



**Southeast DISTRICT
13 & OVER CHAMPIONSHIP
February 26 – February 28, 2021
SANCTION NO. VS-21-124**

Hosted by:



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting SwimRVA – Collegiate School Aquatics Center). 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. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-124. • USA Swimming, Inc., Virginia Swimming, Inc., <u>Greater Richmond Aquatics Partnership, DBA SwimRVA/ODAC/VSI</u> shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. • 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 VIRGINIA 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 THEREWITH.
LOCATION:	SwimRVA – Collegiate School Aquatics Center located at 5050 Ridgedale Parkway, Richmond, VA 23234
FACILITY:	<ul style="list-style-type: none"> • The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. • The 50-Meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. • This meet will be swum in the 25 YARD course. • Omega Starting Blocks, Colorado Timing GEN7 automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming. • In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in VSI/ODAC/SwimRVA programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with VSI/ODAC/SwimRVA participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with VSI/ODAC/SwimRVA program participation and that said list in no way limits the operation of this Agreement. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the

	video-streaming.
MEET DIRECTOR:	Name: Steve Bialorucki Phone: (757) 471-1828 Email: stevebialorucki@swimodac.com
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming registered athletes in Southeast Region registered prior to the first day of the meet. Teams in the Southeast Region are: (757, CGBD, CVAC, ECAT, ODAC, TIDE and WAC) • Unattached athletes in the same geographical district are also eligible to attend. • The qualifying period for this meet is January 1, 2019 through February 25, 2021. • No on deck Virginia Swimming athlete registration will be permitted. • Swimmers in the 13-14 age group may compete in any individual event in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and the 1000 free. • 15 and older swimmers may compete in any individual event in which they have a time that is slower than the Senior Champs qualifying time except the 400 IM, 500 free, and the 1000 free. • Swimmers 13-14 must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time. • 15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time. • 2020-2024 NAG time standards are in effect. • Age on February 26, 2021 will determine age for the entire meet. • 14 year old swimmers aging up from February 26 to March 11, 2021 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> ○ the swimmer does not qualify for the event at Senior Champs ○ the swimmer will be seeded correctly by time however will swim exhibition only and will not be eligible to receive an award.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none"> • All events will be swum as timed finals. • In order to accommodate the most athletes, 3 sessions will be held each day, by specific age group. <ul style="list-style-type: none"> ○ Sessions 1 & 4 – 13-14 Girls ○ Sessions 2 & 5 – 13-14 Boys ○ Sessions 3 & 6 – 15 & O Girls and Boys • No relays will be swum.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 16, 2021</p> <ul style="list-style-type: none"> • Conforming and Non-conforming times will be used for entry – Short Course Yards, then Long Course Meters, then Short Course Meters. Non-conforming times will be seeded following all conforming times. • Entries must be submitted using Commlink-2 software. • Teams submit entries via email. • A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Swimmers may enter a maximum of 8 individual events, no more than 3 per day. • The Meet Director reserves the right to combine heats and events, which may require reseeding. • "No Time" (NT) entries will be accepted except in the 400 medley, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 "B" time, and 15 & older swimmers must have achieved a minimum of a 15-16 "B" time. • Coach Times (CT) will not be accepted for any event. All entry times must have been achieved

