



**VABR/acac/ BASS/ CCA Meet**  
**Meet Series #2**  
**Saturday October 31 & Sunday November 1, 2020**  
**SANCTION NO. VS-21-35**

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.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-21-35</b>.</li> <li>• 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.</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., 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.</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>	<p>Salem Family YMCA  1126 Kime Lane  540-387-9622</p>
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Colorado timing system, 8 –panel scoreboard will be used.</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> </ul>
<b>MEET DIRECTOR:</b>	<p>Daniel Smith  dsmith@ymcavbr.org  804-402-2233</p>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• No on deck Virginia Swimming athlete registration will be permitted.</li> <li>• 2017-2020 NAG time standards are in effect.</li> <li>• Age on October 31, 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>Any swimmer may to swim in the distance session on Saturday. The 500 Freestyle is open to any age swimmer. The 1000 freestyle is a mixed gender event for any swimmer 11 and older.</li> <li>All 13 and older swimmers will swim in the 13 and older morning session on Sunday.</li> <li>All 12 and under swimmers will swim in the 12 and under afternoon session on Sunday.</li> <li>All events will be timed finals, and pre-seeded from slowest to fastest.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Saturday Evening distance session warm ups will start at 5:30pm. Meet will start no earlier than 6:30pm.</li> <li>Sunday morning session: Warm-ups at 7:20-8:40am; competition starts at 9am.</li> <li>Sunday afternoon session: Warm-ups not before 12pm; competition starts not before 1 pm</li> <li>The approximate start time for the distance sessions will be posted on the VABR website no later than Oct 28, 2020 and will also be emailed to the contact person of the participating clubs.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the VABR website no later than Tuesday, October 27, 2020 and will also be emailed to the contact person of the participating clubs.</li> <li>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 morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS October 20, 2020.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in Short Course times using Commlink-2 software.</li> <li>Teams submit entries via email.</li> <li>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.</li> <li>Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. <b><u>CT must be slower than an "A" time.</u></b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Swimmers may only enter 1 event for Saturday October 31, 2020 session.</li> <li>Swimmers may enter a maximum of <b><i>4 individual event(s) on Sunday.</i></b> <u>The 4 events include 3 individual events and with the 400 IM counting as the fourth event.</u></li> <li>Entries will be processed in the order received and <b><u>accepted to</u></b> the greatest extent possible without exceeding the 4-hour/session timeline limit or limits as mandated by the current Commonwealth of Virginia guidelines.</li> <li>Meet director has the authority to limit 1000 free, 500 free, and 400 IM entries based on timeline sessions.</li> <li>Email entries to: Daniel Smith, <a href="mailto:dsmith@ymcavbr.org">dsmith@ymcavbr.org</a> (email address)</li> <li><b>No deck entries will be accepted.</b></li> </ul>
<b>FEES:</b>	<p>Flat fee of \$15 per swimmer.</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: YMCA of Virginia's Blue Ridge.</li> <li>Mail payment to: 1126 Kime Lane Attn.: Daniel Smith Salem, VA 24153.</li> </ul> <p>Or bring the day of the meet.</p> <ul style="list-style-type: none"> <li>Payment must be received by October 31, 2020. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>A Clerk of Course will be provided for all swimmers to help line up and keep heats orderly.</li> <li>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.</li> <li>All events will be pre-seeded.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>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.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No awards will be given for this meet.</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>RULES:</b>	<ul style="list-style-type: none"> <li>• <b>Athletes must 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> <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 athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <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: Shelley Sykes</b>  <b>Email: <a href="mailto:ssykes@ymcavbr.org">ssykes@ymcavbr.org</a></b>  <b>Phone: 540-819-4342</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• 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 (email) or (phone) no later than October 24, 2020.</li> <li>• Due to COVID restrictions, an e-mail for the officials briefing will be sent out the day before each 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>• YMCA of Virginia's Blue Ridge will provide 5 timers per session. BASS will provide 1 timer per session, acac will provide 1 timer per session, CCA will provide 1 timer per session.</li> <li>• There will be 1 timer per lane with one watch and one button. Timers are required to wear masks.</li> </ul>

<b>GENERAL:</b>	Hospitality will be provided on a minimal basis. Heat sheets will be e-mailed out to parents by the Saturday before the meet. There will be no concessions on site.
<b>FACILITY RULES:</b>	<p>Special facility rules and standard aquatic facility safety rules</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• YMCA lifeguards will be on deck and available for first aid.</li> <li>• No glass containers are permitted on deck.</li> <li>• Spectators can watch their swimmer race only, and then exit through the designated exit door on pool deck.</li> <li>• No spectators will be allowed on pool deck during warm ups.</li> <li>• Swimmers will wear masks up until they are to swim their race. When finished racing, swimmers will put masks back on.</li> <li>• The YMCA and its property are a smoke free environment. Smoking, including e-cigarettes, or any kind of tobacco is NOT permitted on YMCA property.</li> </ul>
<b>DIRECTIONS:</b>	ADDRESS: 1126 Kime Lane Salem, VA 24153

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

<b>Saturday October 31, 2020</b>					
<b>Open Distance Session Warm-up: 5:45pm; Start: 6:45pm</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	Open 500 Yard Freestyle	2			
3	Mixed 11 and older 1000 Freestyle	3			
<b>SUNDAY November 1, 2020</b>					
<b>13 and older Morning Session Warm-up: 7:30am; Start: 9:00am (Times are approximate)</b>			<b>12 and under Afternoon Session Warm-up: Not before 12pm; Start: Not before 1pm (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>
5	13 and older 200 yard Freestyle	6	19	9-12 year old 200 yard Freestyle	20
7	13 and older 200 yard IM	8	21	12 and under 50 yard Backstroke	22
9	13 and older 50 yard Freestyle	10	23	12 and Under 100 yard Breaststroke	24
11	13 and older 200 yard Breaststroke	12	25	12 and Under 50 Yard Freestyle	26
13	13 and older 100 yard Backstroke	14	27	12 and Under 50 Yard Butterfly	28
15	13 and older 100 yard Butterfly	16	29	12 and Under 100 Yard IM	30
	At Least 10 minute break			At least 10 minute Break	
17	Mixed 13 and older 400 IM	17	31	Mixed 11-12 400 yard IM	31