



VABR/acac/ BASS/ CCA Meet
Meet Series #1
Saturday October 17, 2020
SANCTION NO. VS-21-20

Hosted by VABR



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 (Salem Family YMCA). 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-21-20 • USA Swimming, Inc., Virginia Swimming, Inc., and Salem Family YMCA_ 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 the Salem Family YMCA 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:	<p>Salem Family YMCA 1126 Kime Lane 540-387-9622</p>
FACILITY:	<ul style="list-style-type: none"> • The Salem Family YMCA has an indoor, 25-yard, 8 lane competition pool, 9 feet deep at the start end to 5 feet in depth at the turn end. All lanes are bottom striped and wall targeted with non-turbulent lane lines with a Colorado Timing system. • Colorado timing system, 8 –panel scoreboard will be used. • 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:	<p>Daniel Smith dsmith@ymcavbr.org 804-402-2233</p>
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all members who are Virginia Swimming athletes registered before the first day of the meet from the following teams: VABR, ACAC, BASS and CCA. • No on deck Virginia Swimming athlete registration will be permitted. • 2017-2020 NAG time standards are in effect. (as appropriate) • Age on October 17, 2020 will determine age for the entire meet.
DISABILITY	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired

SWIMMERS:	<p>accommodations to the Meet Director.</p> <ul style="list-style-type: none"> 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 and older swimmers will swim in the 13 and older morning session. 11 and older 500 Free will be swum as a midafternoon session and this will be a combined gender event. All 12 and under swimmers will swim in the 12 and under afternoon session. All events will be timed finals, and pre-seeded from slowest to fastest.
WARM-UP:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at 7:20-8:40am; competition starts at 9am. Distance sessions: The pool will be opened for no less than 30 minutes for open warm-ups with the maximum of 24 swimmers in the pool at 1 time immediately following the finish of the AM session(s), with the distance session competition starting 60-90 minutes thereafter. If there are more than 24 swimmers entered into the 500 freestyle, then we will have two 30 minute warm up sessions. Afternoon sessions: Warm-ups not before 2pm ; competition starts not before 3pm. The approximate start time for the distance sessions will be posted on the VABR website no later than October 12, 2020 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times. Lane assignment and warm-up times for individual clubs will be posted on the VABR website no later than October 13, 2020 and will also be emailed to the contact person of the participating clubs. If the morning session runs late, distance session warm ups will run 15 minutes after the morning session, then the afternoon warm-ups will begin 15 minutes after the distance session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS _October 6, 2020.</p> <ul style="list-style-type: none"> Entries must be submitted in Short Course Yard times using Hy-Tek Team Manager and 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 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. Swimmers may enter a maximum of 3 individual event(s) per session. <u>No more than 4 events total throughout the meet.</u> 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. Email entries to: Daniel Smith, dsmith@ymcavbr.org No deck entries will be accepted.
FEES:	<p>Flat fee of \$15 per swimmer.</p> <ul style="list-style-type: none"> Checks should be made payable to: _YMCA of Virginia's Blue Ridge. Mail payment to: 1126 Kime Lane Attn.: Daniel Smith, Salem, VA 24153. Or bring the day of the meet. Payment must be received by October 17, 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"> A Clerk of Course will be provided for all swimmers to help line up and keep heats orderly. Clerk of course will be in our family pool. Swimmers names will be called and lined up and sent into lap pool one heat at a time. Swimmers will enter lap pool on lane one side of the pool. Once swimmers from previous heat exit the pool and head to the exit side (lane 8) of the pool, the swimmers will walk to their lane from lane 1 side of the pool. Swimmers in the afternoon sessions should report directly to the blocks for their events. All events will be pre-seeded. Coaches will be asked to submit scratches for distance events. At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received.

AWARDS:	<ul style="list-style-type: none"> No awards will be given for this meet.
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, 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: Shelley Sykes Email: ssykes@ymcavbr.org Phone: 540-819-4342</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 Miki Smith, mikilsmith@cox.net) no later than October 10, 2020. Officials meetings must be at least 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"> YMCA of Virginia's Blue Ridge will provide 5 timers per session. Acac, BASS, CCA will provide 1 timer per session. There will be 1 timer per lane with one watch and one button. Timers are required to wear masks. 500 Swimmers will need to provide their own timer and counter. Masks will be required for timers and counters. The number of timers required per club and their lane assignments will be posted on the VABR

	no later than October 13, 2020 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	Hospitality will be provided on a minimal basis. Heat sheets will be e-mailed out to parents by the Friday before the meet. There will be no concessions on site. .
FACILITY RULES:	<p>Special facility rules and standard aquatic facility safety rules</p> <ul style="list-style-type: none"> • The special COVID rules will be sent out to all members of VABR, ACAC, BASS, and CCA. There will be signs at the Salem Family YMCA explaining the rules and will be enforced by meet marshals. • Deck access to the pool will be strictly enforced. Swimmers (during their events), coaches, officials and event staff only will be permitted access to the deck during warm up and competitions. • YMCA lifeguards will be on deck and available for first aid. • No glass containers are permitted on deck. • Spectators can watch their swimmer race only, and then exit through the designated exit door on pool deck. • No spectators will be allowed on pool deck during warmups. • Swimmers will wear masks up until they are to swim their race. When finished racing, swimmers will put masks back on. • The YMCA and it's property are a smoke free environment. Smoking, including e-cigarettes, or any kind of tobacco is NOT permitted on YMCA property.
DIRECTIONS:	ADDRESS: 1126 Kime Lane Salem, VA 24153

**VABR, acac, BASS, CCA Meet
ORDER OF EVENTS**

SATURDAY October 17, 2020

13 and older Morning Session Warm-up: 7:30am; Start: 9:00am			11 and older Distance Mid-Day Session Warm-up: 12:00pm; Start: 1:00pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 and older 50 yard Freestyle	2			
3	13 and older 200 yard Backstroke	4	13	Mixed 11 and older 500 yard Freestyle	13
5	13 and older 100 yard Breaststroke	6			
7	13 and older 200 yard Butterfly	8			
9	13 and older 100 yard Freestyle	10			
11	13 and older 200 yard IM	12			

SATURDAY October 17, 2020

12 and under Afternoon Session Warm-up: 2:30pm; Start: 4:00pm (Times are approximate)					
<u>Girls</u>	<u>Events</u>	<u>Boys</u>			
15	12 and Under 100 Freestyle	16			
17	11-12 100 Yard Backstroke	18			
19	10 and Under 50 Yard Backstroke	20			
21	12 and Under 50 Yard Breaststroke	22			
23	11-12 100 Yard Butterfly	24			
25	12 and Under 50 Yard Freestyle	26			