



2021 Tsunami Fall Kick Off

Hosted by
South Davis Aquatics Team

Held under the sanction of USA Swimming

Sanction #UT21-99

October 1-2, 2021

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 this event. It is further understood that Utah Swimming LSC, and SDAT club 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.

We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. 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 people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

Location:	South Davis Recreation Center 550 N 200 W Bountiful, UT 84010 Emergency calls the day(s) of the meet: (801) 298-6220		
Session Dates and Times:	Session	Warm Up	Meet Starts
	October 1, Session 1 Friday Evening	4PM, check in by 4:30pm	5PM
	October 2, Session 2 Saturday Morning	7:30 AM, check in by 8:00am	8:30 AM
	This meet is Positive Check in and will be deck seeded!! Swimmers must be checked in by 4:30 pm on Friday and 8:00 am on Saturday. Please plan accordingly. Positive Check in rosters will be given to coaches for check in, please check in with your coach upon arriving at the facility. Coaches should return rosters to the admin official 30 minutes before the meet starts. Heat Sheets will be posted for free on Meet Mobile when the meet is deck seeded. They will also be posted on deck and in the stands.		
Facility:	Pool Specifications: 25-yard pool with TEN (10) lanes Start End Water Depth: 13.0 feet @ 1 meter from wall; 13.0 feet @ 5 meters from wall Turn End Water Depth: 5.0 feet @ 1 meter from wall; 7.0 feet @ 5 meters from the wall Timing: Colorado Timing System and Pads with a horn start Pool Certification: The competition course has not been certified in accordance with 104.2.2C(4).		

Meet Directors:	<p>Stephenie Glissmeyer (801) 906-1888 Email: tsunamiswimmeets@gmail.com</p> <p>Kiele Nelson (801) 298-6220 Email: southdavisaquaticsteam@gmail.com</p>
Meet Referee:	<p>Mike Glissmeyer (801) 906-1388 mglissmeyer@westminstercollege.edu</p>
Meet Starter:	<p>Audrey Carlson (571) 218-0897 Email: audreycarlson1@gmail.com</p>
Meet Admin. Official:	<p>Stephenie Glissmeyer, (801) 906-1888 Email: tsunamiswimmeets@gmail.com</p>
Eligibility:	<p>This meet is open to all Utah 2021, 19 and under registered USA Swimming athletes. Teams will be limited to 75 Swimmers, excepting the host team. If the meet is not filled by September 21st, teams may add swimmers beyond 75, until the meet is full.</p> <p>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. Swimmer's age on the first day of the meet determines age group for the entire competition.</p>
Deck Registration:	<p>No deck registration will be accepted; swimmers must be registered members of USA Swimming at time of entry.</p>
Entry Limits, Fees and Deadlines:	<p>This meet will be limited to the number of swimmers required to comply with the 4-hour rule). Teams will not be split. Teams will be limited to 75 swimmers, excluding the host team.</p> <p>Individual swimmers may enter up to EIGHT (8) individual events and ONE (1) relay, swimming no more than Four (4) individual events and One (1) relay per day.</p> <p><u>The 1650 is limited to the first 10 swimmers male or female to enter, there will be one heat only.</u> It will be swum at the beginning of Session 2. Timers will be provided, but swimmers must provide their own counters. NT's are not accepted for the 1650 and swimmer's must meet the q time.</p> <p><u>The 500 free is limited to the first 20 boys and 20 girls. There will be 4 heats only.</u> Swimmers must meet the q time, or have a q time in the 200 free to enter as a NT. Proof of times must be submitted to enter as a NT.</p> <p>No Times (NT's) are accepted for all events, <u>except for the 1650 which will not accept NT's.</u> However, the 200 Back, 200 Breast, 200 Fly, 500 free have Q times. NT's for these events will only be accepted if the swimmer meets the q time for the corresponding event, Q times are listed on the Event lists. Proof of Q time must be submitted at entry to swim a NT in those events.</p> <p>Surcharge per participating swimmer: \$10.00 Individual Event Entry: \$ 5.00 Relay charge: \$ 5.00 per relay</p> <p>All fees must accompany entries and are nonrefundable. One team check is recommended. Make checks payable to SDRC.</p>

Entries will be taken beginning September 3rd at 8 am. All entries must be received (in the hands of the below designated person) by 7:00 PM, Tuesday, September 28th, 2021. If the meet is not full by the deadline the meet director has the right to extend the deadline.

