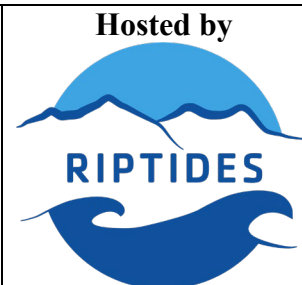




**Thankful to Race Intra-squad
Intra-squad Meet**
**Date: Sunday November 29, 2020 and Monday
November 30, 2020**
SANCTION NO. VS-21-82



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 (Salem Family YMCA). 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:

- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: **VS-21-82**
- USA Swimming, Inc., Virginia Swimming, Inc., and _the Salem Family YMCA 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 _Salem Family YMCA 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: Salem Family YMCA
1126 Kime Lane
540-387-9622

FACILITY:

- The Salem Family YMCA has an indoor, 25 yard-8 lane competition pool, 9 feet deep at the start end to 5 feet in depth at the turn end. All lanes are bottom striped and wall targeted with non-turbulent lane lines with a Colorado Timing System.
- Colorado timing system, 8-panel scoreboard will be used.
- 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/guarding 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: Name: Daniel Smith
Email dsmith@ymcavbr.org
Phone: 804-402-2233

ELIGIBILITY:

- This meet is a closed YMCA competition offered to all USA Registered swimmers of VABR ages

	<ul style="list-style-type: none"> 10 and older. The following conditions are necessary for USA Swimming registered athletes to have their times recognized by USA Swimming and input into SWIMS. <ul style="list-style-type: none"> USA Swimming athletes competing in this meet must be registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. Age on 11/29/2020 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 swimmers will swim in the one session offered each day. All events will be timed finals. All events will be pre-seeded and timed finals, swimming slowest to fastest. Swimmer recovery breaks will be added as needed. All swimmers will report to clerk of course and escorted behind the blocks as instructed.
WARM-UP:	<ul style="list-style-type: none"> Warm ups on each day will start at 5:30pm. Meet will start no earlier than 6:00pm for both days.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11/28/2020.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yards using Commlink-2 software. "No Time" (NT) entries will be accepted. Coach Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. Swimmers may enter a maximum of 3 individual event(s) per session. Swimmers may swim a maximum of 6 events total throughout the meet. 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:	<ul style="list-style-type: none"> There is a \$15 swimmer flat fee.
SEEDING:	<ul style="list-style-type: none"> Only one heat of swimmers can be standing behind the starting blocks keeping 10 feet apart. There will be a heat coordinator to help place the swimmers Once swimmers from previous heat exit the pool and head to the exit side (lane 8) of the pool, the next heat of swimmers will walk to their lane from lane 1 side of the pool. Swimmers in the afternoon sessions should report directly to the blocks for their events. All events will be pre-seeded. All Events will be swum slowest to fastest.
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 must 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. Only one heat of swimmers can be standing behind the starting blocks keeping 10 feet apart. There will be a heat coordinator to help place the swimmers

	<ul style="list-style-type: none"> • Once swimmers from previous heat exit the pool and head to the exit side (lane 8) of the pool, the next heat of swimmers will walk to their lane from lane 1 side of the pool. • Swimmers in the afternoon sessions should report directly to the blocks for their events. <p>Phase 3 guidelines:</p> <ul style="list-style-type: none"> • Everyone over 4 years old must wear a mask while in the facility. No mask. No entry. No exceptions. Athletes should remove their masks just prior to reporting for their next event. • Everyone must complete all COVID and membership paperwork before using entering the facility. • Everyone must maintain 10 feet social distancing, including in the water and on the bleachers. • There will be no showers available. • Swimmers will need to change into tech suit using our individual family changing rooms 1 at a time. Swimmers ages 12 and under will not be allowed to wear tech suits. • Thank you all for your patience and understanding as we continue to adjust to the COVID restrictions.
<p>RULES:</p>	<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.
<p>OFFICIALS:</p>	<p>Meet Referee: Shelley Sykes Email: ssykes@ymcavbr.org Phone: 540-819-4342</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 (host team officials chair _Miki Smith, at mikilsmith@cox.net, no later than November 29, 2020. • There will not be a timer meeting, instructions will be sent to the assigned timers on Sunday November 29, 2020. • There will not be an officials meeting, instructions will be sent to the assigned officials on Sunday November 29, 2020. • 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.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • We will need parents to time for each session. Please contact Shelley Sykes or Daniel Smith if available to time. • We will need to provide 8 timers. (1 timer per lane). All timers will need to wear masks while volunteering. • There will not be a timer meeting, instructions will be sent to the assigned timers on Sunday November 29, 2020.
GENERAL:	There will be no concessions offered at this meet. Heat sheets will be emailed to participating families no later than November 29, 2020.
FACILITY RULES:	<p>Phase 3 guidelines:</p> <ul style="list-style-type: none"> • Everyone over 4 years old must wear a mask while in the facility. No mask. No entry. No exceptions. Athletes should remove their masks just prior to reporting for their next event. • Everyone must complete all COVID and membership paperwork before using entering the facility. • Everyone must maintain 10 feet social distancing, including in the water and on the bleachers. • There will be no showers available. • Swimmers will need to change into tech suit using our individual family changing rooms 1 at a time. <p>Thank you all for your patience and understanding as we continue to adjust to the COVID restrictions.</p>
DIRECTIONS:	ADDRESS: 1126 Kime Lane Salem, VA 24153

**MEET TITLE
ORDER OF EVENTS**

Sunday November 29, 2020					
Sunday November 29, 2020			Monday November 30, 2020		
Warm-up: 5:30pm; Start: No earlier than 6pm			Warm-up: 5:30pm; Start: No earlier than 6pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	Mixed 200 Yard Freestyle	1	6	Mixed 200 Yard Individual Medley	6
2	Mixed 100 Yard Breaststroke	2	7	Mixed 100 Yard Freestyle	7
3	Mixed 50 Yard Freestyle	3	8	Mixed 200 Yard Breaststroke	8
4	Mixed 100 Yard Butterfly	4	9	Mixed 200 Yard Backstroke	9
5	Mixed 500 Yard Freestyle	5	10	Mixed 200 Yard Butterfly	10
			11	Mixed 100 Yard Backstroke	11
			12	Mixed 1000 Yard Freestyle	12