



**CAVALIER  
Intra-Squad Meet  
9/25/2020-9/26/2020  
SANCTION NO. VS-21-05**

**Hosted by  
UVA**

*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 UVA Aquatics and Fitness 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-21-05</b>.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Cavalier Aquatics/Piedmont Family YMCA, and UVA Aquatics and Fitness Center (venue) 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., Cavalier Aquatics/Piedmont Family YMCA, and UVA Aquatics and Fitness Center 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>	University of Virginia Aquatics and Fitness Center, 450 Whitehead Rd, Charlottesville, VA 22903, (434) 924-3791
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 50 M pool with bulkheads set to provide the following:               <ul style="list-style-type: none"> <li>○ Pool 1 (Competition Pool): Diving end. 8 lanes, 25 yards. Swum wall to bulkhead. The start end is 14 feet deep slopping toward the bulkhead where the depth is 7 feet deep.</li> <li>○ Pool 2 (Warm-up/Warm-down Pool): 10 lanes (middle 8 with starting blocks), 25 yards. Swum wall to wall. The depth of this portion of the pool runs 7 feet deep from the bulkhead sloping to 4 feet deep to the opposite end.</li> </ul> </li> <li>• Colorado Automatic Timing System with 10 lane scoreboard.</li> <li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming</li> </ul>
<b>MEET DIRECTOR:</b>	Jessica Simons jrsimons@comcast.net 434-962-0443
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all 18 &amp; over CA-Y athletes and members of the UVA Swim Team who are registered with Virginia Swimming prior to the first day of the meet.</li> <li>• Age on 9/25/20 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> </ul>

	<ul style="list-style-type: none"> <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>All swimmers will swim in the Friday afternoon session. This session is SCY.</li> <li>All swimmers will swim in the Saturday afternoon session. This session is LCM.</li> <li>All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>Friday afternoon session- Warm-ups at 3 PM; competition starts at 5 PM.</li> <li>Saturday afternoon session: Warm-ups at 3PM; competition starts at 5PM.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 9/17/20.</b></p> <ul style="list-style-type: none"> <li>Athletes can enter no more than 6 events per day.</li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li><b>No deck entries will be accepted.</b></li> </ul>
<b>FEES:</b>	There will be no fees for competing in this competition.
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>Swimmers will be called to the block upon completion of the prior heat.</li> <li>All events will be pre-seeded.</li> <li>Events will be swum slowest to fastest.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>No awards will be given.</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.</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 legal guardian to ensure compliance with this requirement.</li> <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 <b>not permitted</b>.</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 <b>PROHIBITED</b>.</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</li> </ul>

	non-current credentials will be required to leave the deck area.
<b>OFFICIALS:</b>	<p><b>Meet Referee: <u>Don Farmer</u></b>  <b>Email: <u>Don@jamesinsurance.com</u></b>  <b>Phone: <u>804-356-7749</u></b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Officials meetings will take place one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	Timers (one per lane) will be provided by the host team. In addition, electronic timing with the use of pads, buttons, and watches will be used.
<b>FACILITY RULES:</b>	<p>Special facility rules and standard aquatic facility safety rules.</p> <ul style="list-style-type: none"> <li>• Access to the deck is limited to coaches, athletes, meet officials, event staff and those who. Are volunteering as timers, lap counters, or at other needed volunteer positions.</li> <li>• To go past the upstairs desk, the following credentials will be required: <ul style="list-style-type: none"> <li>○ Coaches must present their USA Swimming credentials.</li> <li>○ Officials must present their USA-S non-athlete member credentials.</li> <li>○ All other volunteers will need to obtain a temporary deck pass at the desk.</li> <li>○ Swimmers just need to state that they are a swimmer.</li> </ul> </li> <li>• No balloons are allowed in the facility.</li> <li>• Food and drink are restricted to the snack bar/lobby area and not allowed in the bleachers.</li> <li>• Glass containers are not allowed on deck.</li> <li>• Food is not allowed on deck. There will be zero tolerance.</li> <li>• No food storage coolers are allowed on deck.</li> <li>• Teams may bring 5 gallon drink coolers on deck.</li> <li>• The whirlpool, warm water pool, sauna, and family changing room are strictly off limits.</li> <li>• The indoor track, basketball courts, and indoor workout areas are strictly off limits.</li> <li>• Shoes/sandals must be worn in the AFC when not on the deck or in the locker rooms.</li> <li>• Tape for postings must be obtained from AFC personnel. Postings using any other tape will be removed without warning.</li> <li>• Team banners may be hung with approval from AFC personnel.</li> <li>• Clubs are responsible for keeping their areas of the deck clean. Bags will be provided by the AFC.</li> <li>• Marshals will enforce the facility rules and can, with the concurrence of the Referee, remove any person from the venue for failure to adhere to the rules.</li> </ul>

**CAVALIER  
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9/25/2020-9/26/2020  
ORDER OF EVENTS**

<b>Friday, 9/25/2020</b>		
<b>Afternoon Session</b>		
<b>Warm-up: 3PM      Start: 5PM</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	500 Freestyle (SCY)	2
3	200 Individual Medley (SCY)	4
5	50 Freestyle (SCY)	6
7	100 Butterfly (SCY)	8
9	400 Individual Medley (SCY)	10
11	200 Freestyle (SCY)	12
13	100 Breaststroke (SCY)	14
15	100 Backstroke (SCY)	16
17	200 Backstroke (SCY)	18
19	1650 Freestyle (SCY)	20
21	100 Freestyle (SCY)	22
23	200 Breaststroke (SCY)	24
25	200 Butterfly (SCY)	26
<b>Saturday, 9/26/2020</b>		
<b>Afternoon Session</b>		
<b>Warm-up: 1PM      Start: 3PM</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
27	400 Freestyle (LCM)	28
29	200 Individual Medley (LCM)	30
31	50 Freestyle (LCM)	32
33	100 Butterfly (LCM)	34
35	400 Individual Medley (LCM)	36
37	200 Freestyle (LCM)	38
39	100 Breaststroke (LCM)	40
41	100 Backstroke (LCM)	42
43	200 Backstroke (LCM)	44
45	1500 Freestyle (LCM)	46
47	100 Freestyle (LCM)	48
49	200 Breaststroke (LCM)	50
51	200 Butterfly (LCM)	52