



NITRO SWIMMING

January Pump up Meet

Held under the sanction of USA Swimming
Invitational



DATE:

January 23-24, 2021

Saturday 1/23 Session 1 – 12-U Saturday Prelims

Saturday 1/23 Session 2 – 13-O Saturday Prelims

Sunday 1/24 Session 3 – Sunday Finals (All ages)

Sunday 1/24 Session 4 – Time Trials (if offered)

ENTRY DEADLINE:

Entries must be received by Monday, January 18, 2021 2:00 PM (CDT).

SANCTION:

ST-21-14cm

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. Eight 25-yard lanes will be used for competition. 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 (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 January 23, 2021

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 2021 with USA Swimming by the meet start date. 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 three (3) individual (prelims) events on Saturday. Entries will be accepted in the order received. The meet will be capped at 180 swimmers per prelims session.

ENTRY FEES: \$13.25 per event for individual (prelims) events (includes the STSI splash fee of \$1.25 per splash). Your account on file with www.nitroswim.com will be automatically billed. There will be no refunds for any reason including but not limited to injury and/or illness.

Teams may make checks payable to Nitro Swimming and bring them to the meet, or mail to Nitro Swimming, 15506 W. Hwy 71, Bee Cave, TX 78738 prior to the start of the meet.

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

MEET FORMAT: This is a closed competition for swimmers who are attached or unattached to Nitro, Lost Creek Aquatics, and AquaTex.

- All individual events at this meet will be conducted as prelims/finals. All prelims events will be swum fastest to slowest, mixed gender, age combined, by session (12 & under and 13 & over), and circle seeded for the fastest 3 heats.
- The top eight (8) swimmers for each gender for 10 & under and 11-12 events will advance to Finals. The top sixteen (16) swimmers for each gender and age group for 13-14 and 15 & over events will advance to Finals.
- Finals events will be swum slowest to fastest by age group and gender with a Consolation heat and then a Final heat for 13-14 and 15 & over events and as a Final heat for 10&under and 11-12 events. The top 8 prelims swims by gender and age group will qualify for the Finals heat and for the 13 & over events, the 9th-16th prelims swims by gender and age group will qualify for the Consolation heat.
- There will be a scratch deadline 30 minutes after results are posted for prelims events. Swimmers that fail to scratch and fail to swim in finals will be removed from all further meet events. The Meet Director and Meet Referee reserve the right to combine prelims and finals heats and/or events as needed.

QUALIFYING TIMES: Qualifying times for this meet are USA Swimming 2021-2024 motivational ‘BB’ and faster time standards by age group (10 & under, 11-12, 13-14, 15-16*) for all events entered. NT entries will not be accepted.

**15 & over swimmers will use the ‘BB’ time standard from the 15-16 age group.*

TIME TRIALS: Time trials may be offered at this meet, time permitting, and will start no later than 30 minutes after the conclusion of the finals session on Sunday. Swimmers must already be entered in the meet to participate in time trials and must have coach approval to enter. Registration for time trials events will open at 1:00pm on Sunday at the Clerk of Course and will close 5 minutes after the end of the finals session on Sunday. Time Trials will be swum fastest to slowest as mixed gender, age combined, open events. Events may be combined by stroke and distance, depending on entries. Swimmers may enter one time trial event total. Time trial participants must supply their own timer. Time trial events will be \$20 (includes the STSI splash fee of \$1.25 per splash). Time trial results will be published with the final meet results.

AWARDS: There will be no awards at this meet.

HEAT SHEETS: Heat Sheets will be posted online at www.nitroswimming.com by Wednesday, January 20, 2021 at 3:00 PM

ADMINISTRATION: **Entries Chair:** LeAnn Carr, LeAnn.Carr@nitroswim.com, 512-861-7946
Meet Director: LeAnn Carr, LeAnn.Carr@nitroswim.com, 512-861-7946
Referee: Jessica Evans, jessicaevans@utexas.edu, 512-771-0439
Admin: Dan Rozick, dan.rozick@nitroswim.com, 512-259-7999

