



# Gator-Roanoke Intrasquad

## October 10, 2020

### Sanction NO. VS-21-19



*We have taken enhanced health and safety measures for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting Virginia Gators. 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 of COVID-19.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-19</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Virginia Gators, Roanoke Valley Swimming, Inc. and the Gator Aquatic Center 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 Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Virginia Gators and Roanoke Valley Swimming, Inc. cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. 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 SWIMIING, VIRGINIA SWIMMING, VIRGINIA GATORS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALLLIABILITY OR CLAIMS FOR PERSONALINJURIES, 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>	Gator Aquatic Center, 1130 Overland Road, Roanoke, VA 24015, (540) 982-7665
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 25 yard indoor pool, 8 lanes, 5 feet deep at the start and turn end and 6 feet deep in the middle of the pool. Equipped with Non-turbulent lane lines. Daktronics Timing System.</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>	Name: Doug Fonder Email: dougfonder@gmail.com Phone: (540) 397-0505
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all Virginia Gators swimmers that are registered members Virginia Swimming prior to the first day of the meet.</li> <li>• No on-deck USA Swimming athlete registration will be permitted.</li> <li>• 2017-2020 NAG motivational time standards are in effect.</li> <li>• Age as of October 10, 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 events will be mixed gender and divided into 8 &amp; Under, 10 &amp; Under, 12 &amp; Under, 14 &amp; Under, and 15 &amp; Over. Girls and boys will be swimming together in mixed events.</li> <li>The meet will run in three sessions. <ul style="list-style-type: none"> <li>Session 1: 8 &amp; Under and 10 &amp; Under</li> <li>Session 2: 12 &amp; Under and 14 &amp; Under</li> <li>Session 3: 15 &amp; Over</li> </ul> </li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Session 1 Warm Up : <ul style="list-style-type: none"> <li>8:00am to 8:20am (Roanoke, Hargrave, Harrisonburg)</li> <li>8:20 to 8:40 (Blue Ridge and Charlottesville)</li> <li>Competition to Begin at 8:50am</li> </ul> </li> <li>Session 2 Warm Up: <ul style="list-style-type: none"> <li>10:20 to 10:40am (Roanoke, Hargrave, Harrisonburg)</li> <li>10:40 to 11:00am (Blue Ridge and Charlottesville)</li> <li>Competition to Begin at 11:10am</li> </ul> </li> <li>Session 3 Warm Up: <ul style="list-style-type: none"> <li>12:40pm to 1:00pm (Roanoke, Hargrave, Harrisonburg)</li> <li>1:00pm to 1:20pm (Blue Ridge and Charlottesville)</li> <li>Competition to Begin at 1:30pm</li> </ul> </li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, October 3, 2020</b></p> <ul style="list-style-type: none"> <li>Swimmers may enter a maximum of <b>3 individual events</b>.</li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li><b>NO DECK ENTRIES WILL BE ACCEPTED.</b></li> </ul>
<b>FEES:</b>	<p>Entry Fee: \$25</p> <p>Checks made payable to: <b><u>Virginia Gators</u></b></p>
<b>SEEDING:</b>	All events will be pre-seeded.
<b>AWARDS:</b>	No awards will be given.
<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>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>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>Any swimmer entered in the meet must be certified by a USAS 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, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement.</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 <b><u>not permitted</u></b>.</li> </ul>

