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# NITRO SWIMMING

## October Sessions Week 2

Held under the sanction of USA Swimming  
Invitational

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- DATE:** **October 24th, 2020,**  
**Session 1: Saturday 10/24-Warm-up: 3:00 PM Meet Start: 3:45 PM**  
**Session 2: Saturday 10/24-Warm up: 6:00 PM Meet Start 6:45 PM**
- ENTRY DEADLINE:** **Entries must be received by Monday October 19th, 2020 11:59PM (CDT).**
- SANCTION:** **ST-20-55cm**
- VENUE:** NITRO Bee Cave -15506 D Hwy 71 West, Bee Cave TX 78738 (512)861-7946
- POOL SPEC:** Indoor 25 yard x 50 meter heated pool. Six 25-yard lanes will be used for competition, in alternating lanes to provide adequate space between athletes and timers. The minimum water depth is 8 feet. The pool was measured at 1 and 5 meters from both ends in accordance with Article 103.2.3. Colorado Touchpad Timing System. Warm-up and warm-down space will be available throughout the meet with a limit of four swimmers per warm up/down lane. The competition course has not been certified in accordance with 104.2.2C(4)."
- USA SWIMMING REGISTRATION:** All swimmers, coaches, and officials participating in this competition must be currently (2020 or 2021) registered with USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time. Swimmers who 1) late enter when possible; 2) need to be late-entered because of clerical errors by the entering team or the meet host; or 3) are not entered in this meet and choose to enter time trials if offered; will be required to present their USA Swimming ID Card or proof of membership using the USA Swimming Deck Pass app. (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.
- UNACCOMPANIED SWIMMERS:** Any swimmers entered in this 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. 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.
- PHOTOGRAPHY** There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.
- ELIGIBILITY:** **Age up date October 24<sup>th</sup>, 2020**
- LIABILITY:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Nitro Swimming, Nitro – Bee Cave and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.
- Nitro Swimming has taken enhanced health and safety measures – for staff members, swimmers and volunteers. You must follow all posted instructions while visiting Nitro. 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 illness and possible death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting Nitro Swimming, you voluntarily assume all risks related to exposure to COVID-19.

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 protect 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, SOUTH TEXAS LSC AND NITRO 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.

**SANCTION:** Held under the sanction of USA Swimming. This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including minor athlete abuse prevention policy (“MAAPP”) and any relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2020 or 2021 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2020 or 2021 USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club’s official, watermarked roster from the USA Swimming club portal). South Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

**ENTRIES:** Swimmers may enter up to two (2) individual events max. Swimmers may only participate in one session.

**ENTRY FEES:** \$7.25 per event (includes the STSI splash fee of \$1.25 per splash). Your account on file with [www.nitroswim.com](http://www.nitroswim.com) will be automatically billed. There will be no refunds for any reason including but not limited to injury and/or illness.

**DECK ENTRIES:** There will be no deck entries for this competition.

**MEET FORMAT:** This is a closed competition. Open only to swimmers by invitation to the meet. This will be a timed final meet. All events will be swum fastest to slowest with modified flyover starts-once a swimmer completes a race they will slide under the lane line to an unoccupied lane not used for competition while the next heat of swimmers is started. Events will be swum as mixed gender events. The Meet Director and Meet Referee reserve the right to combine heats and/or events as needed.

**QUALIFYING TIMES:** There will be no qualifying times for this meet.

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

**HEAT SHEETS:** Heat Sheets will be posted online at [www.nitroswim.com](http://www.nitroswim.com) Wednesday October 121st, after 12pm.

<b>ADMINISTRATION:</b>	<b>Entries Chair:</b> Dan Rozick 512-259-7999 <a href="mailto:dan.rozick@nitroswim.com">dan.rozick@nitroswim.com</a>	<b>Meet Director:</b> Dan Rozick 512-259-7999 <a href="mailto:dan.rozick@nitroswim.com">dan.rozick@nitroswim.com</a>	<b>Referee:</b> John VanderMeer 512 <a href="mailto:john_vandermeer@outlook.com">john_vandermeer@outlook.com</a>	<b>Admin</b> Heather Freeman 512 <a href="mailto:hfreeman@austin.rr.com">hfreeman@austin.rr.com</a>
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**OFFICIALS:** Official participation is by invitation only. All deck officials must be registered with USA Swimming and their local LSC for 2020 or 2021 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee

with your certification level and availability so he can plan accordingly. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged

**WARM-UPS:** Warm-ups will be conducted in accordance with the current STSI Policies and Procedures listed below and on the STswim.org Web Site. Modifications for health and safety measures are listed in the Health and Safety section.

