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| |  | | --- | |  | |  |  |  | Club Mountaineer Aquatics  Spring Long Course Meet  May 13-16th ,2021 | | |
| Facility Location | Aquatic Center @ Mylan Park | | | | | |
| Sanction NO.:  WV-2021-09 | Held under the Sanction of USA Swimming and West Virginia Swimming Inc. In granting this sanction 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 this event. | | | | | |
| Entries Open | April 12th, 2021 | | | | | |
| Entries Close | May 6th, 2021 or until entry max is reached whichever is first | | | | | |
| Meet Director | Name: Renee Riggs | | | 304-841-4391 | E-mail: reneecriggs@gmail.com | |
| Meet Entry Chair | Name: Vic Riggs | | | Phone: 304-293-2154 | E-mail: vic.riggs@mail.wvu.edu | |
| Officials Contact | Name: Frank McCutchan | | | Phone: 304-692-3556 | E-mail: mccutchanf@gmail.com | |
| Meet Referee | Name: Frank McCutchan | | | Phone: 304-692-3556 | E-mail: mccutchanf@gmail.com | |
| Meet Admin | Name: Vic Riggs | | | Phone: 304-293-2154 | E-mail: vic.riggs@mail.wvu.edu | |
| Sessions | Warm-Up Time | | | | Meet Starts | |
| 1 | 7:30 am Prelims | | | | 9:00 am | |
| 2 | 4:30pm Combined Finals | | | | 6:00pm | |
| 3 | 7:30 am Prelims | | | | 9:00 am | |
| 4 | 4:30pm Combined Finals | | | | 6:00pm | |
| 5 | 7:30 am Prelims | | | | 9:00 am | |
| 6 | 4:30pm Combined Finals | | | | 6:00pm | |
| Events | This meet will be conducted in accordance with the attached schedule of events. | | | | | |
| Entry Limit | This event may be capped at approximately 150 Women and 150 Men based on the current Covid-19 conditions. If necessary, A and B prelim flights may be designated.  Individual Entry limit is a maximum of 5 events | | | | | |
| Entry Fees | Individual Events: | | $10.00 | | Relay Events: | $ NO RELAYS |
| Surcharge Travel per swimmer: | | $5.00 | | Surcharge Facility per swimmer: | $8.00 |
| Mail Checks & Reports To: | Vic Riggs 218 Poplar Dr. Morgantown, WV 26505 | | | | | |
| Checks Payable To: | Friends of Club Mountaineer Aquatics | | | | | |
| Entry Procedures | ∙ Entries must be submitted by Hy-Tek CL2 or HY3 file or sdif file via e-mail to the Meet Entry Chair during the Entry Period;   Please include the following information in the body of the e-mail: **Team Name, Number of Individual Entries, Number of Relay Entries, Total Entries, and Team Entry Chair’s Contact Information along with the Entry report by Swimmer’s Name. Any revisions to the entry file should also include a revised Entry Report by Swimmer’s Name**.   **Payments shall be made for the entries to the host prior to the start of the meet.**   No refunds will be given, except for mandatory scratch down of events  **\*\*No late entries will be accepted.** | | | | | |
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| Deck Entries | All meets will be pre-seeded and deck entries will not be permitted in pursuant of USA Swimming’s October Sanction directive. | | | | | |
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| Proof of Times: | All entry times submitted for this competition must be from official USA Swimming sanctioned, observed, or approved competitions and must be provable. | | | | | |
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| Scoring | Individual None | | | | | |
| Relays NONE | | | | | |
| Participation None | | | | | |
| Team None | | | | | |
| Relays None | | | | | |
| USA Swimming Rules | 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. 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.  No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.  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 Program & Events Committee Chair or designee.  Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.  Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged/prohibited.  The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.  **RACING STARTS: 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. 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.**  **All meet directors, referees, starters, and stroke and turn judges serving in an official capacity must be members of USA Swimming or other FINA-member organization. All persons acting in any coaching capacity must be members of USA Swimming (except: participating under provisions of 202.6 or USA Swimming "open border" policy). No entrant will be permitted to compete unless the entrant is a member as provided in Article 302. This means that recons MUST be done before the meet so as to verify all entrants!!!!!**  **ADA/Section 504**  **If you are a person with a disability who needs an accommodation in order to utilize our facility, you are entitled to the provision of certain assistance.** | | | | | |
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| Warm-Up Procedures | WV LSC warm-up procedures will be used during the meet warm-up periods. Please review warm-up procedures listed below in the **start time** sections. If a swimmer does not have a certified USA registered coach with them, the swimmer must report to the Meet Referee. In the event of overcrowding during warm-up, new lane assignments may be made. All coaches will be informed of warm-up procedures, lane assignments, and any changes in their coaching packet. The diving well will be open during the meet for warm-up/warm-down–feet first entry only.  **USA-SWIMMING, WV LSC, STATE & LOCAL COVID-19 GUIDELINES WILL BE IN PLACE AND DICTATE WARM-UP PROCEDURES.** | | | | | |