	<ul style="list-style-type: none"> <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: John Stanley, <a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a></b></p> <ul style="list-style-type: none"> <li>Officials will be needed for referee, starter and stroke and turn 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 Cindy Hunter, <a href="mailto:cinbry@aol.com">cinbry@aol.com</a> no later than <b>October 2nd</b>.</li> <li>Officials meeting will be held outside the building entrance at 8:30 AM, prior to meet start.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>COVID-19 SYMPTOMS OR EXPOSURE:</b>	All participants in this event certify that they have no known exposure to COVID-19 within 14 days or are exhibiting symptoms of COVID-19, including but not limited to a fever, cough, shortness of breath, chills or loss of taste/smell. This is pursuant with current RVSI and Gator practice policies. Parents will also be reminded of these policies via email in the week leading up to the event.
<b>MASK POLICY:</b>	<ul style="list-style-type: none"> <li>All parents, volunteers, coaches, and officials are required to wear a facemask at all times while inside the facility to comply with COVID-19 guidelines.</li> <li>Swimmers will be required to wear a mask inside the facility when using restrooms, though not required when racing, staging behind blocks or exiting the facility post-race.</li> </ul>
<b>TIMING:</b>	<ul style="list-style-type: none"> <li>Daktronics touchpads will serve as the primary timing source, with a button and stopwatch serving as the two backup timing sources.</li> <li>One timer per lane to comply with COVID-19 guidelines.</li> <li>All timers will be required to wear a face covering.</li> </ul>
<b>BULLPEN AND STAGING AREA:</b>	<ul style="list-style-type: none"> <li>Swimmers will stage for their event on the inside of the building by Lane 1. Two heats will stage at a time inside.</li> <li>Swimmers will proceed from the staging area to stage behind the starting blocks as the prior heat is racing.</li> <li>Following their race, swimmers will swim to the non starting end of the pool. They will exit the pool and return to their assigned team area.</li> </ul>
<b>LOCKER ROOMS AND RESTROOMS:</b>	<ul style="list-style-type: none"> <li>Locker room access will be restricted to restroom use only.</li> <li><b>Swimmers should arrive to the facility in their suits.</b></li> <li>One person per toilet will be allowed in locker room/rest rooms at a time.</li> <li>Coach, official and volunteer restrooms will be separate from swimmer restrooms.</li> </ul>
<b>SPECTATORS AND LIVE STREAM:</b>	<ul style="list-style-type: none"> <li>Spectators will only be allowed in the building during the events of their children.</li> <li>Spectators will enter the main entrance of the pool and exit through the back door of the building</li> <li>The meet will be live-streamed on Facebook Live on the Virginia Gators Facebook page. The stream will be projected on a screen in the new weight room addition on the building's northwest side.</li> <li>Parents inside the weight room will be limited to parents of swimmers currently swimming and will change out with each heat.</li> <li>Spectators inside the weight room will be required to wear a mask.</li> </ul>
<b>TEAM SEATING:</b>	<ul style="list-style-type: none"> <li>When not competing, swimmers should remain in their assigned team area.</li> <li>Swimmers should practice social distancing at all times while in the team area.</li> </ul>
<b>PARENT SEATING:</b>	<ul style="list-style-type: none"> <li>When not watching the projected live stream, parents should remain in the outdoor parent seating area behind the building's northwest wall, near the baseball fields.</li> <li>Parents should practice social distancing at all times while in the parent seating area.</li> </ul>

## Event Order Session 1

EVENT NUMBER	EVENT
1	Mixed 10 & Under 100 Freestyle
2	Mixed 8 & Under 25 Butterfly
3	Mixed 10 & Under 50 Butterfly
4	Mixed 8 & Under 25 Backstroke
5	Mixed 12 & Under 50 Backstroke
6	Mixed 8 & Under 25 Breaststroke
7	Mixed 10 & Under 50 Breaststroke
8	Mixed 8 & Under 25 Freestyle
9	Mixed 10 & Under 50 Freestyle
10	Mixed 10 & Under 100 Individual Medley

## Event Order Session 2

EVENT NUMBER	EVENT
11	Mixed 14 & Under 200 Freestyle
12	Mixed 12 & Under 100 Freestyle
13	Mixed 14 & Under 100 Butterfly
14	Mixed 12 & Under 50 Butterfly
15	Mixed 14 & Under 100 Backstroke
16	Mixed 12 & Under 50 Backstroke
17	Mixed 14 & Under 100 Breaststroke
18	Mixed 12 & Under 50 Breaststroke
19	Mixed 14 & Under 200 Individual Medley
20	Mixed 12 & Under 100 Individual Medley
21	Mixed 14 & Under 50 Freestyle

## Event Order Session 3

EVENT NUMBER	EVENT
22	Mixed 15 & Over 200 Freestyle
23	Mixed 15 & Over 100 Butterfly
24	Mixed 15 & Over 100 Backstroke
25	Mixed 15 & Over 100 Breaststroke
26	Mixed 15 & Over 100 Freestyle
27	Mixed 15 & Over 200 Individual Medley
28	Mixed 15 & Over 50 Freestyle