



757swim Meet
December 11-13, 2020
SANCTION NO. VS-21-67

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-21-67 • 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) • 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.
MEET DIRECTOR:	Erin Roehrl meetdirector@757swim.com 757.377.1532
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all 13 & Over athletes and 8 & Under athletes on 757swim and Poseidon who are registered with USA Swimming before the first day of the meet.

	<ul style="list-style-type: none"> No on-deck USA Swimming athlete registration will be permitted 2020-2021 NAG time standards are in effect. Age on December 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 13 & over Girls will swim in sessions #1, 5, and 8. All 13 & over Boys will swim in sessions #2, 4, and 9. All 8 & Under events are Timed Finals and will swim in the 6th and 10th session. 13 & Over Age Group will swim a prelims/finals format: <ul style="list-style-type: none"> The top 14 swimmers seeded in the Preliminary session will compete ONLY during Finals on Friday and Saturday for events (# 7, 8) 400 IM, (#17, 18) 500 Free. The top 7 swimmers seeded in the Preliminary session will compete ONLY during Finals on Sunday for event (# 33, 34) 1650 Free. For all other events, the top 14 finishers in preliminaries will return to compete in Finals on Friday, Saturday, and Sunday evening. After the entry deadline, breaks may be added during the sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced under warm-up. Sessions may be adjusted/combined after entries have been received depending on the number of swimmers and in order to follow COVID-19 procedures.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups not before 6:30 am; competition starts not before 7:30 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. Finals sessions (Friday, Saturday & Sunday): Warm-ups not before 3:30 pm, competition starts not before 4:30 pm. Teams will be notified no later than Thursday, December 3, 2020, with the warm-up and start times for the sessions.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES is 11:59 pm, Monday, November 30, 2020.</p> <ul style="list-style-type: none"> 13 & Over and 8 & Under Swimmers may enter up to 3 individual events each 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. Deck entries will be accepted for athletes already in the meet to the extent that open lanes are available without adding extra heats.
FEES:	<p>Individual Events: \$8.25 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) and a COVID facility 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: 757swim Mail payment to: 757swim PO Box 6641 Williamsburg, VA 23188 Payment must be received by Monday, November 30, 2020. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
SEEDING:	<ul style="list-style-type: none"> Swimmers for the next heat will be called to the blocks after the start of each heat. All events will be pre-seeded. Coaches will be asked to submit scratches for events #7 & 8 (400 IM), #17 & 18 (500 free), #33 & 34 (1650 free), At the discretion of the meet referee, the events may be reseeded if sufficient scratches are received. Event #33-34 (1650 free) will be swum fastest to slowest.
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. • 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: Bob Rustin Email: Brustin55@gmail.com Phone: 804-276-9220</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 Tuesday, December 1, 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 • One timer per lane will be used. • Swimmers are responsible for providing their own counter for the distance events. • Timers and counters must wear masks.
GENERAL:	<ul style="list-style-type: none"> • Programs: Meet Mobile will be available

	<ul style="list-style-type: none"> • 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>Parents/guardians will enter through the WISC lobby only and exit out the back door of the facility. Spectators will enter the facility, watch their swimmer's heat, and then leave in one direction through the WISC back door. No bleacher seating will be available for spectators. Entry into facility will be limited to 1 parent/guardian per family and NO siblings. Masks must be worn by spectators when in the WISC Aquatic Center at all times.</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. • By signing up for the meet you are agreeing for your swimmer to be live-streamed.
<p>FACILITY RULES:</p>	<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.

Friday, December 11, 2020
 13&Over Session
 Warm-up: not before 6:30am; Start not before 7:30am
 (Times are approximate)

ORDER OF EVENTS

Friday December 11, 2020		
Girls	Session 1 (13&Over Girls) Warm Up not before 6:30am Start not before 7:30am	Boys
1	100 Breaststroke	
3	200 Freestyle	
5	100 Butterfly	
7	400 Individual Medley**	
	Session 2 (13&Over Boys) Warm Up TBA; Start TBA	
	100 Breaststroke	2
	200 Freestyle	4
	100 Butterfly	6
	400 Individual Medley**	8

Friday, December 11, 2020
 Finals Session
 Warm-up: not before 3:30pm; Start not before 4:30pm
 (Times are approximate)

Friday December 11, 2020 Session 3 (13&Over) Warm Up Not Before 3:30pm; Start Not Before 4:30pm		
Girls	Event	Boys
1	100 Breaststroke	2
3	200 Freestyle	4
5	100 Butterfly	6
7	400 Individual Medley	8

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.

** Timed Final Event. Top 14 Swimmers swim in Final

Saturday & Sunday, December 12-13, 2020
 Warm-up: not before 6:30am; Start not before 7:30am
 (Times are approximate)

ORDER OF EVENTS

	Saturday December 12, 2020				Sunday December 13, 2020	
Girls	Session 4 (13&Over Boys) Warm Up Not Before 6:30am; Start Not Before 7:30am		Boys		Girls	Session 8 (13&Over Girls) Warm Up Not Before 6:30am; Start Not Before 7:30am
	200 Butterfly	10		27	200 Backstroke	
	50 Freestyle	12		29	100 Freestyle	
	200 Breaststroke	14		31	200 Individual Medley	
	100 Backstroke	16		33	1650 Freestyle***	
	500 Freestyle**	18				
	Session 5 (13&Over Girls) Warm Up TBA; Start TBA				Session 9 (13&Over Boys) Warm Up TBA; Start TBA	
9	200 Butterfly				200 Backstroke	28
11	50 Freestyle				100 Freestyle	30
13	200 Breaststroke				200 Individual Medley	32
15	100 Backstroke				1650 Freestyle***	34
17	500 Freestyle**					
	Session 6 (8&Under) Warm Up TBA; Start TBA				Session 10 (8&Under) Warm Up TBA; Start TBA	
19	25 Freestyle	20		35	50 Freestyle	36
21	50 Backstroke	22		37	25 Breaststroke	38
23	25 Butterfly	24		39	25 Backstroke	40
25	100 Freestyle	26		41	100 Individual Medley	42

*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.

** Timed Final Event. Top 14 Swimmers swim in Finals.

*** Timed Final Event Top 7 Swimmers swim in Finals.

Saturday, December 12th, 2020
 Finals Session
 Warm-up: not before 3:30pm; Start not before 4:30pm
 (Times are approximate)

Saturday December 12, 2020 Session 7 Warm Up Not Before 3:30pm; Start Not Before 4:30pm		
Girls	Event	Boys
9	200 Butterfly	10
11	50 Freestyle	12
13	200 Breaststroke	14
15	100 Backstroke	16
17	500 Freestyle	18

Sunday, December 13, 2020
 Finals Session
 Warm-up: not before 3:30pm; Start not before 4:30pm
 (Times are approximate)

Sunday December 13, 2020 Session 11 Warm Up Not Before 3:30pm; Start Not Before 4:30pm		
Girls	Event	Boys
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Individual Medley	32
33	1650 Freestyle	34