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| Scratch Procedures | NO SCRATCHES NEEDED AS MEET WILL BE PRESEEDED | | | | | |
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| Meet Officials Procedures | The Meet/Deck Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet/Deck Referee has final judgment for ***any*** issues that arise that day during the course of the meet. | | | | | |
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| Concession | No Concessions will be available and no food will be allowed on the deck | | | | | |
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| Final Results  Contact | Vic Riggs at vic.riggs@mail.wvu.edu | | | | | |
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| Face Coverings | All meet participants – coaches, officials, administrators, vendors, and athletes (when not in the pool) – must wear textile face coverings that simultaneously cover the nose and mouth and comply with mandated social distancing and mass gathering rules. Participants wishing to remove their face coverings for periods longer than 5 minutes to eat or drink must move and stay 10 feet away from others or exit the facility until their face coverings are back in place. | | | | | |
| MAAPP | use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms   |  | | --- | | \*All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provision 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.  \*except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged/prohibited | | | | | | |
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| SAFE SPORT | The USA Swimming Safe Sport 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. | | | | | |
| COVID-19 | USA Swimming COVD Risk Statement: 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 [INSERT 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 UNFORESEEN, IN CONNECTION THEREWITH.  Hosts COVD Risk Disclaimer:  It is my intent as a participant or player competing in Club Mountaineer Aquatics sanctioned activities, while participating during activities including any pre-game or post-game activities at the Aquatic Center @ Mylan Park that I am agreeable to the following:  I acknowledge that I am aware that there are risks to me of exposure to directly  or indirectly arising out of, contributed to, by, or resulting from:   * An outbreak of any and all communicable disease, including but not limited to, the virus “severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)”, which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;   In consideration of having the opportunity to participate as either a team member or competitor at location, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify Club Mountaineer Aquatics and its trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities. | | | | | |
| LOCKER ROOMS/ CHANGING | Deck changing is prohibited. ALL swimmers must arrive in their Warm-up suits. 13 & Over swimmers may use the locker rooms to change into and out of tech suits. Congregating in locker rooms is strictly prohibited. Locker rooms will be monitored by the meet marshal. Changing areas are limited to a maximum of fifteen (15) in each locker room as designated on signage outside and inside the locker rooms. Otherwise, locker rooms are for restroom use only and must not be used for showering. | | | | | |
| ENTRY & EXIT PROCEDURES AND ATHLETE SEATING AREAS | Swimmers will be allowed in the building no more than thirty (30) minutes prior to their warm-up time and must leave the building immediately after their last swim of the session. Access to the building will be the front door only.  Swimmers for each session will enter the building through the main entrance and proceed to their assigned team area in the spectators seating where they should practice social distancing throughout the entire spectator seating area. NO CHAIRS ON THE POOL DECK. SWIMMERS SHOULD ONLY BRING THEIR TOWEL AND A WATER BOTTLE/DRINK/CAP/GOGGLES/MASK ON DECK. SNACKS AND BAGS SHOULD REMAIN IN THEIR SPOT IN THE SPECTATOR AREA. When told to begin warmup, swimmers will enter the pool deck via the entrance by the locker rooms and will go to their assigned warmup pool/lanes. | | | | | |
| SWIMMER LIMITATIONS AND PROTOCOLS | Swimmers not in the pool, waiting for their event behind the blocks, using the restroom, or meeting with a coach are not permitted on deck and must exit through the west end doors immediately and return to the spectator area to await the call for their next event. When entering the pool for a scheduled event, swimmers will be asked to line up on designated spaces in the diving well area of the deck, maintaining social distancing protocol and will wait to be called down to the pool deck by the Announcer. All swimmers will enter the pool deck through the locker room entrance.  A MAXIMUM OF FIVE (5) SWIMMERS PER LANE FOR ALL WARMUPS AND WARM DOWNS  **ONLY Swimmers participating in that evening’s Finals may Warm-up for that Finals’ Session.** | | | | | |
