



Thursday, November 12, 2020
to
Saturday, November 14, 2020

*This site will be capped at 200 swimmers
(100 men and 100 women)*

Hosted by SRVA



Sanctioned by USA Swimming through Virginia Swimming. In granting this sanction it is understood and agreed that USA Swimming, SwimRVA and Virginia Swimming, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

LSC SANCTION #VS-21-36

The 2020 Toyota U.S. Open will be held at 8-10 sites from November 12-14. Results from each site will be combined by USA Swimming and published in a comprehensive results report. The entry deadline for this competition is 11:59 p.m. Mountain Time Tuesday, November 3, 2020 or until the entry cap is reached. Please note that information in this document may be modified to meet current local, state, and federal protocols.

Location:	SwimRVA – Collegiate School Aquatics Center 5050 Ridgedale Parkway Richmond, VA 23234	
Dates and Times:	Thursday, November 12	5:00 p.m. local time
	Friday, November 13	9:00 a.m. and 5:00 p.m. local time
	Saturday, November 14	9 a.m. local time
Format:	The Toyota U.S. Open Championships will consist of four timed finals sessions: ➤ Thursday Evening Friday Morning Friday Evening Saturday Morning ➤ All events will be swum in Long Course Meters (LCM) ➤ See Event Order on page 4.	

Important Facts:	<ul style="list-style-type: none"> ➤ This competition will be conducted in two flights per session. One flight for women, followed by one flight for men. ➤ This competition is open to all current Premium or Outreach USA Swimming member-athletes who have achieved the published time standards. ➤ The qualification period for this event is July 1, 2019 through the entry deadline. ➤ Enter the 2020 Toyota U.S. Open online at usaswimming.org/ome beginning 10:00 a.m. Mountain Time Tuesday, October 20, 2020 and no later than 11:59 p.m. Mountain Time, Tuesday, November 3, 2020 provided the entry cap has not been reached. ➤ Swims achieving a qualifying time standard for the first time from Wednesday, November 4, 2020, through Sunday, November 8, 2020, may enter the meet through OME under the title 2020 Toyota U.S. Open: New Qualifying Swims, provided the meet cap has not been reached. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 8, 2020, and cannot be used to improve the seed time of a prior entry unless the improvement achieves a new qualifying standard. Normal entry fees apply. ➤ All swimmers entered in the 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline to compete in the event. ➤ There will be bonus events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.
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COVID-19

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, SWIMRVA 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.

Every club planning to host or attend this competition must develop a "Return to Competition" plan, and hosts must include this plan with their sanction application. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult usaswimming.org and/or your LSC. To address circumstances related to COVID-19, the supplemental "Return to Competition" document to the meet sanction request must include:

- A. A statement of the local protocols and requirements;
- B. The plan for spectator ingress and egress;
- C. The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.;
- D. Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child; and
- E. An attestation statement in which the meet host attests that the conduct of the meet will adhere to local jurisdictional guidelines.

Safe Sport:

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or

knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after October 14, 2020, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after October 14, 2020, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshal, is harmful to others or to other’s property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

About the Facility: The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including multi-use spaces, 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 50 Meter 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 USA Swimming Rules and Regulations, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming

In participation in this meet of any kind (Coach, official, athlete, support person, etc), participants hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. Participants have full knowledge and understanding of the inherent risks associated with 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.

Pool hours and warm-up procedures:

Thursday – General warm up and registration

The 50 Meter competition pool will be open for continuous warm up on Thursday, November 12 starting at 8:00am until 2:45pm when the pools will be closed in preparation for the 800 freestyle warm up and session.

The instructional pool will be open for continuous warm up during all sessions.

Information about Warm Up for Thursday 's Session and each Flight in the Sessions on Friday & Saturday:

- The facility will open 15 minutes prior to the beginning of each warm up for each flight in the session.
- The competition pool will be open for 60 minutes of warm up for each flight.
- During the last 20 minutes of warm ups, Lane 8 will be available for Push pace and Lane 7 will be available for one-way sprints. Lane 6 will be used as a return lane from one-way sprints.
- Only athletes participating in the flight and their coaches will be allowed to enter the facility during the warm up period or competition.
- The facility will be cleared and disinfected at the conclusions of each flight.

