



2020 LA YNWL 18 & Under Long Course Time Trial

December 6, 2020

CONDITION OF SANCTION

As a condition of this sanction, YNWL agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, Louisiana Swimming, the State of Louisiana, local jurisdictions, and the YNWL Meet Plan detailed below. 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.

ASSUMPTION OF RISK DISCLAIMER

The YNWL has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. 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. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID- 19.

COVID-19 RELEASE

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 UNSEEN, IN CONNECTION THEREWITH.

YNWL COVID 19 MEET PLAN

FACE COVERINGS All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing (6 ft) and mass gathering rules.

ENTRY/EXIT PROCEDURE Please enter & exit through the West End pool doors.

SWIMMER LIMITATIONS 125 Swimmers. First 125 to enter. Once entered fees are owed for each swimmer entered. Spots will not be held without entries being received.

SPECTATOR LIMITATIONS NO SPECTATORS – Live Stream will be available at no charge

Sponsored by: YMCA of Northwest Louisiana, www.ynwlswim.com
Sanctioned by: Louisiana Swimming, Inc., Sanction # ___2020-12-03___

Meet Director: John Janszen, jjanszen@ymcanwla.org
Meet Referee : Mary Roper, scott_roper@att.net

Location: BHP Billiton YMCA
3455 Knight Street
Shreveport, LA 71105

Facilities:
-Indoor, heated, eight lane 50 meter pool. Non-turbulent lane lines, lane width 8 feet.
-Warmup/warmdown area available.
-Colorado timing system 6. Eighteen touchpads, 2 electronic starters, scoreboard, and starting block wedges
-Evacuator Air System, UV Water Filtration

Pool Measurement and Depth:
-The competition pool has been certified in accordance with 104.2.2C (4).
The water depth as measured for 1 meter from the wall to 5 meters from the wall is as follows:
Start end: 9' Turn End: 5.5'

MEET FORMAT Timed Finals - One LCM Session

- We will run through the Order of Events a SECOND time (Time Trials session) if desired, for anyone needing one more shot at a qualifying time.
- See attached pages for Session/event breakdown

RULES **This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.**

Per LSI Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet.

TECHNICAL SUIT BAN

for 12&Us

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The LSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet who is unaccompanied by a USA Swimming member coach 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials, and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

YNWL welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit YNWL's ability to accommodate all requests.

ENTRY LIMITATIONS Swimmers may swim a maximum of 3 individual events per session

ENTRY PROCEDURE Entries must be submitted in HyTek/Team Unify - Meet Manager compatible format. Deck Entries will be accepted only if the meet has not reached capacity and only to fill open lanes. No new heats will be created.

- Entries should be sent to John Janszen, jjanszen@ymcanwla.org
- Entries are limited to swimmers accepted into the YNWL 18 & Under Championships Dec 4-5, 2020
- If entry limit is not reached, entries may be opened to new swimmers/teams

ENTRY FEES \$10 per swimmer surcharge only (which includes the \$5 Louisiana Swimming surcharge) – Free Heat Sheets online and on Meet Mobile
Makes checks payable to *YMCA of Northwest Louisiana-deliver in person or mail to BHP Billiton YMCA, 3455 Knight Street, Shreveport, LA 71105, c/o John Janszen*
Deck Entry Fee is \$10 surcharge, same as pre-meet, payable on site

ENTRY DEADLINE Monday November 23, 2020 by 5:00pm

SEEDING The conforming time standard for this meet is Long Course Meters. Swimmers will be seeded and swim from slowest to fastest. NT entries ARE accepted

SCRATCHES No additional penalty for scratches, no refunds

SCORING None

AWARDS None

RESULTS Meet Mobile (unofficial) & Team Website (official)

COACHES All coaches on deck must be registered and certified with USA Swimming. discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

OFFICIALS/TIMERS / VOLUNTEERS Officials & Timers should report to their assigned position 10 minutes before session start, and bring a mask, your personal water bottle.

HOSPITALITY/ CONCESSIONS TBD

WAIVER/RELEASE As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and Louisiana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet.

YNWL, Louisiana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that 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.

IMAGE RELEASE 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 LSI 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.

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Louisiana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. TEAM HOST, FACILITY, Louisiana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE

ORDER OF EVENTS

Warmup 9:00am, Meet Start 10:00am

<u>Girls</u>	<u>Session #1</u>	<u>Boys</u>
101	200 IM	102
103	400 Freestyle	104
105	100 Backstroke	106
107	200 Butterfly	108
109	50 Freestyle	110
111	100 Breaststroke	112
113	200 Backstroke	114
115	100 Freestyle	116
117	200 Breaststroke	118
119	100 Butterfly	120
121	200 Freestyle	122
123	400 IM (mixed)	123
124/125	800/1500 Freestyle (mixed)	124/125

To immediately follow Session #1

<u>Girls</u>	<u>Session #2 - Time Trials</u>	<u>Boys</u>
201	200 IM	202
203	400 Freestyle	204
205	100 Backstroke	206
207	200 Butterfly	208
209	50 Freestyle	210
211	100 Breaststroke	212
213	200 Backstroke	214
215	100 Freestyle	216
217	200 Breaststroke	218
219	100 Butterfly	220
221	200 Freestyle	222
223	400 IM (mixed)	223
224/225	800/1500 Freestyle (mixed)	224/225