Mail or deliver entries to:

SDRC c/o SDAT

550 N 200 W

Bountiful, UT 84010

e-mail entries to: tsunamiswimmeets@gmail.com

- Please submit all entries using electronic meet entry software (Hy-tek, TeamUnify, etc.), including proof of time verification. Individuals/Teams mailing the UTSI Official Entry form found on the sanctions page of the Utah Swimming website (www.swimutah.com) must make sure that each form is signed and provide time verification for each entry. Entries are not accepted without said verification.
- Entries are not considered confirmed until the team entry representative receives official confirmation from the meet entry contact. If the team entry representative does not receive an email confirmation regarding your entries within 24 hours of the entry deadline, please contact the meet entry contact immediately. A Meet Host report of entries received will be used to resolve any entry issues.
- A mandatory scratch down may apply to this meet if the timeline exceeds 4 hours for 12-Under swimmers, subject to the provisions of USA Swimming Rules and Regulations 205.3.1F. If a scratch down is necessary, teams will be reimbursed for said scratched events.

Entry Rules:

Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. Event seeding will be in the following order: conforming SCY, non-conforming SCM, non-conforming LCM

Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.

- The person submitting a team's entries is the team entry representative and the received email implies the official signature of the team entry representative. Said person will be the only person to make changes and will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers.
- Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter, whether the swimmer, coach, parent, or team representative certifies that the swimmer is a registered member of USA Swimming and that all times stated in the entry are true and correct.
- The submitter further assumes responsibility for any false or incorrect times and understands that all listed entry times are subject to verification against SWIMS. A fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected prior to the scratch deadline for that event. Entry times for UTSI Championship meets will be verified before the meet according to the USA Swimming National Championship Proof of Entered Time rule. (207.7)

<p>Meet Format, Check-in and Scratches</p>	<p>This meet will be run as timed finals. Time trials will not be offered. The referee reserves the right to combine events in order to meet the timeline. Relay entries may be limited per team, if necessary to meet the timeline. This meet will be positive check-in. All swimmers must check in with their coach upon arrival at the meet. All swimmers must be checked in no later than 4:30 pm on Friday, and 8:00 am on Saturday, so that the meet can be seeded and started on time. In the event a swimmer fails to check in, the swimmer may be allowed to swim if there is an empty lane available and it will not create an extra heat, with the Referee’s approval. If an empty lane is not available, the swimmer will be unable to swim. All scratches must be received by 4:30 pm on Friday and 8:00 am on Saturday. Heat Sheets will be available for free on Meet Mobile and posted on deck and in the stands. Heat sheets will not be sold at the meet.</p>
<p>Warm-up:</p>	<p>USA Swimming and Utah Swimming warm-up procedures UTSI RR 1.9 will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> • Warm-up: Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. • All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist unaccompanied swimmers to make arrangements for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the start of the meet. 202.5.3 • Team Lane assignments for warm ups will be emailed prior to meet. During the last 15 minutes of warm-up lanes 2, 4, 7 & 9 will be opened for diving starts.
<p>Dive Certification:</p>	<p>“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.” 202.4.11D</p>
<p>Concussion:</p>	<p>Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer’s parent or legal guardian to ensure compliance with this requirement. UTSI P&P 303</p>
<p>Restrictions:</p>	<p>Deck changes are prohibited. 202.4.11I</p> <p><u>Spectators/Coaches/Officials should use the bathrooms on the second floor, per MAAP guidelines. Swimmers should use the Locker rooms adjacent to the pool.</u></p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 202.4.11H</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. 202.4.11J</p>

