

Name of Meet:	2021 Rays CYSL IMX Meet		
Date of Meet:	1/9/2021		
Meet Sanction:	Held under the approval of USA Swimming issued by SC Swimming: Approval Number SC2151AP and SC2152TT		
Host Club:	Upper Palmetto YMCA Rays		
Meet Directors:	Ed Cullen	edcullen@upymca.org	803-817-7665
Meet Referee:	Tom Andrychowski	tomandry@hotmail.com	704-779-5140
Administrative Official:	Scott Jones	scottjones@comporium.net	803-431-6135
Meet Entries to:	Erin Baird	baird.erin@gmail.com	803-818-1687
Safety Marshal:	Lynn Williams	lmwilliams@comporium.net	803-417-8982
Assumption of Risk Disclaimer	Wayne Lowery	waynelowery@upymca.org	803-817-7665
	<ul style="list-style-type: none"> Upper Palmetto YMCA Rays has taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Rock Hill Aquatics Center. 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., South Carolina Swimming, Inc., and Upper Palmetto YMCA, Rock Hill Aquatics Center and Upper Palmetto Rays cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/South Carolina 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/South Carolina Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. <p>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 SOUTH CAROLINA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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.</p>		

**Upper
Palmetto
YMCA Rays
COVID-19
Meet Plan**

- All non-competing persons i.e. officials, coaches, timers and meet administrators must wear face coverings and comply with mandated social distancing and mass gathering rules. Athletes are strongly encouraged to wear masks between events.
- Swimmers will enter the Rock Hill Aquatics Center thru the main entrance to the Rock Hill Aquatics Center. Upon completion of their last event, Rays swimmers will exit the facility thru the doors located on the parking lot side of the bleachers.
- There will be no spectators allowed in the facility. Swimmers may contact their parents with cell phones. Swimmers without cell phones may use the front desk telephone to contact parents.
- Swimmers must arrive in their suits. Locker rooms will be designated for restroom use only. No changing or showering will be allowed. Locker room and restroom use must comply with all Safe Sport guidelines.
- Parents/Guardians will be able to observe and have access to their children in the following manner: Live Streaming.
- Parents, maintaining social distancing protocols, will be able to sit on the grassy area of the exterior of the Rock Hill Aquatics Center to have access to their swimmers.
- Meet Personnel for each session are as follows: 1 Head Timer, 10 timers, 6-8 Officials, 2 Safety Marshals, 1 Meet Referee, 1 Deck Referee, 1 Administrative Official, 1-2 Computer/Console operators, 1 Starter, 1-2 Meet Directors. Coaches, not to exceed a total of 30, for each team will be permitted on deck.
- Facility Personnel for each session are as follows: 2 Lifeguards, 1 Front Desk Attendant, 1-2 Parents for Livestreaming, 1-2 Hospitality Volunteers, 1 Swim Shop Operator.
- For Distance events/session, we may utilize an additional 10 counters and/or timers.
- There will be a total of not more than 50 Meet Personnel in addition to coaches on deck for each session. According to state and local guidelines, the pool capacity is 1275 under normal circumstances. We will adhere to current social distancing guidelines. If the limit is 25% of capacity, we can hold at least 318 people on the deck at one time. This will allow for a maximum of 200 athletes in each session. The Upper Palmetto Rays have received an exemption on the Governor Mandated capacity limits.
- Rays swimmers will be seated in the bleachers utilizing the elevated bleachers. Visiting teams will be seated on the pool deck in a seating area with bleachers and/or personal deck chairs. Social distancing protocols are strongly encouraged for all swimmers seated in the elevated bleachers, in deck bleachers and /or in personal deck chairs. The use of personal chairs may be permitted in limited numbers and/or circumstances. If personal deck chairs are permitted, they may not be left on the pool deck between sessions or overnight. Team seating may be assigned for visiting teams.
- Pre-meet warm ups will adhere to social distancing guidelines. Warm up times will be posted once the entries have been received and the total number of swimmers is known. At the end of each heat, each swimmer will warm down an odd number of lengths and exit the competition pool at the turn end. They will then return to their seat in the bleachers. The warm up/warm down pool will be limited to 4 swimmers per lane.
- There will be no more than 2 heats of swimmers in the starting area: 1 heat immediately behind the blocks ready to swim and one heat behind the timer chairs.
- There may be a traffic pattern indicated on the deck for swimmers to follow to walk from the seating area to the blocks.
- Swimmers that miss their heat may be added in to another at the

