



**Quest Swimming  
8 & Under Winter Intrasquad Meet  
November 22, 2020  
SANCTION NO. VS-21-69**



*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 the SwimQuest 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.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-21-69</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Quest Swimming, and the SwimQuest 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.</li> <li>• 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.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., and Quest Swimming 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.</li> <li>• 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.</li> </ul>
<b>LOCATION:</b>	SwimQuest Aquatic Center 6800 Deer Run Drive Midlothian, VA 23112
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The SwimQuest Aquatic Center is a 25-yard 6 lane short course pool with a depth ranging from 6 feet to 3.5 feet. The pool has non-turbulent lane lines and sits within a bubble (from November – March). We will be using a Dolphin timing system. Indoor or outdoor.</li> <li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li> <li>• 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.</li> </ul>
<b>MEET DIRECTOR:</b>	Chad Onken <a href="mailto:CoachChad@QuestSwimming.com">CoachChad@QuestSwimming.com</a>

	(919) 360-7370
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all 8 &amp; Under athletes on Quest Swimming who are registered with USA Swimming before the first day of the meet.</li> <li>• There are no qualifying standards or time requirements to participate in this meet. All athletes 8 years of age and younger are encouraged to attend.</li> <li>• Age on November 22<sup>nd</sup>, 2020 will determine age for the entire meet.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• There is one session to this meet – all athletes will swim in this session.</li> <li>• All events will be timed finals.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS November 14<sup>th</sup>, 2020.</b></p> <ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of <b>THREE</b> individual event(s).</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• <b>Deck entries will be accepted for swimmers already entered in the meet to the extent that open lanes are available. No heats will be added.</b></li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>• All athletes participating in this meet will be charged \$20.00 to cover all meet entry fees and costs associated with the meet.</li> <li>• Each event costs \$4.00. There is also a \$2.50 swimmer charge. Lastly, we are charging a \$5.50 Covid Facility Fee to cover cleaning and sanitation costs.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All 8 &amp; under athletes will sit on their designated “x” on the pool deck inside the bubble of the facility. Athletes will be called to the blocks by our clerk of course volunteers and escorted to the blocks.</li> <li>• All events will be pre-seeded.</li> <li>• All events will be combined gender events, swum slowest to fastest.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Warm-ups will begin at 11:00 am. The meet will start at 11:45 am.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• There will be no awards given out at this meet.</li> <li>• We will provide a heat winner award for every heat of each event.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• 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.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• <b>Athletes should arrive in their suits. Locker rooms will not be available for changing purposes. Bathrooms are available for emergency purposes only.</b></li> <li>• <b>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b></li> <li>• <b>Coaches, officials, and spectators must wear masks.</b></li> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>• 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.</li> <li>• 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</li> </ul>

	<p>legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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>.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bryan Wallin</b>  <b>Email: TheWallin5@comcast.net</b>  <b>Phone: (804) 389-2438</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• We will have an officials meeting behind the starting blocks one hour before the start of the meet.</li> </ul>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>• Virginia Swimming Meet Safety Procedures will be in effect.</li> </ul>
<b>TIMERS:</b>	<p>We will have two timers per lane using a Dolphin timing system with an automatic start. We are only using three lanes per heat. We will be swimming in lanes 2, 4 and 6. Lanes 1, 3, and 5 will remain open throughout the meet. Quest Senior athletes will be “running” the meet as it pertains to timing. We will have a timers meeting 30 minutes before the start of the session.</p>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• There will be no concessions.</li> <li>• Hospitality for timers, coaches, and officials will be very limited.</li> <li>• Heat sheets will be posted around the facility and on the Quest team website.</li> </ul>
<b>FACILITY RULES:</b>	<p>All athletes, volunteers, coaches, parents, and spectators are expected to follow all posted Quest Swimming team and facility rules throughout the meet. Additionally, your help in keeping our facility as clean as possible is appreciated.</p>

**Quest Swimming  
8 & Under Winter Intrasquad Meet  
ORDER OF EVENTS**

**November 22<sup>nd</sup>, 2020**

<b>Warm-up: 11:00 am Start: 11:45 am</b>
<b><u>Events</u></b>
#1- 8 & Under Combined 100 IM
#2 - 8 & Under Combined 50 Free
#3 – 8 & Under Combined 25 Back
#4 – 8 & Under Combined 25 Fly
#5 – 8 & Under Combined 50 Breast
#6 – 8 & Under Combined 100 Free
#7 – 8 & Under Combined 50 Back
#8 – 8 & Under Combined 25 Free
#9 – 8 & Under Combined 25 Breast
#10 – 8 & Under Combined 50 Fly

