

METRO EAST TITANS SWIMMING  
2020 Intra-Squad Series- Meet #3  
November 12, 2020



SPONSOR/HOST	Metro East Titans Swimming		
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: OZ-6094		
MEET DIRECTOR	Bob Rettle	E-Mail: metsswim@gmail.com	PHONE: (618) 407-7665
OFFICIALS CONTACT	Dana LeVasseur	E-Mail: dnalver@hotmail.com	PHONE: (804) 986-9591
ENTRY CHAIR	Trish Grant	E-Mail: grantnna@yahoo.com	PHONE: (618) 570-6117
MEET REFEREE	Dana LeVasseur	E-Mail: dnalver@hotmail.com	PHONE: (804) 986-9591
ADMIN OFFICIAL	Trish Grant	E-Mail: grantnna@yahoo.com	PHONE: (618) 570-6117
FACILITY ADDRESS	Chuck Fruit Aquatic Center-6168 Center Grove Road, Edwardsville, IL 62025		
FACILITY DESCRIPTION	The Chuck Fruit Aquatic Center pool is an indoor 50-meter pool; two 25-yard competition area with eight (8) swimming lanes, and an eight (8) lane warm-up area. This competition course with bulkhead in position has been certified in accordance with 104.2.2 (C).		
WATER DEPTH	The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. Pool depth dimensions at start end = 7', turn end = 12.5'.		
HEAT SHEETS	Heat sheets will be posted around the venue for swimmers and parents and distributed via email to all attendees. Heat sheets will also be posted on Meet Mobile.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRY OPEN	METS will begin to accept entries on Sunday, November 7, 2020.		
ENTRY DEADLINE	METS will accept entries up until the entry deadline: <b>Wednesday, October 11, at 8:00 PM.</b>		
ADDITIONAL ENTRY INFORMATION	Entries will be processed, and heat sheets will be mailed on Thursday, November 12.		
ENTRY LIMIT	Entries are limited to the host team. Swimmers may be entered in up to 4 individual events, plus relays, for the meet. No more than 50 swimmers will be allowed to enter the meet.		
CONFORMING TIMES	Swimmers should be entered at their actual time. No Times are allowed and should be designated NT.		
FORMAT	All of the technical and administrative rules of USA Swimming will apply.		
SCHEDULE	Warm-Up: 4:15PM **Assignment specifics will be emailed Thursday, November 12. Meet Start: 5:15 PM		
ENTRY PROCEDURES	Swimmers must sign-up and choose their entries on metsswim.com.  There is a \$10.00 surcharge per swimmer. Individual events are free. Entry fees will be invoiced to accounts in November and billed on December 1, 2020.		
MEET DURATION	In compliance with the USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Each session is expected to be between one and two hours.		
PROOF OF TIMES	No proof of time is required.		
SEEDING AND PRESEEDING	All events are timed final. Seeding will be done so that swimmers are organized into heats with the same group of swimmers for all events and will be mixed gender. All heats will be swum slowest to fastest. Meet will be pre-seeded. No deck entries will be allowed.		
DECK ENTRIES	Deck entries will not be accepted.		
WARM-UP INFORMATION	5:15 PM. Warm-up assignment specifics will be emailed on November 12.		
AWARDS/SCORING	There are no awards for this meet.		
TIMERS	All timers will be provided by the host team.		
RULES	2020 USA Swimming Rules and Regulations will govern the conduct of the meet.		
DECK PRIVILEGES	Only currently registered USA Swimming athletes and non-athlete members and volunteers necessary to run the meet will be allowed on deck during the meet. Coaches must be currently registered with USA Swimming as a Coach member to act in a coaching capacity at the meet.		

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ELIGIBILITY	The meet is open only to METS athletes registered with USA Swimming for 2020 or 2021. “Applied for” will not be accepted. On deck registration will not be available. The host LSC may impose a \$100 fine to the individual athlete or club, per event, for entering nonregistered swimmers in an Ozark meet.
RACING START CERTIFICATION	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 the swimmer’s legal guardian to ensure compliance with this request.
MEET REFEREE	The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet Referee has final judgment for any issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals’ instructions.
SWIMMERS WITH DISABILITIES	Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
PHOTOGRAPHY	In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Unless approved in advance by the Meet Director and stated in the Meet Announcement, photographers/videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Meet Referee’s decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes
DECK CHANGING	Per USA Swimming Rule 202.4.9(I), Deck changes are prohibited. Swimmers are expected to arrive and leave the facility in their swimsuit.
COVID DISCLAIMER	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 [THE LSC] 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 THEREWITH.
LOCAL COVID PROTOCOLS	Please see attached addendum.

