

**VIRGINIA
SWIMMING**



ODAC 9-12 Year Old Intrasquad Meet
Intrasquad Meet
December 13, 2020
Sanction # VS-21-75

Hosted by:



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 Suffolk YMCA Camp Arrowhead/ODAC. 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 of 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.

SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-75• USA Swimming, Inc., Virginia Swimming, Inc., and Old Dominion Aquatic Club, and the Suffolk YMCA and Camp Arrowhead 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 Center of Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.• USA Swimming Inc., Virginia Swimming, Inc., Old Dominion Aquatic Club, and the Suffolk YMCA and Camp Arrowhead 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.• 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, VIRGINIA SWIMMING AND OLD DOMINION AQUATIC CLUB 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 UNKOWN, FORESEEN OR UNFORESEEN IN CONNECTION THEREWITH.
LOCATION:	Camp Arrowhead, 275 Kenyon Rd, Suffolk VA 757-923-3303
FACILITY:	<ul style="list-style-type: none">• 8-Lane, 25-Yard pool, 5 feet deep at the start end and 3 ½ feet deep at the turn end, equipped with Swim-Quip non-turbulent land markers. The Semi-Automatic Timing System (2 buttons and 2 watches) will be used for all events. Lanes 2, 4, 6, 8 will be used for all events.• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4).
MEET DIRECTOR:	Steve Bialorucki Phone: (757) 471-1828 Email: stevebialorucki@swimodac.com
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all athletes 9-12 years of age on Old Dominion Aquatic Club.• No on deck Virginia Swimming athlete registration will be permitted.• 2021-2024 NAG time standards are in effect.• Age on December 13, 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"> • Events will be swum in one session. • All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> • Warmups start at 9:00 am; competition starts at 9:40 am. • Warmups will be assigned by lane and will be limited to 6 swimmers per lane, providing 10 feet of social distance in the lanes when practicable.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday, December 3, 2020</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yards times using Commlink-2 software- • Teams submit entries via e-mail. • A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • No Time (NT) and Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may swim a maximum of 5 events. • Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. • Email entries to: stevebialorucki@swimodac.com • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.
FEES and AWARDS	<ul style="list-style-type: none"> • No fees will be charged for this event • There will be no awards given.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded with the 50, 100 and 200 events being swum in lanes 2,4 and 6, 8. • Swimmers will be staged by heat assignment utilizing Social Distance markings before each swim.
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"> • All individuals entering the facility will be expected to answer Virginia Department of Health screening questions. • Athletes must arrive in their RACING suits. Restroom facilities are for EMERGENCY USE ONLY for all. Disinfecting products will be available at the sink area and must be used on any touched surface by each user. • Coaches, officials, and spectators must wear masks at all times. • Swimmers will be staged by heat assignment utilizing Social Distance markings before each swim • Athletes and parents will enter through the door by the main hall way and exit through the gate at the far end of the pool. The entrance and the exit will clearly be marked. Monitors and marshals will be present to monitor the doorway.

	<ul style="list-style-type: none"> • Athletes and families are to maintain proper social distancing. Participants and family members not adhering to this standard will be asked to leave the premises immediately. • The Competition/pool deck will be open to 1 athlete's parent/guardian per swimmer during their child's race. NO siblings will be admitted on the pool deck. NO parents on deck during warmups.
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 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 is responsible for ensuring 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 • The overhead start procedure will not be used for this meet. • 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. • Any 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: Tim Gleim tgleim@gmail.com Phone: (513) 403-2253</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Tim Gleim, Email tgleim@gmail.com or Phone: (513) 403-2253, not later than December 12, 2020. • Officials meeting will be held one hour prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
GENERAL:	<ul style="list-style-type: none"> • NO SMOKING on the pool deck or in the spectator gallery. • Each Team is encouraged to ensure the good conduct of swimmers in all areas of the building, including but not limited to locker rooms and hallways. • NO GLASS containers are permitted in or around the pool area.

**Old Dominion Aquatic Club
9-12 Intrasquad Meet
December 13, 2020
ORDER OF EVENTS
Sanction Number VS-21-75**

Warm Up: 9:00 am; Start: 9:40 am

Saturday morning – December 13, 2020

Event #	Event	Event #
1	9-10 100 Yard Freestyle	2
3	11-12 100 Yard Freestyle	4
5	9-12 200 Yard Backstroke	6
7	9-10 50 Yard Butterfly	8
9	11-12 50 Yard Butterfly	10
11	9-10 100 Yard Breaststroke	12
13	11-12 100 Yard Breaststroke	14
15	9-10 50 Yard Backstroke	16
17	11-12 50 Yard Backstroke	18
19	9-10 100 Yard IM	20
21	11-12 100 Yard IM	22
23	9-12 200 Yard Breaststroke	24
25	9-10 50 Yard Freestyle	26
27	11-12 50 Yard Freestyle	28
29	9-10 100 Yard Butterfly	30
31	11-12 100 Yard Butterfly	32
33	9-10 50 Yard Breaststroke	34
35	11-12 50 Yard Breaststroke	36
37	9-12 200 Yard Freestyle	38
39	9-10 100 Yard Backstroke	40
41	11-12 100 Yard Backstroke	42
43	9-12 200 Yard Butterf;y	44