Thursday – Session 1

- 2:45pm – 3:15 pm: The facility will be cleared from general warm up prior to the 800 Freestyle session warm up and disinfected.
- 3:15pm: Facility opens for athletes in the 800 Freestyle
- 3:30pm – 4:45pm: Competition pool open for general warm-up for athletes competing in the 800
 - 4:25pm – 4:45pm: Push pace lanes will become available in lanes 7 and 8
- 5:00 pm: Competition begins.
- The facility will be disinfected at the conclusion of the session. The facility will reopen for general warm up 45 minutes after the conclusion of the 800 freestyle session to allow for warm down and facility disinfection. Schedule will be released prior to the beginning of the meet.
- 8:30pm: The facility will close for general warm up.

Friday Morning – Session 2

Women's Flight

- 7:30am: Facility opens for athletes in the Friday morning women's flight
- 7:45am - 8:45am: Competition pool open for general warm up for athletes in the women's Friday morning flight only.
 - 8:25am – 8:45am: Push pace lanes will become available in lane 8, and one-way sprints available in lane 7. Lane 6 will be used as a return lane from one-way sprints.
- 9:00am: Women's flight competition begins.

Men's Flight: Not Earlier Than

- 10:45am: Facility opens for athletes in the Friday morning men's flight
- 11:00am – 12 noon: Competition pool open for general warm up for athletes in the men's Friday morning flight only.

- 11:40am – 12 noon: Push pace lanes will become available in lane 8, and one-way sprints available in lane 7. Lane 6 will be used as a return lane from one-way sprints.
- 12:15pm: Men’s flight competition begins.

Friday Evening– Session 3

Women’s Flight

- 3:30pm: Facility opens for athletes in the Friday evening women’s flight
- 3:45pm - 4:45pm: Competition pool open for general warm up for athletes in the women’s Friday evening flight only.
 - 4:25pm – 4:45pm: Push pace lanes will become available in lane 8, and one-way sprints available in lane 7. Lane 6 will be used as a return lane from one-way sprints.
- 5:00pm: Women’s flight competition begins.

Men’s Flight: Not Earlier Than

- 6:45pm: Facility opens for athletes in the Friday evening men’s flight
- 7:00pm – 8:00pm: Competition pool open for general warm up for athletes in the men’s Friday evening flight only.
 - 7:40 pm – 8:00pm: Push pace lanes will become available in lane 8, and one-way sprints available in lane 7. Lane 6 will be used as a return lane from one-way sprints.
- 8:15pm: Men’s flight competition begins.

Saturday Morning– Session 4

Women’s Flight

- 7:30am: Facility opens for athletes in the Saturday morning women’s flight
- 7:45am - 8:45am: Competition pool open for general warm up for athletes in the women’s Saturday morning flight only.
 - 8:25am – 8:45am: Push pace lanes will become available in lane 8, and one-way sprints available in lane 7. Lane 6 will be used as a return lane from one-way sprints.
- 9:00am: Women’s flight competition begins.

Men’s Flight: Not Earlier Than

- 10:45am: Facility opens for athletes in the Saturday morning men’s flight
- 11:00am – 12 noon: Competition pool open for general warm up for athletes in the men’s Saturday morning flight only.
 - 11:40am – 12 noon: Push pace lanes will become available in lane 8, and one-way sprints available in lane 7. Lane 6 will be used as a return lane from one-way sprints.
- 12:15pm: Men’s flight competition begins.

