



**HOKI
Race Series #4
LCM
January 15-16, 2021**

Hosted by



SANCTION NO. VS-21-115

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-21-115 • 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, 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. • Sessions will be run in 6 Lanes with 1 buffer lane and a continuous warmup and warmdown lane available. 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 not been certified in accordance with current USA Swimming Rules and Regulations, 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 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.
MEET DIRECTOR:	Scott Baldwin edbaldwi@vt.edu

	540-998-2327
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all athletes on HOKI-VA, PRVT-VA, VT, and UN- Virginia Tech athletes who are registered with USA Swimming before the first day of the meet. • Age on January 15, 2021 will determine age for the entire meet. • Sessions will be limited to no more than 100 Athletes.
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"> • Friday, December 15: <ul style="list-style-type: none"> ○ Session 1: All Odd Number events • Saturday, December 16: <ul style="list-style-type: none"> ○ Session 2: All Even Number events • This is a LCM meet. • All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> • Friday: <ul style="list-style-type: none"> ○ Session 1: Warmups 5:45pm-6:35pm; Competition starts at 6:45pm • Saturday: <ul style="list-style-type: none"> ○ Session 2: Warmups 8-8:50am; Competition starts at 9am.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, January 12, 2021</p> <ul style="list-style-type: none"> • Athletes may enter a maximum of 2 individual events per session. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding 100 athletes, the 4-hour/session timeline limit, or the limits as mandated by current Commonwealth of Virginia guidelines. • Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. Heats will not be added.
FEES:	No Entry Fee Charge for this event
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. • Coaches will be asked to submit scratches for distance events. At the discretion of the meet referee these events may be reseeded if sufficient scratches are received.
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 plan to arrive in their suits. Locker rooms will be 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. • Spectators will NOT be allowed so that each session can run efficiently with the greatest number swimmers and maximize the competitive nature of the meet. Parents and spectators are encouraged to watch the meet on the live stream or follow along on Meet Mobile or Meet Cast.
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)

	<p>and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> 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: George Zolovick Email: gzolovick@gmail.com Phone: 540-449-5413</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Contact George Zolovick 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"> 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
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.

ORDER OF EVENTS

Friday and Saturday Events		
Friday	Event Name	Sat
1	Mixed 50 Free	2
3	Mixed 100 Free	4
5	Mixed 200 Free	6
7	Mixed 400 Free	8
9	Mixed 50 Fly	10
11	Mixed 100 Fly	12
13	Mixed 200 Fly	14
15	Mixed 50 Bk	16
17	Mixed 100 BK	18
19	Mixed 200 Bk	20
21	Mixed 50 Br	22
23	Mixed 100 Br	24
25	Mixed 200 Br	26
27	Mixed 200 IM	28
29	Mixed 400 IM	30