OFFICIALS: Official participation is by invitation only. All deck officials must be registered with USA Swimming and their local LSC for 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 she can plan accordingly. Please report to the Meet Referee at least 45 minutes 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 East deck door. Exit will be via the front lobby. (See sample pool layout attached at back.)
- No more than 180 athletes will be entered in each session or permitted entry to the facility. There will be no more than 80 swimmers in the facility at any given time.
- Swimmers should arrive dressed to compete. Locker rooms will be closed to changing but can be used for restroom access (limit 4 people at a time) but single-family dressing rooms will remain open for changing (there are 2 total). 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
- Swimmers will proceed to their events from a staging area that assures a minimum 6 feet of separation from all other individuals. This staging area will be run by a volunteer responsible for maintaining safety.
- Competition will be held in 8 lanes

Meet Marshals will be present to enforce these guidelines.

MEET MARSHALS: 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 & LOCKER ROOMS: Bathroom usage will be limited to an occupancy of 4 in each locker room and locker rooms will not be used for changing. 2 Single Family restrooms will be provided for changing purposes.

SPECIAL NEEDS:

- Please notify the Meet Director 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 each session. 1 timer will be required per lane for 13 & Up sessions while 2 timers will be required per lane for 12 & Under sessions. It is recommended that when 2 timers are required per lane those timers sign up to time together as opposed to being assigned together randomly.

MEET

SCHEDULE:

Saturday Session 1 – 12 & under Prelims

Warm up #1 - 1:00-1:30 PM

Warm up #2 - 1:30-2:00 PM

Prelims Meet Start: 2:15 PM

Saturday Session 2 - 13 & Over Prelims

Warm Up #1 – 4:30-4:15 PM

Warm Up #2 – 5:15-6:00 PM

Prelims Meet Start: 6:15 PM

Sunday Session 3 – Finals (all ages)

Meet Director & Referee reserve the right to designate groups to attend each warm to ensure health & safety

Warm up #1 – 10:45-11:30 AM

Warm Up #2 – 11:30 AM-12:15 PM

Finals Meet Start: 12:30 PM

Sunday Session 4 – Time Trials (if offered)

Starts no later than 30 minutes after the end of the Finals session

Order of Events – Saturday Prelims Sessions

Distances are in short course yards

Saturday Session 1 - 12 & Under Prelims Starts 2:15PM	
Event #	Event Name
1	12-U 200 IM
3	12-U 50 Free
5	11-12 200 Breast
7	12-U 100 Back
9	12-U 50 Fly
10	12-U 100 IM
12	12-U 200 Free
13	12-U 50 Breast
15	11-12 200 Back
17	12-U 100 Fly
19	12-U 100 Breast
21	12-U 100 Free
23	11-12 200 Fly

Saturday Session 2 - 13 & Up Prelims Starts 6:15PM	
Event #	Event Name
2	13-O 200 IM
4	13-O 50 Free
6	13-O 200 Breast
8	13-O 100 Back
11	13-O 200 Free
14	13-O 200 Back
16	13-O 100 Fly
18	13-O 100 Breast
20	13-O 100 Free
22	13-O 200 Fly

The prelims sessions will swim fastest to slowest, with the top 3 heats circle seeded. All prelims events will swim mixed gender and age combined. The top 8 swimmers in each event by gender, for ages 10&Under and 11-12, will advance to finals. The top 16 swimmers in each event by gender, for ages 13-14 and 15&over, will advance to finals.