Event Order:

Session 1		
Thursday, November 12 th		
Women & Men @ 5:00pm		
<u>Women</u>	<u>Event</u>	<u>Men</u>
1	800 Freestyle	2

Session 2		
Friday, November 13 th		
Women's Flight @ 9:00am		
Men's Flight @ Not Earlier than 12:15pm		
<u>Women</u>	<u>Event</u>	<u>Men</u>
3	400 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8

Session 3		
Friday November, 13 th		
Women's Flight @ 5:00pm		
Men's Flight @ Not Earlier than 8:15pm		
<u>Women</u>	<u>Event</u>	<u>Men</u>
9	400 Individual Medley	10
11	100 Butterfly	12
13	200 Freestyle	14
15	100 Breaststroke	16
17	100 Backstroke	18

Session 4		
Saturday, November 14 th		
Women's Flight @ 9:00am		
Men's Flight @ Not Earlier than 12:15pm		
<u>Women</u>	<u>Event</u>	<u>Men</u>
19	1500 Freestyle	20
21	200 Backstroke	22
23	100 Freestyle	24
25	200 Breaststroke	26
27	200 Butterfly	28

*All times local. This competition may be conducted in two or more flights per session.

Meet Personnel:

Referee – Jamie Cahn, jemcahn@comcast.net

Administrative Referee – Tim Husson, thusson@comcast.net

Meet Director – Adam Kennedy, adam.kennedy@swimrichmond.org

Technical Meeting:

There will be no in-person technical meeting for this competition.

There will be a virtual technical meeting. Details will be sent to each coach. Additionally, information will be posted online at usaswimming.org.

Meet Entries:

All event entry questions should be directed to the Administrative Referee or Meet Director. Specific questions regarding OME can be addressed to Macie McNichols at mmcnichols@usaswimming.org (719-351-6511).

- Enter the 2020 Toyota U.S. Open online at usaswimming.org/ome beginning 10:00 a.m. Mountain Time Tuesday, October 20, 2020 and no later than 11:59 p.m. Mountain Time, Tuesday, November 3, 2020 provided the entry cap has not been reached.
- You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover.

Once entries are submitted through OME, refunds will not be provided.

- OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- You can modify your entry online by adding to the original entry. You cannot delete or change an online entry once it has been paid for.
- Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet (just in case).
- COVID-19, USA Swimming Waiver and Release Forms, and Therapeutic Use Exemption Forms will automatically be sent to you via email after the entry deadline. Make copies as needed for each swimmer. Additionally, a parent or legal guardian must sign form if swimmer is under the age of majority in his/her home state. Please complete these forms and email to the Meet Director (*i.e. do not mail to USA Swimming*).

Qualifying Period: The qualification period for this event is July 1, 2019, through the entry deadline.

Event Limit: A swimmer may only swim six (6) events per day. A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.

Bonus Events: There will be bonus events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.

Entry Fees: \$20.00 per individual event

New Qualifying Swims: Swims achieving a qualifying time standard for the first time from Wednesday, November 4, 2020, through Sunday, November 8, 2020, may enter the meet through OME under the title 2020 Toyota U.S. Open: New Qualifying Swims. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 8, 2020, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.

Late Entries: Any team or athlete missing the entry deadline will be permitted to enter late provided the entry cap has not been reached and subject to the following requirements:

- A. Late entries must be submitted through the Online Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 8, 2020;
- C. The team or athlete must pay a one-time processing fee of \$150.00 *and* pay entry fees of \$40 per event.

Secondary Club Recognition: The online entry form contains a space for secondary "club recognition." You may enter a second club for each of your athletes if you wish. The secondary club will be listed in the psych sheet, meet roster and heat sheets, if space is available. Each athlete will have only 16 characters for both his/her club and his/her secondary club.

The club does not need to be a USA Swimming member club. It may be any club that your athlete wishes to recognize. Listing this club is for recognition purposes only. Listing this club has nothing to do with representation, team scoring or credentials.

Rules: USA Swimming Rules and Regulations will govern the conduct of this competition. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all information contained in this meet information book. No swimmer will be permitted to compete unless he/she is a member as provided in Article 302. This event and associated time trials are held under the sanction of USA Swimming through the Local Swimming Committee (LSC). It is understood and agreed that USA Swimming and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Membership Requirement: All participants should be prepared to show a current USA Swimming membership card (Deck Pass is acceptable). Information regarding requirements can be found online at usaswimming.org/protect.

SWIMS Database and Proof of Time: Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned Competitions
- B. USA Swimming Approved Competitions - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- C. USA Swimming Observed Swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

Entering Official Times: All entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. USA Swimming reserves the right to challenge any submitted time. All scratches must be proven.

