



## **2021 Wake Fall Invite**

**October 2, 2021**

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc.

In applying for the sanctioned meet on October 2<sup>nd</sup> 2021, Wake Aquatics agrees to comply and to enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Alabama and Jefferson County.

Held under the sanction of USA Swimming and Southeastern Swimming, Inc.

**SANCTION NUMBER: 21WAKESE10-2**

**HOSTED BY:** Wake Aquatics, [www.wakeaquatics.com](http://www.wakeaquatics.com)

**LOCATION:** Birmingham CrossPlex; 2337 Bessemer Road Birmingham, AL 35208; 205-279-8900  
[www.birminghamcrossplex.com](http://www.birminghamcrossplex.com)

**PARKING:** Is available in lots adjacent to the building for a \$5 fee.

### **COVID-19 LIABILITY DISCLAIMER**

We have taken enhanced health and safety measures for our athletes, coaches, officials and volunteers. All must follow the published safety measures in our Meet Safety protocols at all times while participating in the 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 SOUTHEASTERN SWIMMING, INC. 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 PARTICIPATION IN THIS COMPETITION

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 Southeastern LSC, Birmingham Crossplex and Wake Aquatics shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, infection or exposure by anyone during the conduct of the event.

**FACILITIES:** 10-lane, 25-yard competition pool with an 8-foot minimum depth at the start end to 16-foot minimum depth in the diving well, non-turbulent lane lines and fully automatic Colorado electronic timing system and scoreboard with lane/time/place display. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Continuous warm-up/warm-down will be available. The CrossPlex facility has strict rules prohibiting swimming when thunderstorms and lightning are in the vicinity that will be followed at all times. Continuous warm-up/warm-down is available. The Meet Director and Referee reserve the right to alter the course.

#### **ADDITIONAL COVID19 FACILITY CONSIDERATIONS**

1. Facility capacity will be limited to 500 swimmers and spectators per session plus an additional 50 for coaches, officials, and meet volunteers. The Crossplex will be limiting spectators due to social distancing. We suggest 1 guardian per swimmer attend – please have your families plan accordingly.

2. All Coaches, timers, officials and spectators will be required to wear appropriate face coverings (i.e. face masks) in accordance with current Crossplex, City of Birmingham, Jefferson County, and State of Alabama Guidelines.

3. All swimmers will be required to wear appropriate face coverings while not in the pool in accordance with current Crossplex, City of Birmingham, Jefferson County, and State of Alabama Guidelines.

4. Access to bathrooms and changing facilities will be restricted to limited use. All swimmers are encouraged to arrive at the pool in their suits and to leave the pool in their suits.

\*These guidelines are fluid and will be updated accordingly and sent out to coaches closer to Meet date.

#### **OFFICIALS:**

Referee: Laura Razzolini [novahours@gmail.com](mailto:novahours@gmail.com)

Administrative Official: Rachel Cobia [racheljcobia@bellsouth.net](mailto:racheljcobia@bellsouth.net)

Meet Director: Vanessa McCay [vanessa.d.mccay@gmail.com](mailto:vanessa.d.mccay@gmail.com)

**RULES and SAFETY:** Current USA Swimming rules will govern the conduct of the meet unless otherwise noted herein. In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and conduct themselves in a safe manner. 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. Any questions or concerns should be reported to the Meet Director through the office of the Clerk of Course which is located at deck level.

The swimmer must wear only one swimsuit in one of two pieces, except as provided in 205.10.1. All swimsuits shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

**NO TECHNICAL SUITS SHALL BE WORN BY ANY 12 and UNDER USA SWIMMING ATHLETE MEMBER IN COMPETITION AT ANY SANCTIONED, APPROVED, OR OBSERVED MEET. NOTE – 102.8**

The Crossplex facility has strict rules prohibiting swimming when thunderstorms and lightning are in the vicinity that will be followed at all times.

No one will be allowed to climb on the diving boards for any reason.

Use of audio or visual recording devices, including a cellphone, is not permitted in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present.

**ONLY MEET WORKERS, COACHES, OFFICIALS AND SWIMMERS WILL BE ALLOWED ON THE POOL DECK.**

In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and facility rules referred to in this meet information and to conduct themselves in a safe and prudent manner. Wake Aquatics will not accept responsibility for anyone who climbs to an unsafe height for any reason. No one will be allowed to climb on the diving boards for any reason. Any questions or concerns should be reported to the Meet Director through the office of the Clerk of Course which is located at deck level.