**HEALTH & SAFETY:** In accordance with USA Swimming and local jurisdictional guidelines there will be several safety measures implemented during this meet.

- All participants in the meet (athletes, coaches, officials, volunteers) will be required to maintain 6 feet of social distance at all times.
- All participants will be required to wear a face covering when inside the Nitro facility. Swimmers may remove their face coverings prior to entering the water and must replace their face covering within a reasonable time after exiting the water.
- Spectators will not be permitted inside the building, they may view all warm-ups and races from the exterior of the building through the windows surrounding the pool.
- An area of the parking lot will be designated for families to setup chairs, blankets or 'pop-up' tents. Families should setup socially distant from other non-family members.
- Specific areas will be designated for coaches and officials with guidelines for traffic flow through the facility. Entrance will be via the west deck door. Exit will be via the front lobby. (See sample pool layout attached at back.)
- No more than 70 athletes will be entered in each session or permitted entry to the facility.
- Swimmers should arrive dressed to compete. Locker rooms will be closed. Caps, goggles and suits are the only permitted equipment.
- Specific lanes will be designated for warm-up and cool-down. No more than 4 athletes per warm-up/cool-down lane.
- Diving warm-up will be conducted only with coach supervision and blocks will be rinsed after each use.
- Swimmers will proceed to their events from a staging area that assures a minimum 6 feet of separation from all other individuals.
- Competition will be held with a lane of separation between competitors and blocks will be rinsed after each race.

Meet Marshals will be present to enforce these guidelines.

**MEET MARSHALLS:** There will be a minimum of four (4) meet marshals present at this meet. Meet Marshals will enforce all local jurisdictional guidelines throughout the duration of the meet. Meet Marshals will be responsible for ensuring the warm-up & warm down lanes are maintaining proper social distancing, ensuring only the proper athletes are inside of the building, guiding athletes to their races, and maintaining an overall safe and healthy environment.

**BATHROOMS:** Bathroom usage will be limited to the two family bathrooms located in the lobby of the building.

**LOCKERROOMS:** The locker rooms will be closed for the duration of this meet. The family bathrooms in the lobby of the building may be used for changing.

**SPECIAL NEEDS:**

- Please notify the Nitro – Bee Cave 512-861-7946 in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The facility staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use our facility.
- In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105.
- A disability is defined as a PERMANENT
- Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105.

**DECK CHANGING:** Deck changes are prohibited.

**DRONES:** Per USA Swimming Rule 103.13, 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 the Programs and Events Committee Chair.

