



April 14, 2021

Dear Coaches,

We are looking forward to a great weekend of racing at the Middle Tennessee portion of the Tennessee State Championships – Tennessee hosted by Ensworth Aquatics in Nashville. Please read the important information below on both the facility and the meet in general. Note all updated information will live on the meet landing page [here](#).

- ****Important Notice****: We will have two timed finals sessions each day. The girls session will begin at 11:00 a.m. on both Saturday and Sunday. A timeline will be posted on the start of warm up and meet start time for the boys session.
- **There will be a Coaches Meeting on Zoom on Wednesday, April 21, 2021 at 7:30 p.m. (central)**. The zoom information will be sent in a separate email.
- **The meet has been approved by SES Swimming to be a USA Swim meet observed status.**
- **Banners**. If your team would like to have their banner inside the natatorium during the meet, all banners will need to be received at the Ensworth Natatorium (attention: Cissy Fleet) no later than Thursday, April 22 at 3:00 p.m. No exceptions. Please contact Cissy at eaqadmin@ensworth.com if you have any questions. Banners will be hung by Ensworth staff.
- **Bus or Van Parking**. If your team plans to arrive on a bus or a van, please contact Christian Bahr at bahrc@ensworth.com or 336-692-4011 to make arrangements on where to enter the property and park your bus.
- **Have Any Talented Singers?** We will have the national anthem at the beginning of every session. If you have an athlete interested in singing or playing an instrument for the anthem, please contact Claire McCall at EAQMeets@gmail.com.
- **Facility Rules & Flow**. Some teams may be new to the Ensworth Natatorium. Please make sure your athletes are familiar with the facility rules and traffic flows attached and posted on the website landing page [here](#).
- **Swimmers Check In**. Swimmers will check in daily by entering the stairs off the main entrance lobby, and go up to the top floor landing. They will have temperatures checked on the top floor before entering the seating area. Remember all attendees will need to fill out the Ensworth COVID-19 questionnaire.
- **Coaches Credentials/Check In**. There will be a coaches check in daily in the meet hospitality lobby. Heat sheets will be given there and credentials shown. Note due to the size of the Middle Tennessee meet, we may need to limit the number of coaches per team. We will have details during the Coaches' Zoom Meeting on Wednesday.

- **Officials/Volunteer Check In.** Officials and Volunteers will check in daily in the meet hospitality lobby. Timers will report to the main entrance lobby 30 minutes before the start of the meet.
- **COVID-19 Health Questionnaire.** Athletes, officials, volunteers, and coaches must complete a COVID-19 Health Questionnaire and have your temperature checked upon entry. The questionnaire is on the [Ensworth Aquatics website](#). Everyone will need to do this each time you enter the building.
- **Masks.** Masks are required unless swimming, eating, or drinking. Wearing masks will be enforced by our meet marshals, and coaches will be alerted if athletes from their teams are not in compliance with the mask and other COVID-19 safety rules. This complies with both Ensworth School's and Davidson County/Metro Health Department's rules.
- **Friday Night Coaches Check In.** Coaches who wish to check in on Friday afternoon are welcome to come by the natatorium from 4:30 to 6:30 p.m. Check-in will be in the main lobby concessions area. After that, check in for Coaches will be in the hospitality entrance area Saturday morning beginning at 8 a.m. and thereafter.
- **Lane Warm Up Assignments.** There will be lane warm up assignments posted on the website and provided at the pool.
- **Designated Seating Areas.** Specific team areas will be designated, with specific team seats marked off to keep athletes socially distanced. We will use both on deck and balcony seating for athletes during the meet. This will be posted on the website and available upon arrival.
- **Staging Area.** There will be a socially-distanced staging area with chairs near the blocks for athletes (think bull pen) in order to manage the crowd flow behind the blocks. Marshals will help direct athletes on when to go to the blocks, etc. See the facility PowerPoint for visuals. Athletes will be called to report to the staging area before going to the blocks.
- **Heat Sheets.** Heat sheets will not be for sale, but will be published on the website.
- **Live Stream.** We will have a live stream for parents, friends, and family to view. A link can be found at the [Meet Landing Page](#) or by using [this link directly](#).
- **Clerk of Course.** Clerk of Course will be located in the meet management room behind the tech timing table. Clerk of Course will handle relay cards, time trials (\$10 per swim), and oversee positive check-in, scratches.
- **Time Trials.** Time trials will be available on an extremely limited basis, must be approved by the meet referee, and will be limited to swimmers attempting to qualify for national level meets. Most likely time trials will only be available after each session daily. Payment is by cash or check only. As a reminder only a coach may request a time trial.
- **Relay Cards.** We request that coaches complete the relay cards and submit before the meet. Coaches should only submit relay cards at the meet if you have changes to your relays or your relay order. (Relays will already be seeded and published in the heat sheet.) **Relay cards are due no later than an hour before the meet session begins daily.**
- **Relays.** Relays will be swum in every other lane.
- **More Relays.** Due to limited space behind the blocks, we ask the following: Only one heat of relays in the ready area at a time, and only two relays members behind the blocks at a given time. When the first relay member starts, the third relay member will go behind the blocks. As each relay member finishes their legs, they are asked to put a mask on, exit the blocks area, and the next relay member comes over behind the blocks.
- **No Concessions.** There will NOT be concessions offered at the meet. Athletes are asked to bring their own food and snacks. **No glass containers or bottles allowed.**

- **No Spectators.** Spectators in the natatorium will **not be allowed for any sessions** due to COVID-19 restrictions. This is in an effort to keep our athletes, coaches, and volunteers as safe as possible and in compliance with the Ensworth campus rules. This includes congregating in the lobby. We appreciate your understanding. TISCA Swimming has worked very hard in order to make these championships happen for our athletes. In the general community, opinions on COVID-19 rules and regulations are vastly different, but please understand we have the athletes, your children, as our priority. Note: Ensworth requires masks to be worn both in the building and anywhere on campus.
- **500 Freestyle.** Athletes swimming in the 500 are asked to provide their own counter.
- **Locker Rooms and Restrooms.** Athlete locker rooms and restrooms will be available with a maximum capacity. A marshal positioned outside the locker rooms/restrooms will allow only 12 athletes in the area at a time. Athletes **MUST WEAR MASKS AND SOCIALLY DISTANCE WHILE IN LOCKER ROOMS.** Due to limits on numbers in the locker rooms athletes are asked to change as quickly as possible to make room for other competitors! Restrooms for coaches, officials and volunteers are available off the deck at the starting end of the main competition pool.
- **Hospitality.** There will be modified, COVID-19 friendly Coaches and Officials Hospitality provided each day. Coaches and Officials hospitality will be located in the far lobby area, at the diving boards end of the pool.
- **Parking.** Parking will be on the surface lots around the natatorium. Note: There is a new surface lot just behind the natatorium and if parents are waiting for their athletes, it is recommended to park in the lower lot.
- **Arrival Times.** In order to minimize crowding and maintain social distancing, please do not arrive more than 15 minutes prior to your assigned warm up session. The doors to the building will not be open until that time.
- **Officials.** Our Meet Referee Alex Hughes welcomes all visiting officials. Please contact Alex at alexhughes6222@gmail.com in advance to the meet if anyone from your team could help as an official.

Please let us know if you have any questions.

Warm regards,

Christian Bahr
Head Coach, Ensworth High School

Claire McCall
Meet Director