



**Quest Swimming
2020 Fall Intrasquad Meet
September 27th, 2020
SANCTION NO. VS-21-12**



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 Greater Richmond Aquatics Partnership, DBA SwimRVA. 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:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-12 • USA Swimming, Inc., Virginia Swimming, Inc., Quest Swimming and Greater Richmond Aquatics Partnership, DBA SwimRVA 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., Greater Richmond Aquatics Partnership, DBA SwimRVA, 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. • 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:	<p>SwimRVA Collegiate School Aquatics Center located at 5050 Ridgedale Parkway, Richmond, VA 23234.</p>
FACILITY:	<ul style="list-style-type: none"> • The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. • The 50-Meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. • This meet will be swum in the 25 YARD course. • Omega Starting Blocks, Colorado Timing GEN7 automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming. • In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with SwimRVA participation,

	including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with SwimRVA program participation and that said list in no way limits the operation of this Agreement.
MEET DIRECTOR:	Chad Onken CoachChad@QuestSwimming.com (919) 360-7370
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all athletes on Quest Swimming who are registered with USA Swimming before the first day of the meet. • There are no qualifying times for this meet. • Age on September 27th 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 15 & over athletes will swim in session 1 • All 13-14 athletes will swim in session 2 • All 10 & under athletes will swim in session 3 • All 11-12 athletes will swim in session 4 • All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> • Session 1 warm-ups are at 7:20 am – meet starts at 8:00 am • Session 2 warm-ups are at 9:30 am – meet starts at 10:10 am • Session 3 warm-ups are at 11:40 Am – meet starts at 12:20 pm • Session 4 warm-ups are at 1:50 pm – meet starts at 2:30 pm • If any session runs late, the next session warm-ups will begin immediately after the facility is cleaned/sanitized at the completion of the previous session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS September 24th, 2020.</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 3 (THREE) individual events. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. • No deck entries will be accepted.
FEES:	All athletes will be charged \$25 for participation in this meet – regardless of how many events they swim. This charge will be done through our TeamUnify billing platform.
SEEDING:	<ul style="list-style-type: none"> • All athletes must report to the clerk of course prior to their race. • All events will be pre-seeded.
AWARDS:	<ul style="list-style-type: none"> • No awards will be given out at this meet.
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"> • Please see attachment “Quest Swimming Safety Guidelines and Meet Procedures” with detailed information about Covid-19 related changes to how this meet will be run. • 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

	<ul style="list-style-type: none"> • Lobby restrooms and Swim and Tri swim shop are open for anyone wearing a mask and able to answer Virginia Department of Health screening questions. • All Coaches, officials, and spectators must wear masks. • 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 not permitted. • 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: Brian Wallin Email: thewallin5@comcast.net Phone: (804) 389-2438</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • We will have an officials meeting thirty minutes before the start of each session by the entrance of the clubhouse/offices.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Timers must wear a face mask at all times. • We will be using one timer per lane throughout the meet (8 timers plus one head timer). • We will have a timers meeting 30 minutes before the start of each session near the start end of the pool
GENERAL:	<ul style="list-style-type: none"> • Swim and Tri swim shop will be available in the lobby. • Hospitality will be limited to water and prepackaged snacks. • There will not be concessions offered at the contest.
FACILITY RULES:	<p>No glass containers of any kind are permitted in the facility No spectators/parents will be allowed on deck unless working the meet. No smoking is allowed on the campus All rules are posted pool side All athletes, volunteers, coaches, parents, and spectators are expected to follow all posted Quest Swimming team and SwimRVA facility rules throughout the meet.</p>

**Quest Swimming – 2020 Fall Intrasquad Meet
ORDER OF EVENTS**

Sunday, September 27th					
Session 1: 15 & Over Athletes Warm-up: 7:00 am Start: 8:00 am			Session 2: 13-14 Athletes Warm-up: 10:00 am Start: 11:00 am (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	15 & Over 100 Free	2	11	13-14 100 Free	12
3	15 & Over 100 Breast	4	13	13-14 100 Breast	14
5	15 & Over 100 Back	6	15	13-14 100 Back	16
7	15 & Over 100 Fly	8	17	13-14 100 Fly	18
9	15 & Over 200 IM	10	19	13-14 200 IM	20
Session 3: 10 & Under Athletes Warm-up: 1:00 pm Start: 2:00 pm (Times are approximate)			Session 4: 11-12 Athletes Warm-up: 4:00 pm Start: 5:00 pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	8 & Under 25 Free	22	39	11-12 50 Free	40
23	10 & Under 50 Free	24	41	11-12 100 Free	42
25	8 & Under 25 Breast	26	43	11-12 50 Breast	44
27	10 & Under 50 Breast	28	45	11-12 100 Breast	46
29	8 & Under 25 Back	30	47	11-12 50 Back	48
31	10 & Under 50 Back	32	49	11-12 100 Back	50
33	8 & Under 25 Fly	34	51	11-12 50 Fly	52
35	10 & Under 50 Fly	36	53	11-12 100 Fly	54
37	10 & Under 100 IM	38	55	11-12 200 IM	56