**CELL PHONE:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

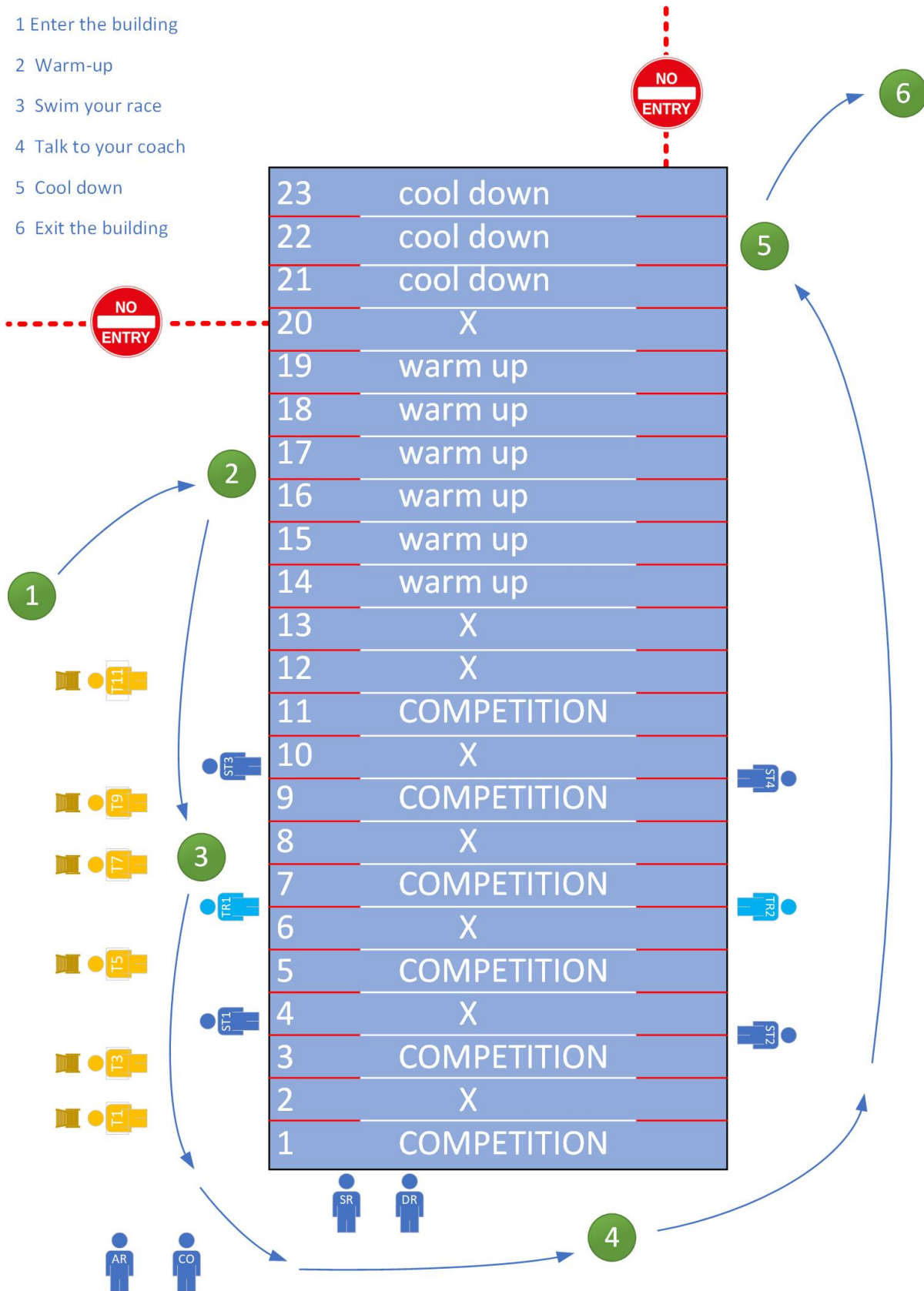
**TIMERS:** Volunteer timers will be needed and assigned to a specific lane 24 hours prior to each session. Timers will be required to stay for the duration of the session.

	<b>Session 1 Saturday 3:45 PM</b>	<b>Session 2 Saturday 6:45 PM</b>	
<b>#</b>	<b>Event</b>	<b>Event</b>	<b>#</b>
1	500 freestyle*	500 freestyle*	13
2	200 individual medley	200 individual medley	14
3	100 butterfly	100 butterfly	15
4	200 backstroke	200 backstroke	16
5	50 freestyle	50 freestyle	17
6	200 breaststroke	200 breaststroke	18
7	100 freestyle	100 freestyle	19
8	200 butterfly	200 butterfly	20
9	100 backstroke	100 backstroke	21
10	200 freestyle	200 freestyle	22
11	100 breaststroke	100 breaststroke	23
12	400 individual medley	400 individual medley	24

**\*Counters will not be used for the 500 freestyle**

# Sample Pool Layout

- 1 Enter the building
- 2 Warm-up
- 3 Swim your race
- 4 Talk to your coach
- 5 Cool down
- 6 Exit the building



# SOUTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

### A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures
  - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
  - b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
  - c. Dive sprints shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and may be done only under the direct supervision of the coach.
- II. Open Warm-up Procedures

### LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARM-UP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first half of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times and from the designated end. Swimmers must exit the pool on the opposite end.
- d. There will be no diving in the general warm-up lanes—circle swimming only.
- e. No kickboards, pull buoys, or hand paddles may be used.

### III. Safety Guidelines

- a. Coaches are responsible for the following:
  1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
  3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following:
  1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
  2. Marshals will have the authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these procedures.
  3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
  4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
  5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
  6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

### B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet Referee.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.