	<p>in a sanctioned, approved, or observed meet.</p> <ul style="list-style-type: none"> Email entries to: stevebialorucki@swimodac.com Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added. 				
FEES:	<p>Individual Events: \$11.00 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) COVID Facility Management Fee: \$4.50</p> <ul style="list-style-type: none"> Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline. Checks should be made payable to: ODAC Meets Mail payment to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464 Phone: (757) 471-1828 Payment must be received by Tuesday, February 23, 2021, for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery. 				
SEEDING:	<ul style="list-style-type: none"> Coaches will be asked to submit scratches for the 400 IM, 500 free, and 1000 free. Depending on the number of scratches received, the meet referee reserves the right to reseed those events. Swimmers will report to Clerk of Course prior to swimming their events. The 1000 free will be swum fastest to slowest, and alternating heats of girls and boys. 				
WARM-UP:	<ul style="list-style-type: none"> All athletes and parents need to report to the screening station upon arrival. Parents will receive a wrist band once they are screened. Athletes will be checked in for the meet. SWIMMERS FAILING TO REPORT TO THE SCREENING STATION WILL NOT BE ALLOWED TO SWIM THE SESSION. MINOR ATHLETES WILL NEED TO REPORT TO THE SCREENING STATION WITH A PARENT OR GUARDIAN. Health Screening for all session will take place for 30 minutes prior to the first warm up session in the front of the building. There may or may not be a tent set up in this location at the time of the meet. All Times are subject to change. Please refer to the session schedule below for specific times: <table border="1" data-bbox="376 1318 1482 1507"> <tr> <td data-bbox="376 1318 912 1507"> <p>Session 1 & 4 & 7: 13 & 14 Girls Health Screening: 6:30 – 7 AM Warm-up 1: 7:00 – 7:25 AM Warm-up 2: 7:25 – 7:50 AM Start: 8:00 AM</p> </td> <td data-bbox="912 1318 1482 1507"> <p>Session 2 & 5 & 8: 13 & 14 Boys Health Screening: 10:00 – 10:30 AM Warm-up 1: 10:30 – 10:55 AM Warm-up 2: 10:55 – 11:20 AM Start: 11:30 AM</p> </td> </tr> </table> <table border="1" data-bbox="376 1570 1482 1791"> <tr> <td data-bbox="376 1570 912 1791"> <p>Session 3 & 6 & 9: Senior Girls & Boys Health Screening: 1:30 – 2:00 PM Warm-up 1: 2:00 – 2:25 PM Warm-up 2: 2:25 – 2:50 PM Start: 3:00 PM</p> </td> <td data-bbox="912 1570 1482 1791"></td> </tr> </table> <ul style="list-style-type: none"> All Times listed above are Subject to Change based on entries and the Finish times of the prior Session. There will be a staggered start to Warm-ups so that only one team will be coming in the doors or coming down the stairs at a time. If any prior session runs late, the next check in will begin at conclusion of the prior session with the warm-up session starting 30 minutes afterward. Athletes and coaches should clear the facility 	<p>Session 1 & 4 & 7: 13 & 14 Girls Health Screening: 6:30 – 7 AM Warm-up 1: 7:00 – 7:25 AM Warm-up 2: 7:25 – 7:50 AM Start: 8:00 AM</p>	<p>Session 2 & 5 & 8: 13 & 14 Boys Health Screening: 10:00 – 10:30 AM Warm-up 1: 10:30 – 10:55 AM Warm-up 2: 10:55 – 11:20 AM Start: 11:30 AM</p>	<p>Session 3 & 6 & 9: Senior Girls & Boys Health Screening: 1:30 – 2:00 PM Warm-up 1: 2:00 – 2:25 PM Warm-up 2: 2:25 – 2:50 PM Start: 3:00 PM</p>	
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	<p>immediately at the conclusion of a session to give SwimRVA staff as much time as possible to disinfect the facility prior to the next group entering.</p> <ul style="list-style-type: none"> • 1000 free (Sunday): The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the 200 IM, with the 1000 free starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the 1000 will be posted on the ODAC website no later than Monday, February 22, 2021 and will also be emailed to the contact person of the participating clubs. ○ The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the ODAC website no later than Monday, February 22, 2021, and will also be emailed to the contact person of the participating clubs.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded first through sixteenth place for 13-14 and 15 & over age groups. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. • Team awards will be given, first through third place. The teams placing will receive a plaque. Scoring will be as follows: Individual: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be rescored and re-awarded.
COVID RULES:	<ul style="list-style-type: none"> ▪ Athletes must arrive in their suits. Locker rooms will not be available. ▪ All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. ▪ Coaches, officials, swimmers and spectators must wear masks. ▪ VIRGINIA PHASE THREE GUIDELINES: Spectators, athletes, coaches and officials not in the same household are also required to maintain 10 feet of social distance. Lastly, spectators, athletes, coaches, and officials are required to wear a face mask at all times inside the venue when not swimming. ▪ ATHLETE SEATING (See Map): Depending on the size of the session, each team will be assigned a section of the mezzanine that will have pre-distanced markings for each athlete to sit for the duration of the session. All stairwells will be one-way traffic with the stairwell in the lobby of the facility being reserved for UP traffic and the stairwell on the east of the facility being reserved for DOWN traffic. Athletes must remain distanced and wear masks at all times when not swimming. ▪ CHAPERONE REQUIREMENT: Each team will be responsible for providing 1 – 2 chaperones to marshal their team section in the mezzanine. Chaperones will be required to submit to a health check prior to the session and wear a mask at all times while inside the facility. ▪ THERE WILL BE NO INDOOR SPECTATOR SEATING. ONLY ATHLETES, COACHES AND CHAPERONES WILL BE PERMITTED INSIDE AS LISTED ABOVE. Parents must wait outside of the building. ▪ REPORTING TO THE STARTING BLOCKS: All Swimmers will be called to the starting block queue using the in-house public address. The announcer will announce heats and events. <ul style="list-style-type: none"> ○ The announcer will also call athletes to the arena for their event three heats in front of their race. ○ Athletes should report to the ready area with only their swimming equipment, their face mask, and their resealable plastic bag (for use during competition swim and warm down). ○ Athletes should report to the pool deck via the east staircase from the mezzanine and situate themselves in the corresponding location on the north wall. Marshalls and signs will direct the Athletes. ○ At most, there will be 4 heats in the queue: Heat in the water, next heat on deck at the northwest corner of the competition pool, second heat in the next wait zone, third heat in the next wait zone. It is the athlete's responsibility to report to the blocks and