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SPECTATORS	Only one parent (or guardian, etc.) per swimmer will be permitted to attend in order to comply with COVID-19 protocols.
TOTAL NUMBER OF PERSONS PER SESSION	Each session will have no more than 50 people on the pool deck or warm-up area or spectator area, including swimmers, coaches, officials and parent volunteers.
ATTESTATION STATEMENT	The 2020 METS Intra-squad Series-Meet #3 will be run in accordance with all local jurisdictional guidelines.

RESTRICTIONS	<p>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.</p> <p>The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.</p> <p>*Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.</p> <p>*No glass containers are allowed in the meet venue.</p>
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RULES	<p>In accordance with USA Swimming rule 202.4.9J, 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.</p> <p>In accordance with USA Swimming rule 102.9</p> <ol style="list-style-type: none"> <li>1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee.</li> <li>2. No zipper or other fastening devices are allowed except for a waist tie on a brief or jammer, and Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.</li> <li>3. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate.</li> <li>4. No swimmer is permitted to wear or use any device, substance of swimsuit to help his/her speed, pace, buoyancy, or endurance during a race. Goggles may be worn. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee.</li> <li>5. No technical suits shall be worn by any 12&amp;U USA swimming athlete member.</li> </ol>
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OTHER INFORMATION	<p>Seven (7) parent volunteer timers will be needed, along with 2 meet marshals and 1 runner. Job signups will open on Monday, October 11.</p> <p>Before being allowed on the pool deck, all coaches, swimmers and volunteers will have a health screening including a temperature check.</p> <p>All persons on the pool deck must wear a mask at all times, with the exception of swimmers when they are in the water.</p> <p>All persons on the pool deck must keep a minimum 6 feet of distance from other persons to comply with Covid-19 protocols.</p> <p>No concessions or other vendors will be at the facility during the meet.</p> <p>There will be no locker room access. Swimmers should arrive and leave in their swimsuits. The lobby restroom and the on-deck family changing will be available, as needed.</p>
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<b>Thursday Session</b>	
<b>Warm-up: 4:15pm Meet Starts: 5:15pm</b>	
<b>Event #</b>	<b>Event</b>
1	Open 200 Free
2	10 & U 100 IM
3	11-12 100 IM
4	Open 200 IM
5	8&U 25 Free
6	9-10 50 Free
7	11-12 50 Free
8	Open 50 Free
9	8&U 25 Fly
10	9-10 50 Fly
11	11-12 50 Fly
12	Open 100 Fly
13	8&U 50 Free
14	9-10 100 Free
15	11-12 100 Free
16	Open 100 Free
	10 Minute Break
17	Open 500 Free
18	8&U 25 Back
19	9-10 50 Back
20	11-12 50 Back
21	Open 100 Back
22	8&U 25 Breast
23	9-10 50 Breast
24	11-12 50 Breast
25	Open 100 Breast
	10 Minute Break
26	Open 100 Free

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<b>27</b>	<b>Open 100 Fly</b>
<b>28</b>	<b>Open 200 Fly</b>
<b>29</b>	<b>Open 100 Back</b>
<b>30</b>	<b>Open 200 Back</b>
<b>31</b>	<b>Open 100 Breast</b>
<b>32</b>	<b>Open 200 Breast</b>
	<b>**Additional Breaks will be provided at the discretion of the meet referee**</b>

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ADDENDUM: LOCAL COVID PROTOCOLS

- Swimming is considered to be a low risk sport
- Spectators, volunteers, coaches, and officials should wear face covering over their nose and mouth at all times.
- Swimmers should wear face covering over their nose and mouth at all times, except when they are swimming.
- Participants should wash their hands with soap and water or hand sanitizer before participation.
- Participants should bring their own water bottles and should not share equipment.
- Participants, staff, volunteers, officials, and spectators should keep 6 feet social distance at all times, if they are not a member of the same household.

Plan for spectator ingress and egress:

Spectators should enter the main doors and proceed up the stairs to the spectator seating area. Spectators should remain seated with members of their own family, at least 6 feet social distance from members of other families. Spectators should exit down the stairs and out the main doors. There shall be no congregating in the lobby.

Swimmers should sit on the bleachers on deck when they are not lined up for their heat or swimming, maintaining 6 feet social distancing. They should keep their belongings with them.

Planned number of individuals gathering in the spaces (Pool, deck, spectator seating):

Gathering of up to 50 individuals are allowed. Multiple groups of 50 are allowed if thirty feet of space is maintained between the groups.

Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child:

One parent (or guardian), etc. of each swimmer may attend the meet to watch them swim.