



**ODAC Distance Meet
Invitational**
Saturday, November 21, 2020
Sanction #VS-21-42

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-21-42• USA Swimming, Inc., Virginia Swimming, Inc., 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, OLD DOMINION AQUATIC CLUB AND THE SUFFOLK YMCA AND CAMP ARROWHEAD 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:	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 Automatic Timing System (2 buttons and 2 watches) will be used for all 1000's and 1650's.• 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 Invited 13 and Older swimmers from ODAC, CVAC, ECAT, WAC and SRVA who are registered prior to the first day of the meet. No on deck Virginia Swimming athlete registration will be permitted.• Additional teams interested in participating should contact the meet host in the event that additional entries can be accepted after the entry deadline.• 2021-2024 NAG time standards are in effect.• Age on November 21, 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"> • Each event will be limited to three heats: three heats of the Girls 1000 free, three heats for the Boys 1000 free, three heats for the Girls 1650 free and three heats of the Boys 1650 free. • 6 lanes will be used for competition and one lane will be used for warmup/warm down. The other lane will be a buffer. • All events will be timed finals swimming fastest to slowest, alternating heats by gender and event.
WARM-UP:	<ul style="list-style-type: none"> • Heat One Girls 1650 Free: Warmups start at 8:20 am Start 9:00am • Heat Two Boys 1000 Free: Warmups start at 9:00 am Start 9:40am • Heat Three Boys 1650 Free: Warmups start at 9:20 am Start 10:00am • Heat Four Girls 1000 Free: Warmups start at 10:00am Start 10:40am • Heat Five Girls 1650 Free: Warmups start at 10:20am Start 11:00am • Heat Six Boys 1000 Free: Warmups start at 11:00am Start 11:40am • Heat Seven Boys 1650 Free: Warmups start at 11:20am Start 12:00pm • Heat Eight Girls 1000 Free: Warmups start at 12:00pm Start 12:40pm • Heat Nine Girls 1650 Free: Warmups start at 12:20pm Start 1:00pm • Heat Ten Boys 1000 Free: Warmups start at 1:00pm Start 1:40pm • Heat Eleven Boys 1650 Free: Warmups start at 1:20pm Start 2:00pm • Heat Twelve Girls 1000 Free: Warmups start at 2:00pm Start 2:40pm
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, November 10, 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. CT must be slower than a "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Entries will be processed in the order received and <u>accepted</u> to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.
ENTRIES:	<ul style="list-style-type: none"> • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding. • Email entries to: stevebialorucki@swimodac.com • Deck entries are not allowed.
FEES:	<p>Individual events: \$6.50 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: ODAC Meets • Mail payment to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464 Phone: (757) 471-1828 • Payment must be received by November 21, 2020, for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.
AWARDS:	<ul style="list-style-type: none"> • No awards will be given.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded.

	<ul style="list-style-type: none"> ● 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.
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. ● 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 parent/guardian per swimmer during their child's race. NO siblings will be admitted on the pool deck. NO parents on deck during warmups. ● 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 ● 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:	Meet Referee: Bonnie Johnson kurt.bonniejohnson@cox.net Phone: (757) 416-5217 Officials will be needed for all positions and all sessions for this meet. <ul style="list-style-type: none"> ● 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 November 6, 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
ODAC Distance Meet
November 21, 2020
ORDER OF EVENTS
Sanction Number VS-21-42

Saturday morning – November 21, 2020

Event #	Event	Event #
Girls		Boys
1	13 and Over 1000 Free	2
3	13 and Over 1650 Free	4