



**2021 DART FALL MEET
Sept 18/19, 2021**

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction # SNS22-2

In accordance with USA Swimming Rule (USA-S Rule) 202.4.10, "In granting this sanction, 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."

NOTICE:

By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. The results of this meet may be posted in real time on the Internet on Meet Mobile and live stream.

ASSUMPTION OF RISK DISCLAIMER:

DART Swimming has organized this event to do our best to keep all safe. By participating in this event, you agree to protect, defend, indemnify and hold harmless the DART Swim Team, City of Davis, and their respective officers, agents, employees, contractors, and volunteers and any other co-sponsoring agencies from and against any and all claims or causes of action for death, personal injury or property damage which may arise as a result of my or my children's participation in City of Davis Parks & Recreation programs and activities. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 from participating in the City of Davis Parks & Recreation programs and activities and that such exposure or infection may result in personal injury, illness, permanent disability, or death. I understand that the risk of becoming exposed to or infected by COVID-19 from participating in the City of Davis Parks & Recreation programs and activities may result from the actions, omissions, or negligence of myself and others, including, but not limited to, DART Swimming, City of Davis, officers, agents, employees, contractors, volunteers, program participants and their families.

USA SWIMMING COVID LANGUAGE:

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 COVID19 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 SIERRA NEVADA 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 PARTICIPATION IN THIS COMPETITION.

SAFE SPORT:

Pursuant to USA-S Rule 202.4.11H use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms. Sierra Nevada Swimming and the DART Swim Team would like to further state that, "The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at any time." The use of flash devices at the start is also prohibited. Pursuant to USA-S Rule 202.4.11I deck changes are prohibited. According to 202.4.11J, the 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.

Exceptions may be granted with prior written approval by Program & Events Committee Coordinator (or his/her designee).

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

Attention Swimmers: All adult athletes (age 18+) are required to complete and keep current their Athlete Protection Training, before they are allowed to enter the meet.

LOCATION:

Arroyo Pool, Davis CA 95616. Located at 2000 Shasta Drive.

FACILITIES:

An outdoor heated 25-yard pool with 8 lanes available for competition. An additional 2 lanes are available for warmup and warmdown during meet.

CERTIFICATION: USA-S certification is on file in accordance with USA-S Rule 104.2.2C(4). In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth of 7 ft. at 3'3.5" and 7 ft. at 16' 5" at the start end. At the turn end it is 12 ft. at 3' 3.5" and 13 ft. at 16'5". The water depth of the separate warm-up lanes, in accordance with USA-S Rule 202.4.11C, has a pool depth of 3 ft. at 3' 3.5" and 3 ft. at 16' 5" at the start end, which is the same measurements as the competition pool. At the turn end it is 3 ft. at 3' 3.5" and at 16'5".



RULES:

Current USA-S and Sierra Nevada Swimming rules will govern the meet.

- Sierra Nevada warm-up procedures will be in effect and a copy of the procedures will be posted at the meet.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F.
- This is open for all members of DART only.
- All events are SHORT COURSE YARDS.
- In accordance with USA-S Rule 102.2.9, if a swimmer has no official time in the entered event an estimated appropriate seedtime will be accepted.
- NT (No Time) entries will not be accepted.
- 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.
- In accordance with USA-S Rule 202.4.11D 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.

WARM-UP RULES:

The following rules apply to the warm-up period before each session, and to warm-up/down during the meet:

- Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry), except for starts, which are limited to specified lanes.
- Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- The use of hand-paddles, kickboards, fins and other devices are not allowed during general warm-up. The use of hand-paddles at any time during which touch pads are installed is forbidden. All USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming Member Coach during warm-up, competition, and warm-down. Any swimmer without a Coach in attendance must report to the Meet Director or Meet Referee who may assist the swimmer in planning for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. Swimmers that are observed being warmed-up or being started by anyone other than a registered Coach, will be removed from all events for the day. The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmers' memberships prior to the meet and, if valid, will be allowed to check-in and compete. Note that SNS does not allow swimmers to register for a USA Swimming Membership at the meet. The Club will be fined \$100 for every entered swimmer that shows unregistered on a Registration Recon five (5) days prior to the meet. Flex members needing to upgrade to Premium will be exempt from the fine, however will need to be



upgraded prior to the start of the meet to be eligible to swim. This meet is open only for DART. According to 302.3 in the 2021 Rulebook and in effect now — If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, Member Coach or Member Club submitting the entry.

ENTRY LIMITS

It is up to the Meet Director and Meet Referee to ensure that no sessions with swimmers 12 & Under are planned to last longer than 4 hours under USA-S Rule 205.3.1F.

- Should such sessions on any day be estimated to last longer than 4 hours, swimmers will be required to scratch down until that requirement is met.
- The meet will be open to all DART athletes.
- Swimmers are limited to 4 events per day.
- Those entries in excess of the above limitations will not be refunded.

ENTRY FEES:

Entry fees include an \$8 splash fee and \$4 per event.