	<p>discretion of the Meet Referee. The swimmer should report to their coach who will then accompany them to the Starter's Podium until the swimmer can be assigned a lane by the Meet Referee/Deck Referee/Starter.</p> <ul style="list-style-type: none"> • There will be a minimum of 20 minutes in between sessions to allow for full facility evacuation and disinfection. Meet management reserves the right to change this amount of time depending on the size of the meet/sessions. We will adhere to facility restrictions in opening the facility for successive sessions. • Hospitality for coaches and officials will be prepacked snacks and drinks. The hospitality room may be open. A table for snacks and a cooler of drinks may be available poolside. • Facility staff and team personnel will be on hand to ensure all safety precautions and facility guidelines are followed. • Coaches and Officials meetings may be held virtually, if needed, prior to the start of the meet. • There may be outside vendors at this meet. If there are vendors, food trucks, etc. they will remain outside to the building.
<p>Facility:</p>	<p>Meet Location: Rock Hill Aquatics Center, 325 Rawlinson Road, Rock Hill, South Carolina. 803-817-7665</p> <p>The Rock Hill Aquatics Center is an indoor climate-controlled facility with a ten lane 25-yard pool and adjacent eight lane warm-up pool. The warm-up pool will be available for the duration of the meet. The Paddock built competition pool has eight-foot wide lanes with bottom striping and wall targets. The pool also features an Automatic Surge Reduction guttering system with non-turbulent lane lines and collegiate starting blocks. The facility features bleacher seating for 500 spectators and ample deck space with on-deck bleachers for swimmers. The facility also features a ten lane Colorado Timing Olympex Scoreboard. Only officials, coaches and swimmers will be allowed on the deck during warm-up and competition. The facility features 4 locker rooms (Boys & Men, Girls & Women) along with separate rest room facilities for spectators. All areas of the facility are handicap accessible. Overflow parking is available at the adjacent elementary school.</p> <p>The water depth of the competition course is eight (8) feet, six (6) inches, measured from one (1) meter to five (5) meters, on the starting end of the course, and five (5) feet, two (2) inches, measured from one (1) meter to five (5) meters, at the turn end of the course.</p> <p>The water depth of the warm down course is four (4) feet, eleven (11) inches, measured from one (1) meter to five (5) meters, on the starting end of the course, and three (3) feet, six (6) inches, measured from one (1) meter to five (5) meters, at the turn end of the course.</p> <p>Both competition courses have been certified in accordance with 104.2.2C(4). The copy of certification is on file with USA Swimming.</p> <p>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>Rules:</p>	<p>The Meet is to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations, Carolina YMCA Swim League Rules and information herein.</p> <p>The Rays welcome 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. Failure to provide advance notice may limit the Rays ability to accommodate all requests.</p> <p>Use of audio or visual recording devices, including a cell phone, is prohibited in changing areas, rest rooms, and locker rooms.</p> <p>Swimwear: Swimmers 12 years old and younger are not permitted to wear "Technical" suits at this meet.</p> <p>Deck changing is prohibited by USA Swimming and South Carolina Swimming. A first offense will result in the disqualification of the offending swimmer from the next scheduled event. The second offense for the same swimmer will result in the disqualification from the remainder of the meet.</p> <p>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.</p>
<p>Athlete Eligibility:</p>	<p>This competition is open to any swimmer who is a member of any CYSL team or YMCA team. Swimmers may enter and swim three individual events per day including any time trials. Swimmers will compete at their age as of January 9, 2021.</p> <p>Any swimmer entered in the meet, 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.</p>
<p>Entry Fees:</p>	<p>Swimmers may enter and swim three (3) individual events per day including any time trials.</p> <p>\$20.00 per swimmer. USA Swimming registered swimmers will also have the following fees: \$4.00 per instate swimmer for S.C.L.S.C. travel fund/program fee (\$2.00 per swimmer S.C.L.S.C. Travel Fund/Program fee, \$2.00 Sport Development Fee) or \$6.00 per out of state swimmer for S.C.L.S.C. travel fund/program fee (\$2.00 per swimmer S.C.L.S.C. Travel Fund/Program fee, \$2.00 per swimmer Sport Development Fee & \$2.00 per swimmer additional Travel Fund/Program fee).</p> <p>Deck entry fees and late entries will be \$2.00 per event in addition to the \$20.00/swimmer fee for swimmers new to the meet.</p> <p>Time trials will be \$8.00 per time trial.</p> <p>Entry fee checks should be made payable to the Upper Palmetto YMCA. Credit cards may also be used for the payment of entry fees.</p>