	<p>corresponding location when it is time to compete.</p> <ul style="list-style-type: none"> ○ Swimmers that wish to sit outside may do so. There will be outdoor PA speakers available on the East side of the building from the Hospitality tent. Athletes will enter the Ready Queue for their events through the NORTHEAST doors when called over the Facility PA System. <ul style="list-style-type: none"> ▪ WARM DOWN: <ul style="list-style-type: none"> ○ All athletes warming down must maintain social distance of 10 ft at all times. ○ During warm-down athletes should stay in motion for the entire duration. This is intended to limit their time on the wall unmasked in proximity with other athletes. ○ Athletes should enter and exit the warm down pool (east course) via the bulkhead, which is also where they will keep their masks in their resealable plastic bag. ○ Once athletes have completed their continuous warm down, they should exit the pool via the bulkhead and immediately put on their mask. At which point they can exit the bulkhead on the south side and will be near the bathrooms, if needed. ▪ RE-ENTRY TO MEZZANINE: <ul style="list-style-type: none"> ○ Athletes seeking to return to the mezzanine after being on deck will process from the pool area via the center hallway directly opposite from the scoreboard. <p>They will move into the lobby and up into the mezzanine via the UP stairwell in the front lobby.</p>
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet. • All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions 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. • 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 without written USA Swimming approval. • Any swimmer entered in the meet must be certified by a USA-S 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 the requirement. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Bonnie Johnson Email: kurt.bonniejohnson@cox.net Phone: (757)416-5217</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. • Team Officials Chairpersons should submit the names and session availability of certified officials to Tim Gleim no later than Tuesday, February 18, 2019 • There will be an official's meeting in hospitality one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the ODAC no later than Monday, February 22, 2021 and will also be emailed to the contact person of each of

