



**ECAT December Intra-Squad Meet**  
**December 12-13, 2020**  
**SANCTION NO.VS-21-87**

**Hosted by**  
**ECAT**

*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 East Coast Aquatic 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.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-21-87</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., ECAT, and East Coast Aquatic Center 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.</li> <li>• 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.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., ECAT, and East Coast Aquatic Team 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.</li> <li>• 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.</li> </ul>
<b>LOCATION:</b>	East Coast Aquatic Center, 5905 Portsmouth Boulevard, Portsmouth, VA 23701
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• Indoor 6 lane, 25-Yard pool, 9 feet deep at the start end and 4 feet deep at the turn end, equipped with non-turbulent lane lines. Two timers will be used in every other lane utilizing two Colorado CTS buttons and one manual stopwatch.</li> <li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li> <li>• 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.</li> </ul>
<b>MEET DIRECTOR:</b>	Leigh Henniker lhenniker@gmail.com (757) 553-0410
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all ECAT athletes who are registered with USA Swimming before the first day of the meet.</li> <li>• 2021-2024 NAG time standards are in effect.</li> <li>• Age on December 12, 2020 will determine age for the entire meet.</li> </ul>
<b>DISABILITY</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired</li> </ul>

<b>SWIMMERS:</b>	<p>accommodations to the Meet Director.</p> <ul style="list-style-type: none"> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All 12 &amp; Under swimmers will swim Saturday and Sunday morning.</li> <li>All 13 &amp; Over swimmers will swim on Saturday and Sunday afternoon.</li> <li>All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Warm-ups for the 12 and Under session will be at 8:00am; competition starts at 9:00am.</li> <li>Warmups for the 13 and Over session will be at 12:00 pm; competition starts at 1:00pm.</li> <li>Swimmers must be social distanced in each lane with no more than 6 athletes per lane.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS SUNDAY, November 29, 2020.</b></p> <ul style="list-style-type: none"> <li>Swimmers may enter a maximum of <b>3 individual event(s) each day.</b></li> <li><b>Deck entries will be accepted</b> for athletes already in the meet to the extent that open lanes are available without adding extra heats.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$5.00 per event  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> <li>Swimmers will be staged by heat assignments utilizing Social Distancing before each swim.</li> <li>Swimmers will be using every other lane for competition.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Individual events: Ribbons will be awarded for first through sixth (6) place</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>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"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athlete competed in the incorrect age group.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>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.</li> <li>Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>COVID-19 RULES</b>	<ul style="list-style-type: none"> <li><b>Athletes should arrive in their suits. Locker rooms will not be available.</b></li> <li><b>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b></li> <li><b>Coaches, officials, and spectators must wear masks.</b></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>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>.</li> <li>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.</li> <li>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</li> </ul>

	<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"> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Art Zachary</b>  <b>Email: Zacharyaa@gmail.com</b>  <b>Phone: 757-537-0945</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Officials meeting will be held one hour prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• There will be two timers per lane utilizing every other lane.</li> <li>• Face masks are mandatory for all timers and counters.</li> <li>• Each Swimmer will need to provide someone to count for the 500 Free.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Swimmers are encouraged to bring their own beverages and snacks for their session.</li> <li>• Hospitality will be provided to officials and coaches.</li> <li>• Heat sheets will be emailed to participants.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• NO SMOKING on the pool deck or in the spectator gallery.</li> <li>• Each Team is encouraged to ensure the good conduct of swimmers in all areas of the building, including but not limited to locker rooms and hallways.</li> <li>• NO GLASS containers are permitted in or around the pool area.</li> </ul>

**MEET TITLE  
ORDER OF EVENTS**

**Saturday, December 12, 2020**

<b>Morning Session Warm-up: 8:00am; Start: 9:00am</b>			<b>Afternoon Session Warm-up: 12:00pm; Start: 1:00pm (Times are approximate)</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	12 & U 200 Freestyle	2	15	13 & O 50 Freestyle	16
3	12 & U 50 Backstroke	4	17	13 & O 200 Breaststroke	18
5	12 & U 100 Breaststroke	6	19	13 & O 100 Backstroke	20
7	10 & U 25 Breast	8		15 minute break	
	15 minute break		21	13 & O 200 Butterfly	22
9	12 & U 50 Freestyle	10	23	13 & O 200 Freestyle	24
11	12 & U 100 Individual Medley	12	25	13 & O 400 Individual Medley	26
13	10 & U 25 Butterfly	14			

**Sunday, December 13, 2020**

<b>Morning Session Warm-up: 8:00am; Start: 9:00am</b>			<b>Afternoon Session Warm-up: 12:00pm; Start: 1:00pm (Times are approximate)</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
27	12 & U 200 Individual Medley	28	41	13 & O 100 Butterfly	42
29	12 & U 50 Breaststroke	30	43	13 & O 200 Individual Medley	44
31	12 & U 100 Backstroke	32	45	13 & O 100 Freestyle	46
33	10 & U 25 Back	34		15 minute break	
	15 minute break		47	13 & O 200 Backstroke	48
35	12 & U 50 Butterfly	36	49	13 & O 500 Freestyle	50
37	12 & U 100 Freestyle	38			
39	10 & U 25 Free	40			