Responsibility Clause: The coach, swimmer or swimmer representative who completes a USA Swimming entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the Corporation for each such time entered, unless absolved of the fine by USA Swimming or its designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.

Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.

Appeal of fines are to be made to USA Swimming or its designee and/or Board of Review. Any appeal of the decision shall be in accordance with the provisions of Part Four, specifically Article 407.

Automatic Proven Times: If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry

times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

Times from all college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

Seeding: For this competition, the seeding order is:
1. Long Course Meters (LCM)
2. Short Course Yards (SCY)

Scratch Procedures: This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.

Ready Room/Ready area: A Ready Room will not be used during this competition; however, there will be a ready area on the northwest side of the competition pool. Swimmers will report to the ready area one heat prior to their scheduled heat instead of reporting behind the blocks.

Distance Freestyle:

- A. The 800 Freestyle events will swim fastest to slowest, alternating women and men beginning at designated time.
- B. The 1500 Freestyle event will be swum slowest to fastest in the program event order and the respective gender's flight.
- C. Distance Entry - Any swimmer who qualifies for the 1500 freestyle events may enter at their fastest time or at the qualifying time standard if entered in two or more events on the day of the event.
- D. All swimmers entered in the 800 or 1500 Freestyle events must be positively checked-in by the scratch deadline in order to compete in the event.

Meet Scoring and Awards: There will be no scoring or awards at this competition, however eligible athletes will receive \$1,500 for each first-place finish, \$1,000 for each second-place finish, and \$500 for each third-place finish based on the aggregate results.

Results: USA Swimming will compile and display results on Monday, November 16, 2020.

Broadcast Statement and All photographs, videotapes or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or

Image Authorization: disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming. This meet may be covered by the media and/or professional photographers taking photographs, video, web casting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact. All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

Swimmers with Disabilities: Please inform the Meet Referee of any swimmers needing additional accommodations prior to the start of each session.

Spectator Info: Spectators will not be allowed inside the aquatics center.

Only athletes and coaches in their respective sessions and flights will be allowed access to the aquatics center.

A link to a live stream of each session will be made available. There may be a fee associated with viewing the live stream. Please watch the USA Swimming website for more information as this information becomes available.

Safety Plan: Safety is the top priority of The Toyota US Open in Richmond.

Masks: All persons inside the aquatics center will be required to wear masks at all times. This includes staff, coaches, officials and athletes except when they are in the water or blowing a whistle. Athletes will be asked to carry a sealable plastic bag with them in which to place their mask when they are swimming. Athletes will be asked to wear their masks to the starting blocks for warm up and competition. Just before entering the pool, athletes will remove their mask and place in the bag or on the mask hanger (competition) prior to the start of their heat.

Social distancing: All persons inside the aquatics center must maintain a minimum of ten feet of social distance. This will include athletes and coaches who are on the same team. By rule in the Commonwealth of Virginia, athletes must maintain ten feet of social distance while in the pool.

Health screening: All athletes, coaches and officials will be asked to report to the health screening tent at the front of the building prior to entry into the facility. No person may move past the health screening station until they have performed the health screening which shall include a temperature check. No person who is experiencing primary symptoms of COVID-19 will be permitted entry. No person who has a body temperature over 100.4 degrees Fahrenheit will be permitted access to the facility. No person will be permitted if they have been exposed to someone who has tested positive for COVID-19 in the last 14 days.

COVID-19 Symptoms that will limit one's access to the facility:

- Cough, shortness of breath or difficulty breathing

- Fever or chills
- Abnormal muscle or body aches
- Vomiting or diarrhea
- New loss of taste or smell

All persons entering the facility will be asked to use hand sanitizer upon entry.

All persons entering the facility are encouraged to wash one’s hands frequently and after every session.

Attached is a facility map that outlines the facility flow for athletes. The pool deck on the south side will be limited to one way traffic flow heading east. Stairwells in the facility will be limited to one way traffic. Athletes will enter the mezzanine from the stairwell on the pool deck and will exit the mezzanine from the stairwell in the lobby.

Athletes will have their own assigned seating space in the mezzanine.

