



Southwest DISTRICT 8 & Y CHAMPIONSHIP
February 6-7, 2021
SANCTION NO. VS-21-120



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 Brooks Family YMCA. 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-21-120 . • USA Swimming, Inc., Virginia Swimming, Inc., the Brooks Family YMCA, and Cavalier Aquatic/Piedmont Family YMCA 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. • USA Swimming, Inc., Virginia Swimming, Inc., the Brooks Family YMCA, and Cavalier Aquatics/ Piedmont Family YMCA 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:	Brooks Family YMCA, 151 McIntire Park Road, Charlottesville, VA. 22902. Phone – 434-974-9622.						
FACILITY:	<ul style="list-style-type: none"> • 10 lane 25Y indoor pool; with a depth of 9’ at the start end and 4’ at the turn end. Lanes are 7’ wide with non-turbulent lane lines. Colorado starting blocks and Colorado timing system will be used with 1 button and 1 watch per lane. Only every other lane will be used. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). • 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. 						
MEET DIRECTOR:	<table border="0"> <tr> <td>Name: Kristen Wells</td> <td>Marco Mejias</td> </tr> <tr> <td>Phone: 804-363-8645</td> <td>512-786-3179</td> </tr> <tr> <td>Email: kw2fm@virginia.edu</td> <td>marcomejias@hotmail.com</td> </tr> </table>	Name: Kristen Wells	Marco Mejias	Phone: 804-363-8645	512-786-3179	Email: kw2fm@virginia.edu	marcomejias@hotmail.com
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming registered athletes 8 years old and younger prior to the first day of the meet in the Southwest District which includes. <ul style="list-style-type: none"> ◦ Southwest: ACAC, BASS, CA-Y, CCA, FUAC, GATR, HOKI, LASO, LY, SCAT, STRM, and VABR • Unattached athletes in the same geographical district are also eligible to attend. • No on deck Virginia Swimming athlete registration will be permitted. • Athletes may compete in any event offered regardless of classification. • Age on February 6, 2021 will determine age for the entire meet. 						
DISABILITY	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired 						

SWIMMERS:	<p>accommodations to the Meet Director.</p> <ul style="list-style-type: none"> 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 events will be timed finals. No relays will be swum.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JANUARY 29, 2021.</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 with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. "No Time" (NT) entries will be accepted. Coach Times (CT) are not allowed for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. Swimmers may enter a maximum of 8 individual events for the meet, no more than 4 per day. The Meet Director reserves the right to combine heats and events, which may require reseeding. Email entries to: Jessica Simons @ jrsimons@comcast.net Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$5.50 Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> Checks should be made payable to: Cavalier Aquatics. Mail payment to: Jessica Simons 109 Reynard Drive Charlottesville Virginia 22901-2026 Payment must be received by Tuesday, February 2, 2021 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. Swimmers will report to Clerk of Course prior to swimming their events. All events will be pre-seeded.
WARM-UP:	<ul style="list-style-type: none"> Saturday PM Warm-ups start 3:00 pm; Competition starts 4:00 pm on Saturday. Sunday AM Warm-ups start at 8:30 am; Competition starts at 9:30 am on Sunday. Lane assignments and warm-up times for individual clubs will be posted on the Cavalier Aquatics website (www.swimcyac.org) no later than Tuesday, February 2, 2021 and will also be emailed to the contact person of the participating clubs.
AWARDS:	<ul style="list-style-type: none"> Individual events will be scored and awarded medals for first through third place, and ribbons fourth through sixteenth place. Team Awards will be given. Total team points will be combined with scores from 9 - 12 District Championships. Teams placing first through third will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> Individual: 20-17-16-15-14-13-12-11 - 9-7-6-5-4-3-2-1 All events will be scored to 16 places
COVID RULES	<ul style="list-style-type: none"> Athletes must arrive in their suits. Locker rooms will not be available. (recommended statement) 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"> • Coaches, officials, and spectators must wear masks. • There will be no spectator seating.
RULES:	<ul style="list-style-type: none"> • 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, it is the responsibility of 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) anytime 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.
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.
OFFICIALS:	<p>Meet Referee: Ginny Kimbel Email: gennykimbel@gmail.com Phone: 757-876-9134</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Keith Davis at keith@nestrealty.com or 434-953-9534 no later than Tuesday, February 2, 2021. • Officials meetings will be held in the hospitality area one hour prior to the start of the meet. • General meeting for coaches and key officials will be held in the hospitality area 30 minutes prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • All timers must wear a mask • There will be 1 timer per lane using 1 button and a watch. • Cavalier Aquatics will provide all timers for all sessions.
GENERAL:	Hospitality will be available on a minimal basis. Heat sheets will be mailed to all clubs by the Friday before the meet and posted on the CA-Y website. The meet will also be broadcast using Facebook Live. Meet Mobile will be available.

PARKING:	<ul style="list-style-type: none">• Parking will be available on the Brooks Family YMCA.
FACILITY RULES	<ul style="list-style-type: none">• The special COVID rules will be sent out to all members of the attending teams.• There will be signs at the Brooks Family YMCA explaining the rules to follow and will be enforced by the Marshalls.• Deck access to the pool will be strictly enforced. Swimmers (during their events), coaches, officials and event staff only will be permitted access to the deck during warm-ups and competition.• YMCA lifeguards will be on deck and available for first aid.• The YMCA and its' property are a smoke-free environment. Smoking, including E cigarettes, or any kind of tobacco is NOT permitted on YMCA property.

2021 Southwest District 8 & U Championships Order of Events

Saturday February 6, 2021
Warm up 3:00 pm; Competition 4:00 pm

Girls		Boys
1	50 Breaststroke	2
3	100 Freestyle	4
5	25 Butterfly	6
7	100 Individual Medley	8
9	25 Freestyle	10
11	50 Butterfly	12
13	200 Freestyle	14
15	100 Backstroke	16

Sunday February 7, 2021
Warm up 8:30 pm; Competition 9:30 am

Girls		Boys
17	25 Breaststroke	18
19	50 Freestyle	20
21	100 Butterfly	22
23	25 Backstroke	24
25	100 Breaststroke	26
27	200 Individual Medley	28
29	50 Backstroke	30