ENTRIES:

All swimmers will enter using OME Swim Connection website. Entries will close on Thursday, September 9th at 11:59 PM.

CHECK-IN:

The meet will be pre-seeded. All swimmers will check in at the front gate for a brief health check.

MEET TIMES: Warm-ups (7:00 AM – 9:00:00 AM). Warm-ups will be organized in sessions. Prelims will start at 9:05 AM.

AWARDS:

Top 8 awards will be given for the following categories (6/U, 7/8, 9/10, and 11/12). No awards will be given for 13/older swimmers.

ADMISSION:

The meet will be available on Meet Mobile. Spectators' entry will be decided the week of the meet based around Yolo County Covid Guidelines.

SNACK BAR & HOSPITALITY:

DART will provide a basic hospitality and lunch for Coaches and Officials. No snack bar at this meet.

**OFFICIALS:**

Meet Referee: Ted Curley

Deck Referee: Bill Fisher

Head Starter: Joseph Biello

Admin Official: Brad Winsor

Meet Director: Billy Doughty

All working Officials must have passed the background check, athlete protection training and concussion course mandated by USA Swimming. Before the beginning of the meet, the Meet Referee will verify that this condition has been met. All Officials must wear their Officials' credentials visibly while working on deck. We will operate with 4 Stroke and Turn Officials for each session plus a Chief Judge. Expectation is that DART will provide Officials to cover the meet. The Meet Referee will conduct an Officials Meeting electronically before arrival or send pertinent information the day before the meet begins. Officials will gather for a meeting at 8:40am.

OFFICIAL'S DRESS:

Official attire at this meet will be white tennis shoes, white socks, white polo shirts and navy-blue pants/shorts/skirts. For wet or cold conditions, boots and parkas will be allowed.

COACHES:

All Coaches must have evidence of their USA Swimming Certification and will be required to check-in with the Meet Director and Meet Referee the night before the start of the meet with a screenshot of your Deck Pass. We ask that all Coaches please print out your own meet paperwork prior to coming to the meet. The meet is pre-seeded and will be posted the night before the sessions start. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will be each fined \$100. Those Coaches without evidence of certification will not be able to be at the competition since this is a no spectator meet. The Meet Referee will conduct a Coaches Meeting electronically before arrival or send pertinent information the day before the meet begins.

TIMERS:

DART will be providing all Timers, with a minimum of 2 Timers per lane. Each Timer will operate 1 plunger and a stopwatch. A Colorado Timing System will be set up as a semi-automatic system of two plungers per lane.

MEET MARSHALS:

We will have 4 Meet Marshals per session, 3 inside monitoring the warmup pool and Team areas and 1 outside the facility gate to ensure no spectators are congregating at the gate. The Marshals will be given directions by the Meet Director as they come on for each shift.

RESTRICTIONS:

Smoking and the use of other tobacco products are prohibited at the Community Pool facility. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. Personal propane heaters will not be allowed inside the facility.

12 & UNDER RESTRICTIONS: 102.8.1.F SWIMWEAR “No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet.

1. Exceptions for the foregoing restriction are only for Junior nationals, U.S. Open, National championships, and Olympic Trials.
2. A Technical Suit is one that has the following components:
 - a. Any suit with any bonded or taped seams regardless of its fabric or silhouette: or
 - b. Any suit with woven fabric extending past the hips.

(Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.)

SPECIAL PROCEDURES

- All swimmers, Coaches, Officials, and volunteers must maintain 3' distance and wear masks when not swimming.
- Check-in will open 15 minutes prior to warmups.
- At check-in swimmers will be given a meet program. This will also include their events with heats and lanes. We will not be posting heats/lanes.
- Swimmers should bring a chair for personal usage that can be set up 3' from other participants.
- There will be markings on the pool deck and outside the gate for check-in to help maintain 3' distance.
- Flow of the meet
 - We are running 8 lanes.
 - Contingency – Meet Director may add this based on Covid restrictions - At the end of each heat the swimmers in the heat will be allowed time to do a cool down lap and will exit the pool on deep side.
 - To warmup for the next event swimmers will be allowed to warmup in the two warm-up lanes. Marshals will be instructed to keep athletes moving when in the warmup lanes.

MEET EVENTS: ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

Saturday Events		
Girls Event #	Event	Boys Event #
1	9 & older 200 Free	2
3	12/U 50 Back	4
5	11/older 200 Back	6
7	8/U 25 Breast	8
9	9 & older 100 Breast	10
11	Open 50 Free	12
13	9 & Older 100 Fly	14
15	8 & Under 25 Fly	16
Sunday Events		
17	Open 100 Free	18
19	8/U 25 Back	20
21	9 & Older 100 Back	22
23	12 & Under 50 Breast	24
25	13 & Older 200 Breast	26
27	12 & Under 100 IM	28
29	13 & older 200 Fly	30
31	8/U 25 Free	32
33	12 & Under 50 Fly	34
35	9 & Older 200 IM	36