The Meet Director and Referee reserve the right to alter the course.

**ELGIBILITY:** 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. All participants must be USA Swimming registered athletes. Entries will not be accepted without current registration numbers. 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.

**SWIMMERS WITH DISABILITIES:** Swimmers with disabilities are welcome and are encouraged to complete the Information Form for Disabled Swimmers and return it with the entries. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific request.

**WARM UP:** Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. Lanes will be assigned for each team dependent upon the number of swimmers for that team and at no time shall there more than seven swimmers per lane. Swimmers attending the meet without a coach must report to the Meet Director or Referee to be assigned a coach for warm-up prior to each session. A Swimmer Assignment Form will be completed for all swimmers without coaches.

**STARTING TIMES:**

Morning Session: Warm-up 8:00-8:45AM      Competition 9:00 AM

Afternoon Session: Will begin no sooner than one hour following the completion of morning session and not before 12:00pm

**ENTRIES:** Teams who have HYTEK'S Meet/Team Manager should submit their entries electronically. E-mailed HYTEK entries are preferred. Entry forms must be completely filled out including the swimmers' best times for yards. A written copy of entries must be included for verification purposes. The waiver, acknowledgement & release form must be completed and submitted by the entry deadline. Only in the case of an error by Wake will swimmers' times be changed once received by the meet director.

**DEADLINE:** Entry data along with the waiver, acknowledgement & release form must be completed and must be received by the Meet Director on or before **Monday, September 20, 2021**. Late entries may be accepted at the meet director's discretion for available lanes only. No new heats will be formed and late entries may not appear in the heat sheet. A psych sheet will be published for coaches' review prior to creation of heat sheets. Coaches should notify the meet director of any errors at that time.

Send completed entries to: Vanessa McCay [vanessa.d.mccay@gmail.com](mailto:vanessa.d.mccay@gmail.com) . Please write "2021 Wake Fall Meet" in the subject box.

**FEES:** \$42.00 flat fee per swimmer, plus an additional \$4.00 SES fee or \$4.00 out-of-LSC fee. An extra \$10.00 will be charged for late entries or hand entries per swimmer. **DO NOT MAIL ENTRIES OR MEET FEES.** *Entry fees will be collected at the Clerk of Course upon check in.* Please make checks payable to: *Wake Aquatics*. All entry fees are nonrefundable.

**MEET FORMAT:** This is a timed final meet. All events will be mixed gender. Girls and Boys will be combined for the 8 & Under age groups, 9-12, 13-14 age group and 15 & Up age groups.

13-14 and 15& Up 500 Free will be deck seeded. Positive Check-In by swimmer or coach is required 30 minutes prior to session start or swimmer will be scratched from event. **500 Free swimmers must provide their own lap counter.**

**LIMITS:** Sessions will be limited to 200 Swimmers. Swimmers may swim up to a maximum of 4 events per session. Swimmers must swim in their age designated Session. AM Session is 12 years and younger. PM Session is 13 years and above. 500 free may be limited at the discretion of the Meet Referee and Meet Director based on meet time line.

**AWARDS:** There will be no awards at this meet.

**COACHES' CORNER:** A coaches' meeting will be held immediately after the completion of warm-ups in the hospitality room. All teams must have at least one credentialed representative present. No swimmers will be allowed in the pool during this time.

When picking up the team's packet, coaches are asked to show valid credentials (deck pass or club portal printout). No Coach will be allowed on the pool deck without providing current USA Swimming credentials indicating full coaching privilege. Coaches are asked to ensure that the Clerk of the Course has a completed Team Information sheet with the lead deck coach's cell phone number listed.

**HOSPITALITY:** Water stations will be provided by Crossplex. Please bring your water bottles. Vouchers or hospitality will be provided between sessions. \*If both sessions need to be combined to one, there will be no hospitality.

**OFFICIALS' CORNER:** All officials planning on being at the meet and working the session should contact the Meet Ref (novahours@gmail.com) . There will be an official's meeting 45 minutes prior to the start of the session.

**SPECTATORS' CORNER:** The CrossPlex does not allow personal chairs or outside food and beverages. The CrossPlex will be limiting spectators per their COVID 19 Guidelines. We suggest one guardian per swimmer - Please have families plan accordingly. There will be a concession stand operated by the CrossPlex open during the meet.

**HEAT SHEETS:** Will be available online at [www.wakeaquatics.com](http://www.wakeaquatics.com) and the Meet Mobile App. There will not be printed heat sheets for sale during the meet.

