



2020 Olympus Aquatics Thanksgiving Turkey Meat

**Hosted by
Olympus Aquatics**

Held under the sanction of USA Swimming

Sanction# UT20-101

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 Olympus Aquatics 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:	Olympus High School Aquatic Center 4055 South 2300 East, Holladay, UT 84124 Emergency calls the day(s) of the meet: 801-918-5021		
Session Dates and Times:	Session	Warm Up	Meet Starts
	Friday, December 11, 2020	4:00PM	5:00PM
	Saturday, December 12, 2020	7:00AM	8:00AM
Facility:	Pool Specifications: 25 Yard pool with eight (8) lanes Start End Water Depth: 9.0 feet @ 1 meter from wall; 7.25 feet @ 5 meters from wall Turn End Water Depth: 7 feet @ 1 meter from wall; 7.1 feet @ 5 meters from the wall Timing: Colorado Timing System and pads with a horn/strobe start Pool Certification: The competition course has not been certified in accordance with 104.2.2C(4).		
Meet Director:	Shawn Stringham , 801-918-5021 Email: shawn@olympusaquatics.com		
Meet Referee:	Sheri Holmen , (702) 373-9933 Email: sheri.holmen@gmail.com		
Meet Starter:	MaryAlice Baggaley , (801) 277-2496 Email: bmbaggaley@yahoo.com		
Meet Admin. Official:	Leslie Morton , (801) 450-3507 Email: lesliefmorton@gmail.com		

Eligibility:	This meet is open to all 2020 registered USA Swimming athletes. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. This meet will be run according to current USA Swimming rules and regulations. Swimmer's age on the first day of the meet determines age group for the entire competition.
Deck Registration:	No deck registration will be accepted; swimmers must be registered at time of entry.
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. Individual swimmers may enter up to EIGHT (8) individual events, swimming no more than FOUR (4) individual events per day. No Times (NT's) are accepted.</p> <p>The meet referee reserves the right to limit the number of 500 freestyle and 400IM swimmers to the fastest 24 female and the fastest 24 male entrants. More entries may be accepted as time permits.</p> <p>Surcharge per participating swimmer: \$12.00 Individual Event Entry: \$5.00</p> <p>All fees must accompany entries and are nonrefundable. One team check is recommended. Make checks payable to Olympus Aquatics. All entries must be received (in the hands of the below designated person) by 7:00 PM, Tuesday December 8th, 2020. No deck entries will be accepted, and the meet will be pre-seeded.</p> <p>Mail or deliver entries to: Shawn Stringham 1917 East 3780 South Salt Lake City, UT 84106 (801) 918-5021</p> <p>Or e-mail entries to: shawn@olympusaquatics.com</p> <ul style="list-style-type: none"> • Please submit all entries using electronic meet entry software (Hytek, TeamUnify, etc.), including proof of time verification. Individuals/Teams mailing the USI 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 printed copy of submitted entries will be used to resolve any entry issues. • 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.

	<p><i>*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.</i></p> <p><i>*The submitter further assumes responsibility for any false or incorrect times, and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures, and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected before the entry deadline. It is understood that an automatic call before the review section shall be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.</i></p>
<p>Entry Rules:</p>	<p>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 LCM, non-conforming SCM.</p> <p>Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.</p> <p>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.</p>
<p>Meet Format, Check-in and Scratches</p>	<p>All events at this meet will be negative check in. This meet will run as timed finals. Swimmers must provide their own counter for the 500 free and 1650 free. Timers will be provided for all events. 400 IM, 500 free and 1650 Free will be swum fastest to slowest. Scratches are due to the Clerk of Course by 4:00 p.m. on the first day of the meet. If a swimmer misses his/her event, he will not be allowed to swim that event. However, he/she will not be scratched from his/her subsequent events. Time trials will not be offered.</p>
<p>Warm-up:</p>	<p>USA Swimming and Utah Swimming safety procedures 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 <i>unaccompanied swimmers</i> in making 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 <p>During the last 10 minutes of warm-up lanes 2 and 5 will be opened for diving starts in the competition pool only and lanes 1 and 6 will be cleared for pace lanes under coach's supervision.</p>

Dive Certification:	"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." 202.4.10D
Concussion:	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.
Minor Athlete Abuse Protection Policy (MAAPP)	USA Swimming Rules, including the Minor Athlete Abuse Protection Policy (MAAPP) will govern this meet. All athletes age 18 or older must have completed Athlete Protection Training to be eligible to compete in this meet.
Restrictions:	Deck changes are prohibited. 202.4.10I Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 202.4.10H 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. 202.4.10J
Adaptive Swimming	Adaptive swimming: In accordance with USA Swimming rule 202.4.14 & Article 105.1, the Meet Referee has the authority to accommodate swimmers with disabilities in accordance with USI P&P 1.17. 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.
Awards:	Heat winners will receive a ticket for entry into a raffle to be held at the end of the meet.
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. Results will be emailed after the completion of the meet.
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 Credentials will be checked.
Officials:	Official's swimmer's entrance fees will be waived. Please let us know who will be available to officiate so the entrance fees can be deducted.
Hospitality:	Water will be available at all sessions for officials and coaches.
Timers:	Teams with more than 10 swimmers may be asked to provide timers. Lane assignments will be sent out prior to the meet.
Parking:	Free parking is available next to the building
Web Site:	For 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.



SESSION #1**Friday Afternoon – November 13, 2020**
(Warm-up 4:00 pm - Start 5:00pm)

Event		Age/Gender		Description
1		Mixed 10 & Under		25 Back
2		Mixed 5 & Over		50 Breast
3		Mixed 5 & Over		100 Fly
4		Mixed 10 & Under		25 Free
5		Mixed 5 & Over		50 Back
6		Mixed 5 & Over		100 Breast
7		Mixed 10 & Under		25 Fly
8		Mixed 5 & Over		50 Free
9		Mixed 5 & Over		100 Back
10		Mixed 10 & Under		25 Breast
11		Mixed 5 & Over		50 Fly
12		Mixed 5 & Over		200 Free
13		Mixed 5 & Over		100 IM
14		Mixed 5 & Over		400 IM

SESSION #2**Saturday Morning – November 14, 2020**
(Warm-up 7:00 am - Start 8:00 am)

Event		Age/Gender		Description
15		Mixed 5 & Over		50 Free
16		Mixed 5 & Over		200 Back
17		Mixed 5 & Over		200 Breast
18		Mixed 5 & Over		100 Free
19		Mixed 5 & Over		200 Fly
20		Mixed 5 & Over		200 IM
21		Mixed 5 & Over*		500 Free
		5-minute Break		
22		Mixed 5 & Over*		1650 Free

Must provide own counter*500 Free, 400 IM, and 1650 Free will be seeded and swum fastest to slowest.**