



**Cavalier Aquatics
Intra-Squad Meet
October 11, 2020
SANCTION NO. VS-21-16**



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 the Brooks Family YMCA. 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-21-16 • USA Swimming, Inc., Virginia Swimming, Inc., The Brooks Family YMCA, and Cavalier Aquatics/Piedmont Family YMCA 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., Virginia Swimming, Inc. the Brooks Family YMCA, and Cavalier Aquatics/Piedmont Family YMCA cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia 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/Virginia 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 AND ALL LIABILITY OR CLAIMS 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 THEREWITH. 		
LOCATION:	Brooks Family YMCA 151 McIntire Park Drive Charlottesville Va. 22902 434-974-9622		
FACILITY:	<ul style="list-style-type: none"> • 10 lane 25Y indoor pool; with a depth of 9' at the start end and 4' at the turn end. Lanes are 7' wide with non turbulent lane lines. Colorado starting blocks and Colorado timing system will be used with 1 button and 1 watch per lane. Only every other lane will be used. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). 		
MEET DIRECTOR:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Kristen Wells Kw2fm@virginia.edu 804-363-8645</td> <td style="width: 50%; border: none;">Marco Mejias marcomejias@hotmail.com 812-786-3179</td> </tr> </table>	Kristen Wells Kw2fm@virginia.edu 804-363-8645	Marco Mejias marcomejias@hotmail.com 812-786-3179
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all athletes on Cavalier Aquatics/Piedmont Family YMCA who are registered with USA Swimming before the first day of the meet. • Age on October 11, 2020 will determine age for the entire meet. 		
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 12 and younger swimmers will swim in the A.M. Session. • All 13 and over swimmers will swim in the P.M. session. • All events will be timed finals. 		

WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 8:00 a.m.; competition starts at 9:10 a.m. • Afternoon sessions: Warm-ups not before 12 p.m.; competition starts not before 1:10 p.m. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. • Warm ups will be limited to 3 swimmers per lane, providing 10' of social distancing in lanes when possible.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday, October 1, 2020.</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 3 individual event(s). • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • No deck entries will be accepted.
FEES:	<p>Swimmer Surcharge: \$2.50 per person (entered in the meet in any capacity) Individual event \$3.00</p>
SEEDING:	<ul style="list-style-type: none"> • A clerk of course will be provided for all events based on the COVID rules set by the Facility and Virginia Swimming. • A series of clerks of course will be set up along the far right side of the pool near the starting end. Three heats of athletes will stage on the appropriately spaced marked position. Athletes will progress forward from one position to the next while maintaining social distancing. • All events will be pre-seeded. • All events will be swum slowest to fastest.
AWARDS:	<ul style="list-style-type: none"> • No awards will be given.
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.
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, and timers must wear masks. • 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. • 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 this requirement. • 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. • 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. • An 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

	<p>athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</p> <ul style="list-style-type: none"> 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: Gordon Hair Email: grhair919@aol.com Phone:434-960-0849</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Team Officials Chair should submit the names and session availability of certified officials as well as the names and session availability of trainees to Keith Davis at keith@nestrealty.com or 434-953-9534 no later Tuesday October 6, 2020. An officials meeting will take place at 8:10 a.m.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	There will be 1 timer per lane using 1 button and a watch. Timers must wear masks.
GENERAL:	Hospitality will be available on a minimal basis. Hat sheets will be emailed to all parents by the Friday before the meet.
FACILITY RULES:	<ul style="list-style-type: none"> The special COVID rules will be sent out to all members of CA-Y. There will be signs at the Brooks Family YMCA explaining the rules to follow and will be enforced by the Marshalls. Deck access to the pool will be strictly enforced. Swimmers (during their events), coaches, officials and event staff only will be permitted access to the deck during warm-ups and competition. YMCA lifeguards will be on deck and available for first aid. The YMCA and its property are a smoke-free environment. Smoking, including E-cigarettes, or any kind of tobacco is NOT permitted on YMCA property.

**CAVAIER AQUATICS/PIEDMONT FAMILY YMCA INTRA-SQUAD
ORDER OF EVENTS**

Sunday October 11, 2020					
Morning Session Warm-up: 8:00a.m.; Start: 9:10 a.m.			Afternoon Session Warm-up: 12:00 p.m.; Start: 1:10 p.m. (Times are approximate)		
Girls	Events	Boys	Girls	Events	Boys
1	12 and under 50 free	2	19	13 and over 50 free	20
3	8 and under 25 free	4	21	13 and over 100 back	22
	10 minute break			10 minute break	
5	12 and under 50 back	6	23	13 and over 100 fly	24
7	8 and under 25 back	8	25	13 and over 100 IM	26
9	12 and under 100 IM	10		10 minute break	
	10 minute break		27	13 and over 100 breast	28
11	12 and under 50 fly	12	29	13 and over 100 free	30
13	8 and under 25 fly	14			
15	12 and under 50 breast	16			
17	8 and under 25 breast	18			