Order of Events – Sunday Finals

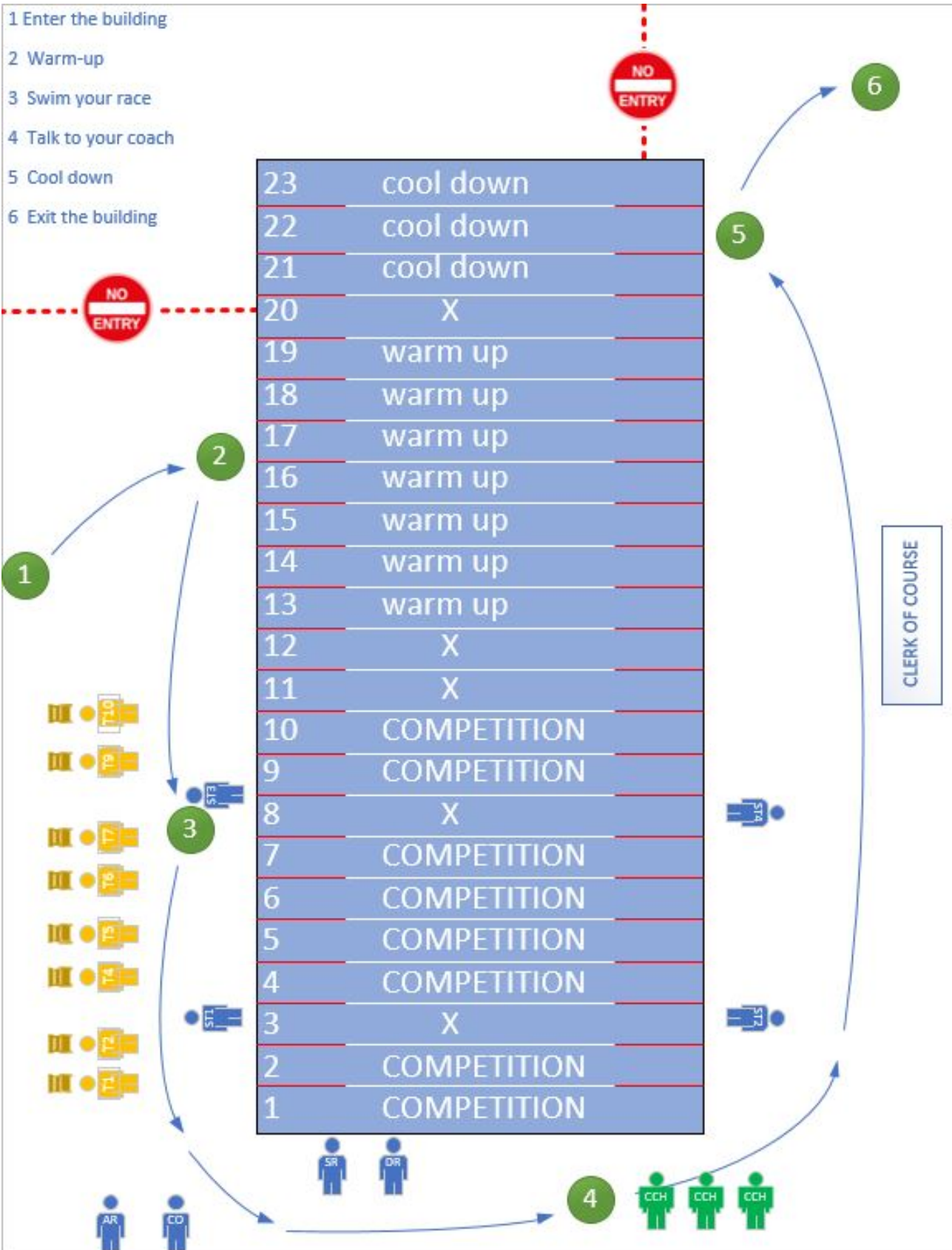
Distances are in short course yards

Sunday Session 3 – Finals (all ages) Starts 12:30PM	
Event #	Event Name
1	12-U 200 IM
2	13-O 200 IM
3	12-U 50 Free
4	13-O 50 Free
5	11-12 200 Breast
6	13-O 200 Breast
7	12-U 100 Back
8	13-O 100 Back
9	12-U 50 Fly
10	12-U 100 IM
11	13-O 200 Free
12	12-U 200 Free
13	12-U 50 Breast
14	13-O 200 Back
15	11-12 200 Back
16	13-O 100 Fly
17	12-U 100 Fly
18	13-O 100 Breast
19	12-U 100 Breast
20	13-O 100 Free
21	12-U 100 Free
22	13-O 200 Fly
23	11-12 200 Fly

The finals sessions will swim in the event order listed, with heats conducted by age group (10&under and 11-12 for 12&under events and 13-14 and 15&over for 13&over events) and gender. Finals events will swim in event order, all girls heats first, and then all boys heats.

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.