

Saturday January 15, 2022:

Session 1: 11 & Over

Event 1: 1650 Free -- limited to 40 swimmers (5 heats)

Event 2: 1000 Free -- limited to 40 swimmers (5 heats)

Sunday, January 16, 2022:

Session 2: 12 & Under

- Event 3: 200 Free
- Event 4: 25 Free (10 & Under only)
- Event 5: 100 Breast
- Event 6: 50 Back
- Event 7: 200 Fly (11-12 only)
- Event 8: 50 Free
- Event 9: 100 IM
- Event 10: 100 Back
- Event 11: 25 Back (10 & Under only)
- Event 12: 100 Fly
- Event 13: 200 Breast (11-12 only)
- Event 14: 100 Free
- Event 15: 50 Breast
- Event 16: 200 Back (11-12 only)
- Event 17: 50 Fly
- Event 18: 200 IM

Session 3: 13 & Over

- Event 19: 200 Free
- Event 20: 100 Breast
- Event 21: 200 Fly
- Event 22: 50 Free
- Event 23: 200 IM
- Event 24: 100 Back
- Event 25: 100 Fly
- Event 26: 200 Breast
- Event 27: 100 Free
- Event 28: 200 Back
- Event 29: 500 Free (provide own counter and own timers)



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MASTER ENTRY SUMMARY

TEAM NAME:			
TEAM CODE:		LSC CODE:	
COACH:		HOME PHONE:	
EMAIL ADDRESS:		OFFICE PHONE:	
TEAM MAIL ADDRESS:		CELL PHONE:	
CITY, STATE, ZIP:		POOL PHONE:	
ENTRY INFORMATION PREPARED BY:		PHONE:	

MEET ENTRY FEES ENCLOSED:

SURCHARGE:		X \$ 20.00	\$
INDIVIDUAL EVENTS:		X \$ 4.50	\$
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to **UPAC**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc.

 Signature of Coach or Team Representative

 Date

 Phone Number

Important Note: Upon processing of the pre-meet exception report, PNS will register as a full-year USA Swimming athlete member any swimmer not then registered. PNS shall require the club or responsible party to pay an amount equal to the current full-year USA Swimming athlete registration fee, including the PNS surcharge, plus a \$15.00 fine for each athlete who is registered from the pre-meet exception report. The fines are due prior to the entry deadline of the next meet entered by the team being fined or within 15 business days after the receipt of the fine statement, whichever occurs first. See PNS AD 97-08 for additional information.