Meet Format:	<p>All events will be contested as timed finals.</p> <p>All events 400 and longer will be contested fast to slow alternating heats girls and boys with positive check in required. Sexes and age groups may be seeded together but will be scored separate. Distance events may be seeded together and scored separately (400 and longer) per rule 102.1.4. All swimmers entered in events 400 yards and longer will need to their own counter if they desire one.</p> <p>A swimmer who misses their assigned heat will not be entered into another heat unless determined so by the Meet Referee and the swimmer may be allowed to swim.</p> <p>The host team reserves the right to adjust the start times of warm-up and session start times as well as the right to move age groups to another session or to add sessions or to delete events to more efficiently run the meet or to ensure that all safety protocols can be followed. Swimmers will be permitted to change their entry to another event at no additional cost should an event be deleted.</p> <p>No refunds will be given.</p> <p>The entry limit for the meet will be 350 swimmers in addition to Rays swimmers. Additionally, entries may be limited to 200 swimmers per session due to Covid-19 restrictions.</p> <p>Time trials will be held at the discretion of the meet referee.</p>
Time of Meet:	<p><u>SATURDAY</u></p> <p style="text-align: center;"><u>13 & Over Warm-up 8:00 am</u> <u>Competition 9:10 am</u> <u>12 & Under Warm-up 12:00 Noon</u> <u>Competition 1:10 pm</u></p> <p>Teams will be assigned lanes for warm-up. The warm-down pool will be available during the swim meet for swimmers in the meet only. However, swimmers who horseplay in the warm-down pool may be asked to get out of the pool and may be disqualified from the remainder of their events for the meet.</p> <p><u>Meet management reserves the right to adjust the warm-up and start times of any session to run the meet more efficiently as well as to meet the requirements of the Covid-19 plan. Meet management reserves the right to combine sessions or to move age groups to a different session if needed for the most efficient running of the meet. The meet host reserves the right to move events to another session, to add sessions, to delete events and to alter the session times to facilitate the most efficient running of the meet as well as to meet the requirements of the Covid-19 plan.</u></p>

Entries:	<p>Please use swimmer's full name, age as of January 9, 2021, and short course yards entry times. Electronic entry using SDIF format is encouraged. You must submit paper back-up copy for verification.</p> <p>Meet entries should be received by Wednesday, December 30, 2021.</p> <p>Hard copies and checks should be mailed to 2020 Rays CYSL IMX Meet Entries c/o Lynn Williams, 325 Rawlinson Road, Rock Hill, SC 29732.</p> <p>E-mailed entries must also be accompanied by Word document exports of the <u>entries by swimmer</u> and fee summary. E-mail entries should be sent to lynnwilliams@upymca.org.</p> <p><u>Please send any certified or express mail with a signature release.</u></p> <p>Entry fee checks should be made payable to Upper Palmetto YMCA. Payment may also be made by credit card.</p> <p>You must delete any USA Swimming registration numbers from all non-USA Swimming registered athletes for entry purposes. This can be done under the athlete function on Hy-Tek Team Manager and it can also be done in Team Unify. If you do not remove non-registered swimmer registration numbers, you will be charged the registered swimmer LSC fees as outlined in this meet information.</p> <p>Late entries and deck entries will be accepted at the discretion of the meet director at an additional fee. No additional heats will be created for deck/late entries; these will be taken on a lane available space only.</p> <p>Time trials may be held at the end of each session at the discretion of the Referee.</p> <p>All swimmers deck entering the meet must provide proof of current USA Swimming membership if they are USA Swimming registered.</p> <p><u>SC Swimming does not accept deck registrations, all swimmers entered must be registered at time of entry deadline.</u></p>
Awards:	Ribbons will be awarded for the 1 st through 10 th places in individual events for the meet.
Scoring:	The meet will NOT be scored.
Timing:	Colorado Timing System and data processing by Upper Palmetto YMCA Timing. Timers from participating teams are requested in proportion to the number of swimmers entered.
Coaches Eligibility:	<p>All coaches must be a current coach member in good standing with the YMCA of the USA. Coaches may also be a current coach member of USA Swimming. Coaches must present their credentials to receive their coaching packet.</p> <p>There will be Coaches Meeting at 9:00 am on Saturday if deemed necessary by the Meet Referee. Each team should have only one representative coach present for each of these meetings. The Coaches Meeting may be held virtually if needed due to Covid-19 restrictions.</p>

**Other
Information:**

SPECIAL INSTRUCTIONS:

1. Age as of January 9, 2021 will be used as the competition age per CYSL Swimming Rules.
2. Teams are responsible for making certain that all swimmers report to the starting block for all events. The Clerk of Course will not look for swimmers nor will they hold up the meet for swimmers who do not report to the block or Clerk of Course.
3. ALL COACHES SHOULD BE FAMILIAR WITH THE WARMUP PROCEDURES AS EXPLAINED ON THE WARMUP ASSIGNMENT PAGE. ALL TEAMS WILL WARMUP AT THE SAME TIME UTILIZING ALL 18 LANES WITH 30 MINUTES BLOCKS OF TIME FOR GENERAL WARMUP AND STARTS. LANES WILL BE SHARED FOR THE STARTING (DIVING) PORTION OF THE WARMUP.
4. SWIMMERS MUST OBEY THE FACILITY LIFEGUARDS AT ALL TIMES. HORSEPLAY IN THE WARMUP POOL MAY RESULT IN THE SWIMMER BEING REMOVED FROM THE MEET OR THE WARMUP POOL BEING CLOSED.
5. Digital heat sheets will be provided at no cost to swimmers/families. The heat sheet will be posted on our website, www.swimrays.com and will be emailed to the person who submits entries for each team. The heat sheet will also be posted at no charge on Meet Mobile. Hard copies of the heat sheet will be provided to coaches at the meet.