	<p>the individual clubs.</p> <ul style="list-style-type: none"> Swimmers competing in the 400 medley, 500 free, and 1000 free are responsible for providing their own timers. Swimmers competing in the 1000 free and 500 free are responsible for providing their own lap counters. All timers and counters must wear a mask.
GENERAL:	<ul style="list-style-type: none"> Hospitality will be limited to water, sodas, prepackaged snacks and Sandwiches. There will not be concessions offered at the contest.
FACILITY RULES:	<ul style="list-style-type: none"> No glass containers of any kind are permitted in the facility No spectators/parents will be allowed on deck unless working the meet. No smoking is allowed on the campus All rules are posted pool side
VIDEO SERVICE	<ul style="list-style-type: none"> SwimRVA makes use of SPIIDEO streaming service in the main arena. The service will be available for the meet at no charge to participating teams. Families will be able to stream the service on their smart phone or device from anywhere they have broadband service. This will allow for viewing the races from the outdoor seating areas or anywhere in the world! There is a sign-up process in order for SwimRVA to grant access to the stream. Instruction messages for each team will be sent to your team contact by the Meet Director. Sign-up deadline for families will be no later than Wednesday, February 24th, 2021 at Noon (12:00 PM)

2021 Southeast Region Short Course 13 & Older Championship

ORDER OF EVENTS

Friday, February 26, 2021

Morning Session Warm-ups: 7:00 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	
1	13 & 14 Girls 100 Breast	
3	13 & 14 Girls 200 Free	
5	13 & 14 Girls 100 Fly	
7	13 & 14 Girls 400 IM	

Midday Session Warm-ups: 10:30 AM; Start: 11:30 AM (Times are approximate)		
	<u>Events</u>	<u>Boys</u>
	13 & 14 Boys 100 Breast	2
	13 & 14 Boys 200 Free	4
	13 & 14 Boys 100 Fly	6
	13 & 14 Boys 400 IM	8

Afternoon Session Warm-ups: 2:00 PM; Start: 3:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
9	15 & Over 100 Breast	10
11	15 & Over 200 Free	12
13	15 & Over 100 Fly	14
15	15 & Over 400 IM	16

Saturday, February 27, 2021

Morning Session Warm-ups: 7:00 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	
17	13 & 14 Girls 200 Fly	
19	13 & 14 Girls 50 Free	
21	13 & 14 Girls 200 Breast	
23	13 & 14 Girls 100 Back	
25	13 & 14 Girls 500 Free	

Midday Session Warm-ups: 10:30 AM; Start: 11:30 AM (Times are approximate)		
	<u>Events</u>	<u>Boys</u>
	13 & 14 Boys 200 Fly	18
	13 & 14 Boys 50 Free	20
	13 & 14 Boys 200 Breast	22
	13 & 14 Boys 100 Back	24
	13 & 14 Boys 500 Free	26

Afternoon Session		
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Warm-ups: 2:00 PM; Start: 3:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
27	15 & Over 200 Fly	28
29	15 & Over 50 Free	30
31	15 & Over 200 Breast	32
33	15 & Over 100 Back	34
35	15 & Over 500 Free	36

Sunday, February 28, 2021

Morning Session Warm-ups: 7:00 AM; Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	
37	13 & 14 Girls 200 Back	
39	13 & 14 Girls 100 Free	
41	13 & 14 Girls 200 IM	
43	13 & 14 Girls 1000 Free (*)	

Midday Session Warm-ups: 10:30 AM; Start: 11:30 AM (Times are approximate)		
	<u>Events</u>	<u>Boys</u>
	13 & 14 Boys 200 Back	38
	13 & 14 Boys 100 Free	40
	13 & 14 Boys 200 IM	42
	13 & 14 Boys 1000 Free (*)	44

Afternoon Session Warm-ups: 2:00 PM; Start: 3:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	13 & Over 1000 Free	44
45	15 & Over 200 Back	46
47	15 & Over 100 Free	48
49	15 & Over 200 IM	50