



Poseidon
Blue & White Intrasquad Meet
September 19 - 20, 2020
SANCTION NO. VS-21-09



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 Woodland Pond Swim and Racquet. 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.

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| SANCTION: | <ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-09 • USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming and Woodland Pond Swim and Racquet 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., Poseidon Swimming and Woodland Pond Swim and Racquet 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: | Woodland Pond Swim and Racquet, 9131 Waterfowl Flyway, Chesterfield, VA 23838 Phone: (804) 768-9398 |
| FACILITY: | <ul style="list-style-type: none"> • 6 lanes, 25-meter outdoor pool with non-turbulent lane lines. Deck seating and ample room for families to setup chairs or blankets at least 10 feet apart. • The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C). • Dolphin timing system set up for button/plunger stops |
| MEET DIRECTOR: | Name: Stacy Pew Email: pewfam6@gmail.com Phone: 804-690-4973 |
| ELIGIBILITY: | <ul style="list-style-type: none"> • Open to all Poseidon team members registered with USA Swimming by the first day of the meet. • No on-deck USA Swimming athlete registration will be permitted. • 2017-2020 NAG time standards are in effect. • Age on September 19, 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 |

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| | disability prior to the competition. |
| FORMAT: | <ul style="list-style-type: none"> All 13 & overs swimmers will swim on Saturday. All 12 & under swimmers will swim on Sunday. All events will be timed finals. |
| WARM-UP: | <ul style="list-style-type: none"> Session 1: 13 & over session warm up 7:30 am, meet start at 8:00 am Session 2: 12 & under session warm up 7:30 am, meet start at 8:00 am Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. |
| ENTRIES: | <ul style="list-style-type: none"> DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, SEPTEMBER 11, 2020. Swimmers may enter a maximum of 3 individual events. |
| FEES: | <ul style="list-style-type: none"> A \$10 facility fee per swimmer will be charged. |
| SEEDING: | <ul style="list-style-type: none"> All events will be pre-seeded |
| AWARDS: | <ul style="list-style-type: none"> No awards will be distributed for this event |
| 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"> 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. All coaches, officials, athletes and spectators must wear masks when inside the facility fence and maintain social distancing at all times. 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. |
| OFFICIALS: | <p>Meet Referee: Bob Rustin Email: brustin55@gmail.com</p> |

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| | <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Certified officials and trainees should contact the team no later than September 14, 2020. • Officials meeting will be held 30 minutes prior to the start. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> • All timers will be provided by Poseidon. • All timers must wear masks. |
| GENERAL: | There will not be concessions or printed heat sheets available. Heat sheets will be distributed electronically the day before the meet. |
| FACILITY RULES: | Woodland Pond Swim and Racquet facility rules and standard aquatic facility safety rules |
| DIRECTIONS: | Woodland Pond subdivision, 9131 Waterfowl Flyway, Chesterfield, VA 23838. Park in designated parking lot. |

**MEET TITLE
ORDER OF EVENTS**

| Saturday, September 19, 2020 | | | Sunday, September 20, 2020 | | |
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| Warm-up: 7:30; Start: 8:00 13 & O Session | | | Warm-up: 7:30; Start: 8:00 12 & U Session | | |
| Girls | Events | Boys | Girls | Events | Boys |
| 1 | 400M IM | 2 | 25 | 25M Free | 26 |
| 3 | 50M Free | 4 | 27 | 50M Free | 28 |
| 5 | 100M Free | 6 | 29 | 100M Free | 30 |
| 7 | 200M Free | 8 | 31 | 200M Free | 32 |
| 9 | 100M Breaststroke | 10 | 33 | 25M Breaststroke | 34 |
| 11 | 200M Breaststroke | 12 | 35 | 50M Breaststroke | 36 |
| 13 | 200M IM | 14 | 37 | 100M Breaststroke | 38 |
| 15 | 100 M Back | 16 | 39 | 200M Breaststroke | 40 |
| 17 | 200 M Back | 18 | 41 | 100M IM | 42 |
| 19 | 100 M Fly | 20 | 43 | 200M IM | 44 |
| 21 | 200 M Fly | 22 | 45 | 25M Back | 46 |
| 23 | 400M Free | 24 | 47 | 50M Back | 48 |
| | | | 49 | 100M Back | 50 |
| | | | 51 | 200M Back | 52 |
| | | | 53 | 25M Fly | 54 |
| | | | 55 | 50M Fly | 56 |
| | | | 57 | 100M Fly | 58 |
| | | | 59 | 200M Fly | 60 |
| | | | 61 | 400 Free | 62 |