



**HOKI Race Series
End of Season
March 19 & 20, 2021**

SANCTION NO. VS-21-164

Hosted by



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 Christiansburg Aquatic Center. 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-21-164. • USA Swimming, Inc., Virginia Swimming, Inc., HOKI Swim, and Christiansburg 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. • 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., HOKI Swim, and Christiansburg Aquatic Center 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:	Christiansburg Aquatic Center, 595 N. Franklin St. Christiansburg, VA 24073. 540-381-7665
FACILITY:	<ul style="list-style-type: none"> • Indoor 50-meter pool offers two 25-yard competition pools. 7' deep at the shallow end and 17'1" deep at the deep end; the pool has overflow gutters; non-turbulent lane markers; and Paddock starting blocks with backstroke handles and foot wedges. • Colorado Timing System will be used. • The Meet Director reserves the right to seed the sessions up to 10-lanes for competition. • Sessions will be run in the 25-yd competition pool set up in the shallow end. The deep end of the pool will have a maximum of 10-lanes for continuous warm-up and cool down. A marshal or coach will be stationed by the continuous warmup and warm down lanes to ensure that proper social distancing measures are being taken by the athletes. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4) The copy of the certification is on file with USA Swimming. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will 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:	Scott Baldwin edbaldwi@vt.edu 540-998-2327
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all athletes on HOKI-VA and Unattached Athletes who are registered with USA Swimming before the first day of the meet. Age on March 19, 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 events will be timed finals. See event schedule
WARM-UP:	<ul style="list-style-type: none"> Friday PM session: Warm-ups at 5:45pm; competition starts at 6:15pm Saturday AM session: Warm-ups at 10 am; competition starts at 10:40am.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Wednesday, March 17,2021</p> <ul style="list-style-type: none"> Swimmers may enter a maximum of 3 individual events per session. 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. Deck entries for athletes already entered in the meet will be accepted if open lanes are available without reseeding the event. No heats will be added.
FEES:	No Fees
SEEDING:	<ul style="list-style-type: none"> Swimmers will report to Clerk of Course prior to swimming their events. All events will be pre-seeded.
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 should arrive in their suits. Locker rooms will not be 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.
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>.

	<ul style="list-style-type: none"> 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: Steve Woolfolk Email: woolfolks@aol.com Phone: 540-312-1259</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Contact Steve Woolfolk with interest to officiate. Officials meeting will be held in the Hospitality Room one hour before the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> HOKI Swimming volunteers will handle all timing for the meet. Timers meeting will be held 20 minutes prior to the start of each session. Timer lane assignments will be announced during the timers meeting - 1 timer will be required per lane. All timers must wear a face mask. Timers and counters will be the responsibility of the swimmer for the 500 Free.
GENERAL:	<ul style="list-style-type: none"> Heat Sheets will be available through Meet Mobile.
FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. Young children must be supervised by an adult. Observers are to stay in designated areas. No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations. Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. Smoking is NOT permitted within the Town of Christiansburg Aquatic Center. The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director. No glass containers of any kind are to be brought into the pool complex. Parking violators will be subject to fines and/or towing as posted. Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends. The Aquatic Center strongly encourages showering prior to entering the pool. All emergency exits and walkways must remain clear. Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet.

**HOKI Race Series End of Season
ORDER OF EVENTS**

Friday, March 19, 2021		
Friday PM Session #1		
Warm-up: 5:45pm; Start: 6:15pm		
<u>Mixed</u>	<u>Events</u>	
1	13& o 100 Fly	
2	12 &u 50 Fly	
3	13 &o 100 Back	
4	12&u 100 Back	
5	13& o 100 Breast	
6	12&u 50 Breast	
7	13&o 100 Free	
8	12&u 100 Free	
9	13&o 200 IM	
10	12&u 200 IM	
Saturday, March 20, 2021		
Saturday AM Session		
Warm-up:10:00am; Start:10:40am		
<u>Mixed</u>	<u>Events</u>	
11	12& u 50 Free	
12	13& o 50 free	
13	12 &u 100 Fly	
14	Open 200 Fly*	
15	12&u 50 Back	
16	Open 200 Back*	
17	12&u 100 Breast	
18	Open 200 Breast*	
19	12& u 200 Free	
20	13 & o 200 Free	
21	12 & u 100 IM	
22	Open 400 IM*	
23	Open 500 Free	
	*= for athletes 11 and older or soon to be 11 and older	