Officials: Certified officials willing to work are most welcome. Officials interested in working any session should email the Meet Referee. The Officials meetings may be held virtually or in person. If the meeting is held virtually, the Meet Referee will be responsible for conducting it and will contact interested Officials that have emailed their desire to work the meet. If it is in person, it will begin one (1) hour prior to the start of each session.

Warm-up Procedures: Team lane assignments will be made for each session. All S.C.L.S.C. and USA Swimming safety guidelines will be enforced.

Contact Person: Lynn Williams 803-417-8982 lynnwilliams@upymca.org

Directions: From I-77 take Exit 85 Hwy 160 East into Fort Mill. Follow Hwy. 160 East/Tom Hall Street thru Fort Mill. The Fort Mill Aquatics Center will be on the left approximately 3.5 miles from the exit.

Hotel Information: Hotel information may be posted on www.swimrays.com

Order of Events:

2021 Rays CYSL IMX Meet

January 9, 2021

Held under the approval of USA Swimming issued by SC Swimming:
Approval Number SC2151AP and SC2152TT

Order of Events

*Odd Numbers - Girls
Even Number - Boys*

Saturday, January 9, 2021

	13 & OVER SESSION			
	Warmup 8:00 AM Timed Finals 9:15 AM			
1	400 yd Individual Medley ++	13-21	2	
3	200 yd Butterfly ++	13-21	4	
5	200 yd Backstroke ++	13-21	6	
7	200 yd Breaststroke ++	13-21	8	
9	200 yd Individual Medley**	21-UN	10	
11	500 yd Freestyle++	13-21	12	
	12 & UNDER SESSION			
	Warmup 12:00 NOON Timed Finals 1:10 PM			
13	200 IM+	12-UN	14	
15	50 yd Freestyle ***	10-UN	16	
17	50 yd Butterfly ***	10-UN	18	
19	100 yd Butterfly	11-12	20	
21	50 yd Backstroke***	10-UN	22	
23	100 yd Backstroke	11-12	24	
25	50 yd Breaststroke***	10-UN	26	
27	100 yd Breaststroke	11-12	28	
29	200 Freestyle***	10-UN	30	
31	500 yd Freestyle	11-12	32	

- ***AWARDED 11-12, 13-14, 15-18, 19-21**
- **** AWARDED 8-U, 9-10, 11-12, 13-14, 15-18, 19-21**
- *****AWARDED 8-U, 9-10**
- **+AWARDED 8-U, 10-U, 11-12**
- **++AWARDED 13-14, 15-18, 19-21**

**Meet Entry
Summary
Sheet:**

2021 Rays CYSL IMX Meet

January 9, 2021

Held under the approval of USA Swimming issued by SC Swimming:
Approval Number SC2151AP & SC2152TT

Meet Entry Summary Sheet

Total Number of Swimmers _____ x \$20.00 per Swimmer Entry Fee = \$ _____

Total Number of Swimmers _____ x \$2.00 per Swimmer SCLSC
Travel Fund/Program Fee (USA Swimming registered swimmers only)
= \$ _____

Total Number of Swimmers _____ x \$2.00 per Swimmer SCLSC
Sport Development Fee (USA Swimming registered swimmers only)
= \$ _____

Total Number of out-of-LSC Swimmers _____ x \$2.00 per Swimmer
Additional SCLSC Travel Fund/Program Fee
(USA Swimming registered swimmers only) = \$ _____

Total Fees: (checks payable to Upper Palmetto YMCA) = \$ _____

Team: _____ Team Code: _____

Number of coaches at meet: Saturday _____

Head Coach: _____

Send e-mail results to: _____

Send Paper copy in lieu of e-mail to: _____

Team Contact Person _____

Home Phone Number _____ Work Phone Number _____

E-Mail Address _____

I, the undersigned coach or team representative, verify that all the swimmers and coaches listed on the enclosed entry forms are registered with United States Swimming. A copy of our team's current USA Swimming roster is attached for verification purposes.

It is understood and agreed that USA Swimming shall be free 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 South Carolina LSC, and Upper Palmetto YMCA Stingrays 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 also understood and agreed that the Upper Palmetto YMCA, Upper Palmetto YMCA Timing, its agents, employees, and coaches shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Signature / Title _____

Mail check for the above amount, and signed copy of this form to:

**2021 Rays CYSL IMX Meet
c/o Lynn Williams
325 Rawlinson Road
Rock Hill, S.C. 29732**