Adaptive Swimming	In accordance with USA Swimming rules 202.4.15 & Article 105.1, and UTSI P&P 151 the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.
Scoring:	There will be no scoring
Awards:	Ribbons will be awarded for 1-8 th place for both individual events and relays.
Results:	Final Results will be available on the Utah Swimming web site in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will not be mailed.
Deck access:	Deck access is limited to swimmers, coaches, officials, and meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck. Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. 202.5.5
Spectators:	In order to comply with recommendations from USA Swimming which are in effect until December 31, 2021 and to allow as many swimmers as possible to compete, <u>Spectators are limited to one (1) per family</u> , not including volunteers (if you are volunteering on deck, you may have one spectator in the stands). This will allow us to accommodate more swimmers and prevent crowding. <u>Masks are strongly recommended in the stands and in congested areas, where social distancing is not possible, to protect the swimmers.</u>
Officials:	Officials from other teams will receive a gift card for working both sessions. If you plan on officiating, please contact the Meet director or the Referee so we can plan.
Hospitality:	There will be water and a snack bag for coaches and officials, no formal hospitality due to Covid considerations.
Timers:	Teams with more than 10 swimmers will be asked to provide timers. Lane assignments will be sent out prior to the meet. Timers will be expected to check-in with the Head Timer 15 minutes prior to the start of each session. We plan to use Dolphin wireless watches, training will be provided at the timer's meeting.
Parking:	Free parking is available next to the building
Web Site:	For additional meet info, please visit the Utah Swimming web site at: http://www.swimutah.com

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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 UTSI 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.

Friday October 1st Warm Ups 4:00 PM Meet 5:00 PM Check in with coach by 4:30 PM			
Event	Girls Q-Time	Events	Boys Q-Time
1	6:47.79 or ++ 2:32.09 (200 free)	Mixed Senior 500 free limited to first 20 boys and 20 girls (4 heats total) Timers will be provided, but swimmers will need to provide their own counters.	6:26.59 ++ 2:22.99 (200 free)
2		Mixed 12 under 100 IM	
3	2:46.79 or ++ 1:16.69 (100 back)	Senior 200 Back	2:36.29 or ++ 1:11.49 (100 back)
4		Mixed 12 & Under 100 Backstroke	
5		Mixed 13 & Older 100 Freestyle	
6		Mixed 12 & Under 100 Freestyle	
7		Mixed 13 & Over 100 Butterfly	
8		Mixed 12 & Under 50 Butterfly	
9	3:10.89 or ++1:27.99 (100 breast)	Mixed Senior 200 Breaststroke	2:56.59 ++1:21.29 (100 breast)
10		Mixed 12 & Under 100 Breast	
11		Mixed 14 & under 200 Medley relay (2 boys/2 girls)	Events 11 and 12 may swim combined at the Referee's discretion depending on entries and timeline. Only times achieved by legal gender/age group or mixed (2 boys/2 girls) relays will be entered in SWIMS.
12		Mixed 15 & over Medley relay (2 boys/2 girls)	

Saturday October 2nd

Warm Ups 7:30 AM Meet 8:30 AM Check in with coach by 8:00 AM

Event	Girls Q-Time	Events	Boys Q-Time
13	23:23.49 NT's not accepted	Mixed Senior 1650 (Limited to first 10 swimmers male or female, 1 heat only) Timers will be provided, swimmers must provide their own counters.	22:18.89 NT's not accepted
14		Mixed 12 & under 200 free	
15		Mixed 13 & over 200 free	
16		Mixed 12 & under 50 back	
17		Mixed 13 & over 100 back	
18		Mixed 12 & under 100 fly	
19	2:48.99 or ++1:16.39 (100 fly)	Senior 200 fly	2:38.19 or ++ 1:11.19 (100 fly)
20		Mixed 12 & under 50 free	
21		Mixed 13 & over 50 free	
22		Mixed 12 & under 50 breast	
23		Mixed 13 & over 100 breast	
24		Mixed 11 and over 200 IM	
25		Girls 14 & under 200 free relay	Events 25-28 may swim combined at the Referee's discretion depending on entries and timeline. Only times achieved by legal gender/age group or mixed (2 boys/2 girls) relays will be entered in SWIMS.
26		Boys 14 & under 200 free relay	
27		Girls 15 & over 200 free relay	
28		Boys 15 & over 200 free relay	

