



**2020 WAC/ODAC
 Start-up Classic
 A/BB/B/C
 October 10-11, 2020
 SANCTION NO. VS-21-18**



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-21-18 • USA Swimming, Inc., Virginia Swimming, Inc., WAC, ODAC, and Greater Richmond Aquatics Partnership, DBA SwimRVA 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., and Greater Richmond Aquatics Partnership, DBA SwimRVA, Williamsburg Aquatic Club and ODAC 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, IN CONNECTION THEREWITH.
LOCATION:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond, Va. 23234, Phone: (804) 271-8271
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. • Warm-up & Warm-down lanes will be available on the other side of the bulkhead. • Non-Turbulent Lane Makers will be used in both Pools. • Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • There is Spectator Seating for 700 plus. • The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). • In participation in this Meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA, Williamsburg Aquatic Club or ODAC programs or activities comes with

	<p>inherent risks. I have full knowledge and understanding of the inherent risks associated with SwimRVA, Williamsburg Aquatic Club or ODAC participation, including but in no way limited to: 1) slips, trips, and falls, 2) Aquatic injuries, and 3) 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 SwimRVA program participation and that said list in no way limits the operation of the agreement.</p>
MEET DIRECTOR:	<p>Name: Harold Baker Email: coachharold2@cox.net Phone: 757-229-8662</p>
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all WAC and ODAC athletes registered with Virginia Swimming before the first day of the meet. • No on-deck USA Swimming athlete registration will be permitted. • 2017-2020 NAG time standards are in effect. • Age on October 10, 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"> • The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality. • Events will be swum with the 12 & unders in the morning and the 13 & overs in the afternoon. • Entries will be limited to 100 Swimmers per Session. If needed, an 11 & 12 Session will be added to get all the swimmers into the meet. WAC will notify ODAC by Saturday October 3rd if the Session needs to be added. • All events will be timed Finals • All events will be pre-seeded.
SCREENING, CHECK-IN and 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. You can not enter the building without going through the Screening process. • SWIMMERS FAILING TO REPORT TO THE SCREENING STATION WILL NOT BE ALLOWED TO SWIM THE EVENT. MINOR ATHLETES WILL NEED TO REPORT TO THE SCREENING STATION WITH A PARENT OR GUARDIAN. The Swimmers and Parents will need to have their temperatures taken and answer a short series of questions. • Morning session: Athlete screening and Check-in at 8:00-8:45AM under the tent in the front lawn of the facility. Warm-ups at 8:45-9:10 for WAC and 9:10-9:35 for ODAC. Athletes will have lanes assigned for warm-ups. Your Coaches will guide you to the correct lanes. Competition starts at 9:45 AM. • Afternoon session: Athlete screening and Check-in NOT BEFORE at 12:30-1:15 PM under the tent in the front lawn of the facility. Warm-ups NOT BEFORE 1:15-1:40 for WAC and 1:40-2:05 PM for ODAC athletes will have assigned lanes and should wait to report to their assigned warm up lane. Competition starts at 2:15 PM. If the morning session runs late, afternoon check in will begin 30 minutes after conclusion of the morning session to give staff time to disinfect the facility. • Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than Monday, October 5, 2020, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, October 2nd , 2020.</p> <ul style="list-style-type: none"> • Entries must be submitted in Short Course Yard times using Commlink-2 software. • Teams submit entries via email. • A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. • Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer

	<p>does not have a time of record. CT must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 4 individual events per day. □ Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. □ The Meet Director may also move warm-up times based on entries. • Email entries to: Harold Baker at coachharold2@cox.net. • NO DECK ENTRIES WILL BE ACCEPTED.
FEES:	<p>Individual events: \$6.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Williamsburg Aquatic Club. • Mail payment to: Williamsburg Aquatic Club 3013 South Court Williamsburg, Va. 23185 • Payment must be received by Tuesday, October 8, 2020 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for 1st to 8th place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. ○ 8 & under events will be given separate awards for the 7-8 and the 6 & under age groups. • Relay events: Ribbons will be awarded for first through 1st to 8th Place.
VIRGINIA PHASE THREE GUIDELINES ATHLETE SEATING, SPECTATOR SEATING AND REPORTING TO THE STARTING BLOCKS	<ul style="list-style-type: none"> • VIRGINIA PHASE THREE GUIDELINES: Spectators, athletes, coaches and officials not in the same household are also required to maintain 10 feet of social distance. Spectators, athletes, coaches and officials are required to wear a face mask at all times inside the venue when not swimming. • OUTSIDE SEATING (see map): Outside the venue the event is limited to 250 persons (see map). Spectators, athletes, coaches and officials not in the same household need to maintain 10 feet of social distance while outside the venue. SwimRVA will have speakers with the arena PA in the outdoor seating area. The announcer will announce heats and events. The announcer will also call athletes to the arena for their event when three heats prior to the race in the water. Rev. 6-2020 3 STARTING BLOCKS • THERE WILL BE NO INDOOR SEATING • REPORTING TO THE STARTING BLOCKS: SwimRVA will have speakers with the arena public address in the outdoor seating area. The announcer will announce heats and events. The announcer will also call athletes to the arena for their event three heats in front of their race. Athletes should report to the arena through the northeast entry doors and ready themselves in the corresponding location on the north wall. 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 corresponding location when it is time to compete
PENALTIES:	<p>A fine of up to \$100 per event may be assessed for any illegal participation in the Meet. Illegal participation is defined as:</p> <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 • Lobby restrooms and Swim and Tri swim shop are open for anyone wearing a mask and able to answer Virginia Department of Health screening questions. • Coaches, officials, and spectators 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 not permitted. • 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 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.
VIDEO SERVICE	SwimRVA has installed a new video service in the main arena. The service will be available for the meet at no charge to WAC and ODAC families. Families will be able to stream the service on their smart phone or device from anywhere they have service. This will be a fantastic addition to our social distancing guidelines and allow for viewing the races from the outdoor seating areas or anywhere in the world!
OFFICIALS:	<p>Meet Referee: Bonnie Johnson Email: kurt.bonniejohnson@cox.net Phone: 757-646-4518</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 the WAC officials chair Mike Burrows at Email: m.burrows@cox.net or at (850) 896-1590 no later than Sunday October 4 2020.. • The Officials meeting for Friday will start at 4:10m P.M. The Meetings for Saturday & Sunday will start at 7:30 A.M. for the A.M. Sessions & 12:30 P.M. for the P.M. Sessions.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • There will be one timer assigned per lane. Timer shifts will be assigned based on entries and the length of each session. Timer brief will take place 30 minutes prior to the start of the meet. Timers should walk around the outside of the building to the east competition pool entry doors. (SEE MAP)
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be distributed electronically at no cost. <p>Swim and Tri swim shop will be available in the lobby. In order to enter the lobby all Swimmers and Spectators must go through the screening protocol at the tent outside the building.</p>

	<ul style="list-style-type: none"> • Hospitality will be limited to water and prepackaged snacks. • 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. • Lawn/Deck Chairs are not permitted in the grandstand. • No spectators/parents will be allowed on the deck unless working the meet. • No smoking is allowed anywhere on the Aquatic Center campus.
DIRECTIONS:	Go to swimwac.com – Click on Meets & Events. Click onto Meet Venues for directions

**2020 WAC/ODAC START-UP CLASSIC
ORDER OF EVENTS**

Saturday October 10, 2020

Morning Session		
Warm-up: 8:45 AM; Start: 9:45 AM		
Girls	Events	Boys
1	8 & Under 25 Free	2
3	11-12 50 Breast	4
5	10 & Under 50 Breast	6
7	11-12 200 Breast	8
9	10 & Under 100 Free	10
11	11-12 100 Free	12
13	10 & Under 50 Fly	14
15	11-12 50 Fly	16
17	10 & Under 200 Free	18
19	11-12 200 Free	20
21	10 & Under 100 Back	22
23	11-12 100 Back	24
25	10 & Under 200 I.M.	26
27	11-12 200 I.M.	28
29	11-12 200 Fly	30
31	8 & Under 25 Breast	32

Afternoon Session		
Warm-up: 1:15 PM; Start: 2:15 PM		
Girls	Events	Boys
33	13 & 14 100 Breast	34
35	15 & Over 100 Breast	36
37	13 & 14 200 Free	38
39	15 & Over 200 Free	40
41	13 & 14 100 Fly	42
43	15 & Over 100 Fly	44
45	13 & 14 200 Back	46
47	15 & Over Back	48
49	13 & 14 200 I.M.	50
51	15 & Over 200 I.M.	52

**WILLIAMSBURG AQUATIC CLUB START-UP CLASSIC
ORDER OF EVENTS**

Sunday October 11, 2020

Morning Session		
Warm-up: 8:45 AM; Start: 9:45 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	8 & Under 25 Fly	54
55	11-12 200 Back	56
57	10 & Under 50 Back	58
59	11-12 50 Back	60
61	10 & Under 100 Fly	62
63	11-12 100 Fly	64
65	10 & Under 100 Breast	66
67	11-12 100 Breast	68
69	10 & Under 100 I.M.	70
71	11-12 100 I.M.	72
73	10 & Under 50 Free	74
75	11-12 50 Free	76
77	8 & under 25 Back	78

Afternoon Session		
Warm-up: 1:15 PM; Start: 2:15 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
79	13 & 14 100 Back	80
81	15 & Over 100 Back	82
83	13 & 14 50 Free	84
85	15 & over 50 Free	86
87	13 & Over 500 Free	88
89	13 & 14 200 Breast	90
91	15 & Over 200 Breast	92
93	13 & 14 100 Free	94
95	15 & Over 100 Free	96
97	13 & 14 200 Fly	98
99	15 & Over 200 Fly	100