Coaches will have a designated coaching box on the pool deck. Each team will be allowed one coach on deck and a secondary coach in the mezzanine on the front rail. All seating areas are designed to maintain social distancing while inside the aquatics center.

Coaches are encouraged to limit their deck movement as much as possible by staying in their assigned coaching box to allow athletes space to move about the deck during the session with the proper social distancing.

Locker Rooms: On Thursday locker rooms will be assigned to women and men as they are posted in the facility as the 800 freestyle will be a combined gender session.

For all other sessions, the meet will be flighted with a women’s flight, followed by a men’s flight. In order to allow for proper social distancing in the locker rooms, both locker rooms will be assigned to a single gender for their respective session.

Coach and Official Restrooms: Coaches and officials will have access to the two ADA bathrooms that are center course on the south side of the aquatics center. Coaches and officials will also have access to the restrooms in the lobby. Athletes will not be permitted in the lobby or pool deck ADA bathrooms.

Medical Information: SwimRVA lifeguards will be primary responders in the case of an emergency inside the aquatics center. If a transport is required, it will likely be to the Chippenham Medical Center (address below).

HOSPITALS near the aquatics center

Chippenham Medical Center 7101 Jahnke Rd. Richmond, VA 23225	<i>11 min. from facility</i>
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Johnson-Willis Hospital	<i>19 min. from facility</i>
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1404 Johnston Willis Dr.
Richmond, VA 23235

URGENT CARE FACILITIES

Patient First - Midlothian *19 min. from facility*
8110 Midlothian Turnpike
Chesterfield, VA 23235

PHARMACIES

Walgreens Pharmacy *7 min. from facility*
4201 Meadowdale Blvd
Chesterfield, VA 23224

CVS Pharmacy *7 min. from facility*
6400 Iron Bridge Rd
Richmond, VA 23234

Parking: There is no charge for parking at Collegiate School Aquatics Center. There are 200+ spaces around the facility and overflow areas are available as needed.

A portion of the lot immediately adjacent to the Health Screening Tent will be closed to team drop off.

Buses may not park in the lower lot at CSAC. There is dedicated bus parking up the hill behind the Aquatics Center (see attached map). Team vans may park anywhere in the lower lot.

Overflow parking is available:

- Ridgedale Parkway (street parking)
- Ukrop Park (around soccer fields)
- Parking lot (opposite side of building from bus parking)
- Parking in grass areas is strictly prohibited. Towing enforced.

Hotels: Hotel room blocks will be made available and listed on the USA Swimming website.

Concessions: Concessions will not be offered at this event.

Hospitality: Light hospitality will be limited to grab and go food that is pre-packaged. Hospitality for coaches, officials and meet staff will be available in the outdoor tent located on the east patio. In order to protect all involved in the competition, seating areas will be limited.

Doping Control: The 2020 Toyota U.S. Open Championships are subject to Doping Control. All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit [usada.org/athletes/antidoping101/](https://www.usada.org/athletes/antidoping101/) for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 21 days.

What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency [Prohibited List](#). It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." [Read the Athlete Guide to the WADA Prohibited List](#)

What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

The [USADA wallet card](#) also provides information on the most commonly ingested medications. If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the [Therapeutic Use Exemption](#) process. *Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider.* It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411 resource](#).

Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#)." NOTE: Minor athlete should always have a representative with them in doping control.

Per established doping control testing protocol, a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.

Doping Control rule for athletes previously eligible for out of competition drug testing: Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Master's and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



TIME STANDARDS 2020

TOYOTA U.S. OPEN CHAMPIONSHIPS

Girls		EVENTS		Boys	
SCY	LCM		LCM	SCY	
22.79	26.59	50 Freestyle	23.99	20.49	
49.69	57.59	100 Freestyle	51.99	44.39	
1:47.39	2:04.29	200 Freestyle	1:54.29	1:38.39	
4:48.09	4:21.39	400/500 Freestyle	4:02.79	4:28.29	
9:56.79	8:58.69	800/1000 Freestyle	8:23.09	9:13.19	
16:32.59	17:11.29	1650/1500 Freestyle	16:05.09	15:34.19	
54.49	1:04.39	100 Backstroke	58.79	49.69	
1:57.69	2:18.29	200 Backstroke	2:06.99	1:47.99	
1:02.89	1:13.29	100 Breaststroke	1:06.09	55.79	
2:15.49	2:38.29	200 Breaststroke	2:23.29	2:01.19	
53.99	1:02.39	100 Butterfly	56.49	48.99	
1:59.39	2:16.99	200 Butterfly	2:05.09	1:47.89	
2:00.59	2:20.99	200 Individual Medley	2:08.29	1:48.89	
4:15.19	4:57.29	400 Individual Medley	4:33.09	3:52.69	

