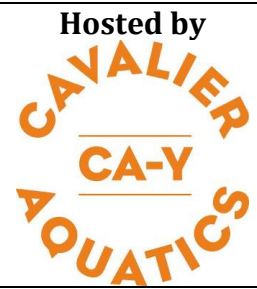




**Cavalier Aquatics
Intrasquad Meet
January 31, 2021
SANCTION NO. VS-21-112**



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 Brooks 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:

- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: **VS-21-112**
- USA Swimming, Inc., Virginia Swimming, Inc., CA-Y, and the Brooks 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 Cavalier Aquatics/Piedmont 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:

Brooks Family YMCA 151 McIntire Park Drive Charlottesville VA. 434-974-9622.

FACILITY:

- 10 lane 25Y indoor pool; with a depth of 9' at the start end and 4' at the turn end. Lanes are 7' wide with non turbulent lane lines. Colorado starting blocks and Colorado timing system will be used with 1 button and 1 watch per lane. Only lanes 2-9 will be used.
- 2 lanes will be available for warm down in the adjacent family pool located in the facility.
- The competition course has not been certified in accordance with current USA

	<p><i>Swimming Rules and Regulations, Article 104.2.2C(4).</i></p> <ul style="list-style-type: none"> 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:	<table border="0"> <tr> <td>Kristen Wells Kw2fm@virginia.edu 804-363-8645</td> <td>Marco Mejias marcomejias@hotmail.com 512-786-3179</td> </tr> </table>	Kristen Wells Kw2fm@virginia.edu 804-363-8645	Marco Mejias marcomejias@hotmail.com 512-786-3179
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ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming athletes aged 9 and over registered with CA-Y. No on deck Virginia Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect. Age on January 31, 2021 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 age swimmers will swim in the Sunday morning session. All events will be timed finals. 		
WARM-UP:	<ul style="list-style-type: none"> Sunday Morning warm-ups: 7:00 a.m. – 8:00 a.m. Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. The meet director also reserves the right to modify breaks between events. 		
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS January 25, 2021.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yards times using Commlink-2 software. 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. All swimmers may enter 3 events, 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 Jessica Simons at jrsimons@comcast.net No deck entries will be accepted 		
FEES:	<p>Individual events: \$5.00 per event Swimmer surcharge: \$2.50 per person</p>		
SEEDING:	<ul style="list-style-type: none"> A Clerk of Course will be provided for all swimmers. A series of clerks of course will be set up along the far-right side of the pool near the starting end. Three heats of athletes will stage on the appropriately spaced marked position. Athletes will progress forward from one position to the next while maintaining social distancing. All events will be swum slowest to fastest. 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 may be reseeded if sufficient 		

	scratches are received.
AWARDS:	<ul style="list-style-type: none"> • No awards will be given.
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.
COVID 19 RULES:	<ul style="list-style-type: none"> • Athletes must arrive in their suits. • Locker rooms are not 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. • There will be no spectator seating. • The special COVID rules will be sent out to all members of CA-Y . There will be signs at the Brooks Family YMCA explaining the rules to follow and will be enforced by the marshals.
RULES:	<ul style="list-style-type: none"> • 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: Locke Boyer Email: flb4j@comcast.net Phone: 434-882-0340</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 Keith Davis at keith@nestrealty.com or 464-953-9534 no later than January 27, 2021. • On Sunday, an officials meeting will take place at 7:30 a.m.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • There will be 1 timer per lane using 1 button and a watch. • Timers and counters must wear masks. • CA-Y will provide all timers for all sessions. • Swimmers must provide their own counters for the 500 free (events 25-26).
GENERAL:	<ul style="list-style-type: none"> • Hospitality will be available on a minimal basis. • Heat sheets will be posted on the CA-Y website. • The meet will also be broadcast using Facebook Live. • Meet Mobile will be available.
FACILITY RULES:	<ul style="list-style-type: none"> • 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-ups and competition. • YMCA lifeguards will be on deck and available for first aid. • 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.

CA-Y Intrasquad Meet ORDER OF EVENTS

Sunday January 31, 2021

Warm-ups 7:00 – 8:00 a.m.		
Meet start 8:10 a.m.		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9 and over 100 free	2
3	9 and over 200 breast	4
5	9 and over 50 breast	6
7	9 and over 200 back	8

9	9 and over 50 back	10
11	9 and over 200 fly	12
13	9 and over 50 fly	14
15	9 and over 200 free	16
17	9 and over 400 IM	18
19	9 and over 100 IM	20
21	9 and over 50 free	22
23	9 and over 100 back	24
25	9 and over 500 free	26
27	9 and over 100 breast	28
29	9 and over 100 fly	30
31	9 and over 200 IM	32