**MEET EVALUATIONS:** Please send any comments, suggestions, or evaluations concerning the meet to the Southeastern Swimming General Chairman:

General Chairman: Steven Murray  
coachsteven@excelaquatics.org  
920 Heritage Way  
Brentwood, TN 37027

	<b>AM SESSION</b>
1	Mixed 9-12 100 IM
2	Mixed 8 & Under 50 Free
3	Mixed 9-12 50 Back
4	Mixed 8 & Under 25 Back
5	Mixed 9-12 100 Free
6	Mixed 8 & Under 100 Free
7	Mixed 9-12 50 Breast
8	Mixed 8 & Under 25 Breast
9	Mixed 9-12 50 Free
10	Mixed 8 & Under 25 Free
11	Mixed 9-12 50 Fly
12	Mixed 8 & Under 25 Fly
13	Mixed 9-12 200 Free

<b>PM SESSION</b>	
14	Mixed 13-14 200 Free
15	Mixed 15 & Up 200 Free
16	Mixed 13 & 14 100 Fly
17	Mixed 15 & Up 100 Fly
18	Mixed 13 & 14 100 Breast
19	Mixed 15 & up 100 Breast
20	Mixed 13 & 14 50 Free
21	Mixed 15 & up 50 Free
22	Mixed 13 & 14 200 IM
23	Mixed 15 & up 200 IM
24	Mixed 13 & 14 100 Free
25	Mixed 15 & Up 100 Free
26	Mixed 13 & 14 100 Back
27	Mixed 15 & Up 100 Back
28	Mixed 13 & 14 500 Free**
29	Mixed 15 & up 500 Free**

*ALL events will be swum slowest to fastest.*

\*\* Deck seeded event. Swimmers must check in at Clerk of Course.

**The Meet Director and Meet Referee reserve the right to alter events and sessions as needed.**

**2021 - 2022 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:**

I, the undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team’s swimmers with those rules during this meet. Wake Aquatics, City of Birmingham, AL, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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

<b>SIGNATURE OF COACH OR CLUB OFFICIAL:</b>	
<b>CLUB:</b>	
<b>TITLE:</b>	<b>DATE:</b>

## TEAM INFORMATION

<b>CLUB NAME:</b>		<b>INITIALS:</b>	
<b>ADDRESS:</b>			
<b>LSC:</b>		<b>HEAD COACH:</b>	
<b>CONTACT PERSON:</b>		<b>PHONE NUMBER:</b>	
<b>FAX NUMBER:</b>	<b>CELL PHONE:</b>	<b>EMAIL:</b>	
<b>COACHES ATTENDING:</b>	1.		
	2.		
	3.		
	4.		
<b>CERTIFIED OFFICIALS WHO MAY WISH TO WORK:</b>	1.		
	2.		
	3.		
	4.		
<b>NUMBER OF SWIMMERS ENTERED:</b>	<b>ATTACHED:</b>		
	<b>UNATTACHED:</b>		
	<b>TOTAL:</b>		

### SUMMARY OF FEES

<b>TOTAL NUMBER OF SWIMMERS</b>	<b>X \$46.00 PER SWIMMER ENTRY FEE =</b>	
<b>TOTAL DUE:</b>		



SOUTHEASTERN LSC

INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non mandatory form is for accommodation purposes.

Name \_\_\_\_\_

Address \_\_\_\_\_

Team \_\_\_\_\_ USA Registration # \_\_\_\_\_

Age and Birth date: \_\_\_\_\_

Events to be swum: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Type of Disability

Blind \_\_\_\_\_ Cognitive/Intellectual \_\_\_\_\_ Deaf \_\_\_\_\_ Physical \_\_\_\_\_ Other \_\_\_\_\_

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

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The following person(s) will accompany the swimmer for any needed assistance: \_\_\_\_\_

Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

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Information gathered on this form will only be used for swimmers accommodation during Meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking Swimmers attendance and performance. The Disability Chair welcomes any feedback and or comments concerning your meet experience.

Disability Chair Email: [robin@seastarsaquatics.org](mailto:robin@seastarsaquatics.org)

Referee: Laura Razzolini [novahours@gmail.com](mailto:novahours@gmail.com)

Meet Director: Vanessa McCay [vanessa.d.mccay@gmail.com](mailto:vanessa.d.mccay@gmail.com)

**CONSOLIDATED ENTRY FORM**

Times should be in SHORT COURSE YARDS

Please duplicate as needed

EVENT #		EVENT NAME	BEST TIME	EVENT #		EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						