



**CVAC
Holiday Kick-Off
Intra-squad Meet
November 29, 2020
SANCTION NO. VS-21-79**



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 Larkspur Swim and Racquet Club. 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-21-79 • USA Swimming, Inc., Virginia Swimming, Inc., and Larkspur Swim and Racquet Club 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 Coastal Virginia Aquatic Club 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:	Larkspur Swim and Racquet Club 732 Edwin Dr (757) 219-2751
FACILITY:	<ul style="list-style-type: none"> • Short Course, 25 meters, 4.5-3.5 feet in depth, 5 lanes, with non-turbulent lane lines. Dolphin Colorado Timing system. Indoor bubble dome. Athletes will compete in lanes 1, 3, 5 • 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 will be live-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:	Eric Landon landoswim@hotmail.com (757) 333-1785
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes registered before the first day of the meet from the following teams: CVAC. Unattached swimmers registered in Virginia Swimming are also invited. • On deck Virginia Swimming athlete registration will not be permitted. • 2021-2024 NAG time standards are in effect. • Age on November 29, 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 <u>13 and Older</u> swimmers will swim in the <u>First</u> session. • All <u>11-12</u> swimmers will swim in the <u>Second</u> session. • All <u>9-10</u> swimmers will swim in the <u>Third</u> session. • All <u>8 and Younger</u> swimmers will swim in the <u>Fourth</u> session. • All events will be timed finals. • All 25 events will start from the turn deep end of the pool.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS NOVEMBER 24, 2020.</p> <ul style="list-style-type: none"> • Entries may be submitted in SCY (course) times using 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. • "No Time" (NT) entries will be accepted. • Coach Times (CT) will not be accepted • Swimmers may enter a maximum of <u>3 individual event(s)</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: Eric Landon, landoswim@hotmail.com • Deck entries will be accepted from those athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
FEES:	<p>Individual events: \$4.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p>
SEEDING:	<ul style="list-style-type: none"> • A Clerk of Course will be provided for 8 & Younger swimmers. • 8- Under Swimmers will be gathered – in a socially distant setting – within the clubhouse prior to events. • Swimmers in the other 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.
WARM-UP:	<ul style="list-style-type: none"> • First session Warm-ups at <u>7:30 am</u>; competition starts at <u>8:00 am</u>. • Second session Warm-ups at <u>10:30 am</u>; competition starts at <u>11:00 am</u>. • Third session Warm-ups at <u>1:30 pm</u>; competition starts at <u>2:00 pm</u>. • Fourth session Warm-ups at <u>4:30 pm</u>; competition starts at <u>5:00 pm</u>. • If a session runs late, the following session's warm-ups will begin immediately following a 30 minute period of cleaning and sanitizing of the facility.
AWARDS:	<p>Individual events: Ribbons will be awarded for first through <u>fifth</u> place (number of lanes) A holiday themed prize will be given for each heat winner. A Marshall (with face mask) will distribute these prizes using sanitized gloves.</p>
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	<ul style="list-style-type: none"> • Athletes must arrive in their suits. Locker rooms will not be available.

RULES	<ul style="list-style-type: none"> • 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. • Swimmers are to wear a mask while inside the facility at all times when not swimming in warm-ups or races. • Spectators will not be permitted within the dome. • All coaches, timers, and officials required to wear a mask while within the facility. • Swimmers, coaches, timers, and officials are expected to follow the rules for social distancing during the meet. • A heat sheet will be emailed out to families at least a day before the meet. • A live feed of the competition will be provided for parents to tune into during the competition. The information for this feed will be provided at least a day before the meet.
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: <u>John Squires</u> (name) Email: <u>jpsswmm1@yahoo.com</u> Phone: <u>(757) 642-4113</u></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 team officials chair Chas Crawley, cfcrawley@verizon.net, no later than 11/25/2020. • Announce any meetings, place, and time. 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:	<p>Volunteer timers will be required for each session of the meet. Social distancing measures will be in place, as all timers will be required to wear masks and will be positioned at a distance of 10 feet between one another. There will be 2 timers needed for each lane for a total of 6 timers, in addition to a head timer. Each timer will be responsible for using a stop-watch along with a dolphin plunger from the Dolphin CTS system.</p> <p>Plungers and watches will be sanitized between rotation of timers.</p>
GENERAL:	<ul style="list-style-type: none"> • There will be no concessions during the meet.

**MEET TITLE
ORDER OF EVENTS**

Sunday, November 29, 2020

First Session Warm-up: <u>7:30 am</u> ; Start: <u>8:00 am</u>			Second Session Warm-up: <u>10:30 am</u> ; Start: <u>11:00 am</u> (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-Older 100 Meter Free	2	13	11-12 100 Meter Free	14
3	13-Older 200 Meter Individual Medley	4	15	11-12 200 Meter Individual Medley	16
5	13-Older 13-Older 100 Meter Butterfly	6	17	11-12 100 Meter Butterfly	18
7	13-Older 50 Meter Freestyle	8	19	11-12 50 Meter Freestyle	20
9	13-Older 100 Meter Backstroke	10	21	11-12 100 Meter Backstroke	22
11	13-Older 100 Meter Breaststroke	12	23	11-12 100 Meter Breaststroke	24

Sunday, November 29, 2020

Third Session Warm-up: <u>1:30 pm</u> ; Start: <u>2:00 pm</u>			Afternoon Session Warm-up: <u>4:30 pm</u> ; Start: <u>5:00 pm</u> (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	9-10 50 Meter Free	26	37	8-Under 25 Meter Free	38
27	9-10 100 Meter Individual Medley	28	39	8-Under 100 Meter Individual Medley	40
29	9-10 50 Meter Butterfly	30	41	8-Under 25 Meter Butterfly	42
31	9-10 100 Meter Freestyle	32	43	8-Under 50 Meter Freestyle	44
33	9-10 50 Meter Backstroke	34	45	8-Under 25 Meter Backstroke	46
35	9-10 50 Meter Breaststroke	36	47	8-Under 25 Meter Breaststroke	48