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| 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: | All events will be mixed gender and divided into 8 & Under, 12 & Under and 13 & Over. Girls and boys will be swimming together in mixed events. The meet will run in a single session. |
| WARM-UP: | Warmup sessions will be divided by age. 13 & Over warmup will be 7:15 to 8:15 AM, 12 & Under warmup 8:15 to 8:50 AM. The meet will start at 9:00 AM. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, September 12, 2020</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 3 individual events. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • NO DECK ENTRIES WILL BE ACCEPTED. |
| FEES: | Entry Fee: \$25 Checks made payable to: <u>Roanoke Valley Swimming, Inc.</u> |
| SEEDING: | All events will be pre-seeded. |
| AWARDS: | 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. |
| 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. • 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. • 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. • 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. • 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. • In accordance with VSI best practices, all swimmers should shower before entering the pool. |

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| | <ul style="list-style-type: none"> 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: Sue Munson, susamun@cox.net</p> <ul style="list-style-type: none"> Officials will be needed for referee, starter and stroke and turn 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 Cindy Hunter, cinbry@aol.com no later than September 13. Officials meeting will be held outside the building entrance at 8:30 AM, prior to meet start. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| COVID-19 SYMPTOMS OR EXPOSURE: | 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. |
| MASK POLICY: | 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. 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. |
| TIMING: | <ul style="list-style-type: none"> Daktronics touchpads will serve as the primary timing source, with a button and stopwatch serving as the two backup timing sources. One timer per lane to comply with COVID-19 guidelines. All timers will be required to wear a face covering. |
| BULLPEN AND STAGING AREA: | Swimmers will stage for their event on the outside of the building's southeast wall. Two heats will stage at a time outside. Swimmers will proceed from the staging area through the southeast (back) door to stage behind the starting blocks as the prior heat is racing. Following racing swimmers will proceed directly to exit the building through northeast (front) door to return to the team area. |
| LOCKER ROOMS AND RESTROOMS: | Locker room access will be restricted to restroom use only. Swimmers should arrive to the facility in their suits. One person per toilet will be allowed in locker room/rest rooms at a time. Coach, official and volunteer restrooms will be separate from swimmer restrooms. |
| SPECTATORS AND LIVE STREAM: | No spectators will be allowed in the pool area during the meet. 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. Parents inside the weight room will be limited to parents of swimmers currently swimming and will change out with each heat. Spectators inside the weight room will be required to wear a mask. |
| TEAM SEATING: | When not competing, swimmers should remain in the outdoor team seating area behind the building's southeast wall. Swimmers should practice social distancing at all times while in the team area. |
| PARENT SEATING: | 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. Parents should practice social distancing at all times while in the parent seating area. |

EVENT ORDER

| EVENT NUMBER | EVENT |
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| 1 | Mixed 8 & Under 25 Backstroke |
| 2 | Mixed 12 & Under 50 Backstroke |
| 3 | Mixed 13 & Over 100 Backstroke |
| 4 | Mixed 8 & Under 25 Breaststroke |
| 5 | Mixed 12 & Under 50 Breaststroke |
| 6 | Mixed 13 & Over 100 Breaststroke |
| 7 | Mixed 8 & Under 50 Freestyle |
| 8 | Mixed 12 & Under 100 Freestyle |
| 9 | Mixed 13 & Over 200 Freestyle |
| 10 | Mixed 8 & Under 25 Butterfly |
| 11 | Mixed 12 & Under 50 Butterfly |
| 12 | Mixed 13 & Over 100 Butterfly |
| 13 | Mixed 8 & Under 25 Freestyle |
| 14 | Mixed 12 & Under 50 Freestyle |
| 15 | Mixed 13 & Over 100 Freestyle |
| 16 | Mixed 12 & Under 100 Individual Medley |
| 17 | Mixed 13 & Over 200 Individual Medley |