Girls		BONUS EVENT STANDARDS (18-UNDER ONLY)		Boys	
SCY	LCM		LCM	SCY	
23.49	26.99	50 Freestyle	24.39	20.99	
50.99	58.39	100 Freestyle	52.89	45.79	
1:49.79	2:05.39	200 Freestyle	1:56.29	1:40.29	
4:52.09	4:23.79	400/500 Freestyle	4:06.29	4:32.69	
10:03.59	9:03.49	800/1000 Freestyle	8:33.79	9:25.49	
16:46.19	17:20.49	1650/1500 Freestyle	16:14.99	15:46.99	
56.59	1:05.59	100 Backstroke	59.69	50.99	
2:01.29	2:20.69	200 Backstroke	2:09.59	1:50.69	
1:04.29	1:14.29	100 Breaststroke	1:07.59	57.69	
2:19.79	2:40.09	200 Breaststroke	2:27.19	2:05.89	
55.99	1:03.39	100 Butterfly	57.39	50.09	
2:03.29	2:19.59	200 Butterfly	2:08.19	1:51.59	
2:03.79	2:22.49	200 Individual Medley	2:10.49	1:52.49	
4:23.69	5:01.89	400 Individual Medley	4:38.39	4:00.19	

Qualification Period July 1, 2019, through the Entry Deadline



Time Trials
Thursday, November 12, 2020

This site will be capped at 50 swimmers

LSC Sanction #VS-21-36TT

Hosted by SRVA



- Format:** A single session of time trial events will be offered following the conclusion of the 800 freestyle.
- Eligibility:**
- Athletes entered in the 2020 Toyota US Open Championships at this site may enter this session.
 - The session will be limited to 50 participants.
- Entries:**
- Entries will be accepted through OME only. Entry link: <https://www.usaswimming.org/coaches/online-meet-entry-ome>
 - Entries will open on Monday, November 2nd at 9 MST/11 EST.
 - Entries will close on Thursday, November 5 at 11:59PM MST or when the 50 athlete cap is reached.
 - Athletes may enter 1 event in the session
 - The session will be limited to 60 minutes. If the timeline is longer than 60 minutes, the Admin Referee will eliminate entries based on the order in which they were received until the timeline is 60 minutes.
 - Cost: \$20 per event
- Warm-ups:**
- The competition pool will be open for thirty minutes for warm up immediately following the 800 Freestyle session.
 - The pool will be cleared and the session will begin 5 minutes later.
- Officials:**
- Time Trial Referee: Jamie Cahn
 - Admin Referee: Tim Husson
 - Officials will serve as timers
- Deck Passes**
- Coaches will be limited to a single coach per team.
 - Please add the coach who will be attending the session in the Deck Pass session on the US OPEN TIME TRIALS meet in OME.
- General:**
- All US OPEN safety rules and protocols apply
 - Athletes in the time trials session along with one coach will be allowed entry to the building during the 800 M Free session
 - A timeline and heat sheet will be delivered electronically to coaches by Wednesday, November 11.

Time Trials
Order of Events*
November 12, 2020

1	800 Freestyle	2
3	400 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
9	400 Individual Medley	10
11	100 Butterfly	12
13	200 Freestyle	14
15	100 Breaststroke	16
17	100 Backstroke	18
19	1500 Freestyle	20
21	200 Backstroke	22
23	100 Freestyle	24
25	200 Breaststroke	26
27	200 Butterfly	28

*** The Time Trial Referee, at his discretion, may reorder the day's scheduled events or combine events into a single heat.**