| PARENTAL/ SPECTATOR ACCESS, LIMITATIONS, AND PROTOCOLS | Due to facility size and COVID-19 limitations, there will be no “In-Person” spectator viewing. Spectators/Parents may not enter the facility for any reason.  **Parents/Guests are expected to comply with all mandated state/local/facility COVID-19 guidelines including distancing, mask use and gathering limits while dropping off or picking up their athlete. Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them outside the Main Entrance area. Should parents be unable to contact their child directly, they should see a Meet Marshal located at the main entrance to the facility. In the case of an emergency, please call and/or text the Meet Director.**  Only swimmers and essential personnel will be allowed on deck. Swimmers will be able to exit via the main door if they need to see their parents. This door will be monitored. There is absolutely no parking in front of the building or in the drop-off pickup lanes. This rule applies to coaches, staff, and parking space owners as well. This area is designated for parents to congregate with compliant masks and social distancing practices so that they can meet with their swimmers. | | | | | |
| LIVE STREAMING | Live streaming will be available for parents to view the meet. Information on the livestream channel will be distributed to teams prior to the start of the meet. | | | | | |
| HEALTH SCREENING | Ingress to the facility will require health screening questions and/or a temperature check before entering in accordance with CDC and local health department recommendation. Temperature checks/health screenings will be administered by the meet marshals/coaches at the designated entrances for all participants upon arrival at the facility. | | | | | |
| PARTICIPATION IS CONTINGENT ON COMPLIANCE | Compliance with all COVID-19 safety protocols, rules, and regulations is required for participation in this meet. USA Swimming members or meet volunteers who fail or refuse to do so or who defy directions from Meet Marshals, officials, or facility staff may be ejected from the facility at the sole discretion of the Meet Referee, the Operations or Senior Chair, or the Facility Director. All participants are expected to be familiar with safety requirements and are responsible for following them at all times. | | | | | |
| FACILITY | Facility: The Aquatic Center @ Mylan Park  Address: 1847 Fitness Way, Morgantown, WV 26501  Phone: 304-933-2782  Facility/Pool Specifications: The Aquatic Center at Mylan Park (AC@MP) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, a classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50- meter competition lanes with a depth of 7’ 6” to 7 feet that can be configured for separate 8-lane and 10-lane, 25-yard competition courses. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4 to 10 warm- up/warm-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,200 above the deck offers bleacher seating with backs, tables, and open seating. The facility may charge a fee for admission to the spectator seating area overlooking the pool. There is a Colorado timing system with HD video scoreboard. Meet participant parking is available on site. ONLY USA Swimming registered athletes, meet personnel, and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. ALL coaches, officials, and meet personnel will be required to wear credentialed wristbands or lanyards on the pool deck. Please check-in at the clerk of course. | | | | | |
| TECHNICAL SUIT BAN FOR 12&Us | Per USA Swimming rule 102.8.1.F, 12&U athletes may not compete in Technical Suits at this meet.  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. | | | | | |
| MEET FORMAT | The Club Mountaineer Aquatics Long Course meet is a Prelim Final meet. | | | | | |
| LIMITED  COACH  CREDENTIALS  AVAILABLE | Because of deck capacity restrictions, the number of coaches allowed on deck will be determined by the  number of participating swimmers from each team. One Coach per every 5 swimmers entered per  session.  All coaches who wish to enter the facility must be declared on the Fee Summary Report and must  check in and provide photo ID and proof of current USA Swimming membership. The Deck Pass app is  acceptable proof of USA Swimming membership for all purposes. Coaches failing to provide proof of  membership could be barred from the facility. Only coaches with a Deck Pass credential may be on  deck and only when their team’s swimmers are competing. | | | | | |
| 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 COVID-19 and other Safety Rules of USA Swimming, Inc. and North Carolina 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. The TAC TITANS, Triangle Aquatic  Center, North Carolina 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. | | | | | |

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| **WOMEN’S**  **EVENT #** | **Club Mountaineer Aquatics Long Course Meet** | **MEN’S**  **EVENT #** |
|  | **Thursday May 13th** |  |
| **1** | **800 Freestyle** | **2** |
|  |  |  |
|  | **Friday May 14th** |  |
| **3** | **200 M Freestyle** | **4** |
| **5** | **100 M Breaststroke** | **6** |
| **7** | **100 Butterfly** | **8** |
| **9** | **400 M Ind. Medley** | **10** |
|  |  |  |
|  | **Saturday May 15th** |  |
| **11** | **200 M Butterfly** | **12** |
| **13** | **50 M Freestyle** | **14** |
| **15** | **100 M Backstroke** | **16** |
| **17** | **200 M Breaststroke** | **18** |
| **19** | **400 M Freestyle** | **20** |
|  |  |  |
|  | **Sunday May 16th** |  |
| **21** | **1500 m Freestyle\*** | **22** |
| **23** | **200 M Ind. Med.** | **24** |
| **25** | **200 Backstroke** | **26** |
| **27** | **100 M Freestyle** | **28** |

**\* The fastest 8 seeded athletes per gender for events 21 and 22 will swim in event order at the beginning of finals. All other heats will be swum fastest to slowest, alternating Women and Men after the prelim session concludes.**