



757swim Intra-Squad Meet
October 10-11, 2020
SANCTION NO. VS-21-22

Hosted by
757swim

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 WISC 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.

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-22 • USA Swimming, Inc., Virginia Swimming, Inc., 757swim, and WISC 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. • 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 757swim 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:	WISC Aquatic Center, 5700 Warhill Trail, Williamsburg, VA 23188, 757.253.1947
FACILITY:	<ul style="list-style-type: none"> • The ten lane 25-meter by 25-yard indoor competition pool offers one 25 yard competition pool with a depth of six feet 7 inches. Also, offers a 20 x 40 feet small therapy pool. • Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. • Up to 10 lanes will be used for competition. • Non-Turbulent Lane Markers • Spectrum Starting Blocks, Colorado Timing System • The WISC provides 1 indoor pool and wireless internet. • 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:	Erin Roehrl meetdirector@757swim.com 757.377.1532
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all athletes on 757swim who are registered with USA 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. (as appropriate)

	<ul style="list-style-type: none"> 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"> All 13 & Over swimmers will swim in the 1st & 5th session All 11-12 year old swimmers will swim in the 2nd & 6th session All 9-10 year old swimmers will swim in the 3rd & 7th session. All 8 & Under GIRLS will swim Saturday ONLY in the 4th session. All 8 & Under BOYS will swim Sunday ONLY in the 8th session All events will be timed finals
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups not before 7:00 am; competition starts not before 8:00 am. Subsequent Sessions each day: Warm-up and competition start times will be announced after entries have been received to allow for 15 minutes of disinfection and cleaning between sessions
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES is 11:59 pm, Thursday, October 1, 2020.</p> <ul style="list-style-type: none"> 9 & Over Swimmers may enter a maximum of 3 individual event(s) per Session. 8 & Under Swimmers may enter a maximum of 4 individual event(s) per Session. 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. No deck entries will be accepted.
FEES:	<p>Individual Events: \$6.75 COVID Swimmer Surcharge: \$2.50 per person (entered in the meet in any capacity)</p>
SEEDING:	<ul style="list-style-type: none"> Swimmers will be called to the blocks after the start of each heat.
AWARDS:	<ul style="list-style-type: none"> No Ribbons will be awarded.
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, meet volunteers 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.

	<ul style="list-style-type: none"> • 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 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: Genny Kimbel Email: gennykimbel@gmail.com Phone: (757)876-9134</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 (host team officials chair) Shana Wilkins, officialchair@757swim.com, no later than Monday, October 5, 2020. • Officials meetings will be held 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"> • 757swim will provide timers for each session.
GENERAL:	<ul style="list-style-type: none"> • Programs: Meet Mobile will be available • Swimmers/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates WISC Aquatic Center rules (posted at the pool) will be disqualified from the meet and escorted from the facility. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes at all times. • Spectator Seating: Spectators will be allowed depending on the number of swimmers entered in the meet for each session. <i>Bleacher seating will be marked to allow for proper social distancing and will be available for spectators. Masks must be worn by spectators when in the WISC Aquatic Center at all times. Seating will be limited to 1 parent/guardian per family and NO siblings. Parents/guardians will enter and exit through the WISC lobby only.</i> • Team Banners: Banners cannot be hung from any pipes that run over the team seating area. • First Aid: A staffed First Aid Station is located at the Front Desk near entrance to locker rooms. • Lost and Found: Lost and Found will be located in the Front Lobby and next to the Announcer's Table.
FACILITY RULES:	<ul style="list-style-type: none"> • Parking will be in the main lot out front of the Williamsburg Indoor Sports Complex. Parents and swimmers will walk around outside either side of the WISC to the separate WISC Aquatic Center located behind Williamsburg Indoor Sports Complex. • No glass containers of any kind are permitted in the facility. • No lawn/deck chairs will be permitted in Spectator Seating Area. • No spectators/parents will be allowed on deck unless working the meet. • 1 Parent/guardian per swimmer will enter and exit through the WISC front lobby only and must wear a mask at all times inside the Aquatic Center. • No smoking is allowed on the campus. • All rules are posted pool side.

ORDER OF EVENTS

	Saturday October 10, 2020			Sunday October 11, 2020			
Girls	Session 1 (13 & Older) Warm Up 7:00am; Start 8:00am		Boys	Girls	Session 5 (13 & Over) Warm Up 7:00am; Start 8:00am		Boys
1	200 Freestyle		2	47	200 Individual Medley		48
3	100 Butterfly		4	49	100 Breaststroke		50
5	100 Backstroke		6	51	100 Freestyle		52
	Session 2 (11-12 year old)				Session 6 (11-12 year old)		
7	200 Freestyle		8	53	200 Individual Medley		54
9	100 Freestyle		10	55	100 Individual Medley		56
11	100 Butterfly		12	57	100 Breaststroke		58
13	50 Butterfly		14	59	50 Breaststroke		60
15	100 Backstroke		16	61	100 Freestyle		62
17	50 Backstroke		18				
	Session 3 (9-10 year old)				Session 7 (9-10 year old)		
19	200 Freestyle		20	63	200 Individual Medley		64
21	100 Freestyle		22	65	100 Individual Medley		66
23	100 Butterfly		24	67	100 Breaststroke		68
25	50 Butterfly		26	69	50 Breaststroke		70
27	100 Backstroke		28	71	100 Freestyle		72
29	50 Backstroke		30				
	Session 4 (Girls 8 & Under)				Session 8 (Boys 8 & Under)		
31	50 Freestyle				50 Freestyle		74
33	25 Freestyle				25 Freestyle		76
35	50 Butterfly				50 Butterfly		78
37	25 Butterfly				25 Butterfly		80
39	50 Backstroke				50 Backstroke		82
41	25 Backstroke				25 Backstroke		84
43	50 Breaststroke				50 Breaststroke		86
45	25 Breaststroke				25 Breaststroke		88

*Subsequent Sessions each day: Warm-up and competition start times will be announced after entries have been received to allow for 15 minutes of disinfection and cleaning between sessions

* Breaks may be scheduled within each session if needed. The meet management and officials would determine the duration of each break. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks.