



**CA-Y/ LY  
DUAL MEET  
December 4-6, 2020  
SANCTION NO. VS-21-70**



*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.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-21-70</b></li> <li>• 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.</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 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.</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>	Brooks Family YMCA 151 McIntire Park Drive Charlottesville VA.
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 2 lanes will be available for warm down in the adjacent family pool located in the facility.</li> </ul>

	<ul style="list-style-type: none"> <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> <li>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.</li> </ul>		
<b>MEET DIRECTOR:</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Kristen Wells <a href="mailto:Kw2fm@virginia.edu">Kw2fm@virginia.edu</a> 804-363-8645</td> <td style="width: 50%; border: none;">Marco Mejias marcomejias@hotmail.com 512-786-3179</td> </tr> </table>	Kristen Wells <a href="mailto:Kw2fm@virginia.edu">Kw2fm@virginia.edu</a> 804-363-8645	Marco Mejias marcomejias@hotmail.com 512-786-3179
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming athletes from CA-Y and LY registered before the first day of the meet,</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>2021-2024 NAG time standards are in effect</li> <li>Age on December 4, 2020 will determine age for the entire meet.</li> </ul>		
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <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>All age swimmers will swim in the Friday evening session.</li> <li>All 12 and under swimmers will swim in the Saturday afternoon session.</li> <li>All 13 and over swimmers will swim in the late afternoon session on Saturday.</li> <li>All 12 and under swimmers will swim in the Sunday morning session.</li> <li>All 13 and over swimmers will swim in the Sunday afternoon session.</li> <li>All events will be timed finals.</li> </ul>		
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday evening sessions: Warm-ups not before 4:30, competition starts not before 5:40 p.m.</li> <li>Saturday afternoon session: Warm-ups not before 12:00 p.m. competition starts not before 1:10 p.m.</li> <li>Saturday late afternoon session: Warm-ups not before 3:30 p.m. Competition not before 4:40 p.m.</li> <li>Sunday morning session; Warm-ups not before 8:30 a.m.: competition not before 9:40 a.m.</li> <li>Sunday afternoon session: Warm-ups not before 12:30 p.m.: competition not before 1:40 p.m.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the CA-Y website (<a href="http://swimcavs.org">swimcavs.org</a>) no later than Monday November 30,2020 and will also be emailed to the contact person of the participating clubs.</li> <li>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.</li> <li>If the any session runs late, the next session warm-ups will begin 20 minutes after the preceding session to allow for sanitizing/disinfecting.</li> </ul>		
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Wednesday, November 24, 2020.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yards times using Commlink-2 software.</li> </ul>		

	<ul style="list-style-type: none"> <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>CT must be slower than an “A” time.</b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• On Friday evening, 13 and over swimmers may enter 2 events. 12 and under swimmers may enter 1 event.</li> <li>• On Saturday and Sunday, all swimmers may enter 3 events,</li> <li>• Depending on the number of entries in the 13 and over sessions, <i>the meet director reserves the right to split them into two sessions</i> to accommodate all swimmers. Teams will be notified by Monday , November 30, 2020.</li> <li>• 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.</li> <li>• Email entries to <b>Jessica Simons</b> at <a href="mailto:jrsimons@comcast.net">jrsimons@comcast.net</a></li> <li>• <b>No deck entries will be accepted.</b></li> </ul>
<b>FEES:</b>	<p>Individual events: \$5.00 per event Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to Cavalier Aquatics</li> <li>• Mail payment to Jessica Simons, 109 Reynard Drive, Charlottesville VA. 22901-2026.</li> <li>• Payment must be received by December 2, 2020. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• A Clerk of Course will be provided for all swimmers</li> <li>• 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.</li> <li>• All events will be swum slowest to fastest.</li> <li>• All events will be pre-seeded.</li> <li>• <b>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.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No awards will be given.</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> </ul>

	<ul style="list-style-type: none"> <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.</b></li> <li><b>Locker rooms are not 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><b>There will be no spectator seating.</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: Locke Boyer</b></p> <p><b>Email: <a href="mailto:flb4j@comcast.net">flb4j@comcast.net</a></b></p> <p><b>Phone: 434-882-0340</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 Keith Davis at <a href="mailto:keith@nestrealty.com">keith@nestrealty.com</a> or 464-953-9534 no later than November 30, 2020.</li> <li>On Friday, an officials meeting will take place at 5:00 p.m.</li> <li>On Saturday, an officials meeting will take place at 12:30 p.m. and 5:00 p.m.</li> </ul>

	<ul style="list-style-type: none"> <li>• On Sunday, an officials meeting will take place at 9:00 a.m.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• There will be 1 timer per lane using 1 button and a watch. Timers and counters must wear masks.</li> <li>• CA-Y will provide all timers for all sessions.</li> <li>• Swimmers must provide their own counters for the 500 free (events 3-4 and 39-40) and the 1000 free (event 5-6).</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Hospitality will be available on a minimal basis.</li> <li>• Heat sheets will be mailed to both clubs by the Friday before the meet and posted on the CA-Y website.</li> <li>• The meet will also be broadcast using Facebook Live.</li> <li>• Meet Mobile will be available.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• The special COVID rules will be sent out to all members of CA-Y and LY. There will be signs at the Brooks Family YMCA explaining the rules to follow and will be enforced by the Marshalls.</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-ups and competition.</li> <li>• YMCA lifeguards will be on deck and available for first aid.</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>

**CA-Y /LY Dual Meet  
ORDER OF EVENTS**

<b>Friday December 4, 2020</b>		
<b>Open Evening session Warm-up: 4:30 p.m. Start 5:40 p.m.</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	13 and over 400 IM	2
3	12 and under 500 free	4
	10 minutes break	
5	11 and over 1000 free	6

<b>Saturday December 5, 2020</b>					
<b>12 and under Afternoon Session Warm-up: not before 12:00 p.m.; Start: not before 1:10 p.m. (Times are approximate)</b>			<b>13 &amp; Older Late Afternoon Session Warm-up: not before 3:30 p.m.; Start: not before 4:40 p.m. (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>
7	12 and under 50 free	8	29	13 and over 100 free	30
9	8 and under 25	10	31	13 and over 100 back	32
11	12 and under 50 back	12		10-minute break	
13	8 and under 25 back	14	33	13 and over 100 fly	34
	10-minute break		35	13 and over 100 breast	36
15	12 and under 100 IM	16		10-minute break	
17	12 and under 50 fly	18	37	13 and over 200 IM	38
19	8 and under 25 fly	20	39	13 and over 500 free	40
21	12 and under 50 breast	22			
23	8 and under 25 breast	24			
	10-minute break				
25	12 and under 200 free	26			
27	8 and under 100 free	28			

**Sunday December 6, 2020**

<b>12 and Under Morning Session</b> <b>Warm-up: 8:30 a.m. Start 9:40 a.m.</b>			<b>13 &amp; Older Afternoon Session</b> <b>Warm-up: 12:30 p.m. Start 1:40 p.m.</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
41	12 and under 100 free	42	59	13 and over 50 free	60
43	11-12 200 back	44	61	13 & Over 200 back	62
45	12 and under 100 fly	46		10-minute break	
	10-minute break		63	13 & Over 200 breast	64
47	12 and under 200 IM	48	65	13 and over 200 fly	66
49	11-12 200 fly	50		10-minute break	
51	12 and under 100 back	52	67	13 and over 200 free	68
	10-minute break				
53	11-12 200 breast	54			
55	11-12 400 IM	56			
57	12 and under 100 breast	58			