



The Candy Cane Race
December 19-20, 2020
SANCTION NO: VS-21-88

Hosted by



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 Carter Athletic Center pool. 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-21-88 USA Swimming, Inc., Virginia Swimming, Inc., Carter Athletic Center, and CCA Marlins, 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., Carter Athletic Center, and CCA MARLINS 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:	Carter Athletic Center, 4254 Colonial Avenue, Roanoke, VA 24018
FACILITY:	<ul style="list-style-type: none"> 25 yard six lane indoor pool with water depth 4 to 6 feet and starting blocks at the deep end. Colorado Timing system and 3-line scoreboard. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). Carter Athletic 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. 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:	Name: Kathy Callis Phone: (540)5218213 Email: kathycallis477@gmail.com
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all athletes, from CCA, SCAT, CVAC, GATR, YMCA BR who are registered with USA Swimming before the first day of the meet.

	<ul style="list-style-type: none"> Age on December 19th, 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 disability prior to the competition.
FORMAT:	<ul style="list-style-type: none"> All 13 & Older swimmers will swim on the Saturday 12/19 AM session starting at 9am All swimmers 12 and under swimmers will participate in the Saturday 12/19 evening session and Sunday 12/20 Morning session, All events will be pre-seeded and timed finals, Swimmers 13 and Older will be allowed to swim a 50 easy right after their events for recovery then will exit the pool, All swimmers will report behind the blocks, with one heat at a time,
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, December 8th,2020</p> <ul style="list-style-type: none"> Each swimmer may enter a maximum of 4 events per session. 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. After the entry deadline, breaks may be added during sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced above under warm-ups. <ul style="list-style-type: none"> Email entries to: aserir@ccamarlins.com Deck entries will be accepted for athletes already in the meet to the extent that open lanes are available without adding extra heats.
FEES:	<ul style="list-style-type: none"> Entry Fees: <ul style="list-style-type: none"> Individual Events: \$6 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Checks should be made payable to: CCA Marlins Mail payment to: CCA Marlins 4069 postal drive PO Box 21683, Roanoke, VA 24018
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded.
WARM-UP:	<ul style="list-style-type: none"> 13 and Over time trials AM Warm-up is at 7:00 am; competition starts at 9:00am, Saturday evening session's warmups start at 3:00pm, meet starts at 5:00pm Sunday AM warmup session starts at 7am, meet starts at 9:00am If any session runs late, the subsequent sessions will begin 15 minutes afterward in order to allow time for cleaning and disinfecting.
AWARDS:	<ul style="list-style-type: none"> Heat winners will get a Candy Cane, and a rubber ducky
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.

<p>COVID-19 RULES</p>	<ul style="list-style-type: none"> • Athletes must arrive in their suits. Locker rooms will not be available, besides for bathroom usage • Prior to entering the facility, all individuals will be expected to answer Virginia Department of Health screening questions to include temperature screening. • Coaches, officials, and spectators must wear masks. • Everyone over 4 years old must wear a mask while in the facility. No mask. No entry. No exceptions. Athletes should remove their masks just prior to reporting for their next event. • Everyone must complete all COVID and membership paperwork before using the facilities; • Everyone must maintain 10 feet social distancing, including in the water and on the bleachers; • There will be no showers available; no locker room changing during swim meets. • Gym will be available with assigned spaces for swimmers to sit, so please bring your own beach chairs, blankets or any gear swimmers may need, • Each family is allowed to bring only one parent, 8 and Under swimmers can have both parents present. • Parents can walk to the pool deck to watch their swimmer race, then must exit the pool deck immediately after the race. <p>Thank you all for your patience and understanding as we continue to adjust to the COVID restrictions.</p>
<p>RULES:</p>	<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 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>.
	<ul style="list-style-type: none"> • 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.
<p>OFFICIALS:</p>	<p>Meet Referee: John Stanley Email: jfstanley@cox.net Phone: (540) 354 9856</p> <ul style="list-style-type: none"> • Officials will be needed for all positions during all sessions for this meet. Please send your availability to Douglas Mc Laughlin at dmclaughlin628@yahoo.com no later than Tuesday, December 8th, 2020
<p>SAFETY:</p>	<p>Virginia Swimming Meet Safety Procedures will be in effect.</p>

TIMERS:	<ul style="list-style-type: none"> • Timers assignment will be sent to the participating teams • Timers will receive a premeeting report the day before the meet, there will be no on deck meeting • There will be one timer per lane. • 500 free swimmers need to provide their own counters and timers. • Timers and counters must wear a mask
GENERAL:	<p>There will be a light refreshment available throughout the meet for coaches and officials, breakfast and dinner for the Saturday sessions breakfast and lunch for Sunday. heat sheets will be sent digitally, there will be no paper copy during the meet.</p>
DIRECTIONS:	<p>Address: 4254 Colonial Ave, Roanoke, VA 24018</p>

Marlins Thanksgiving invitational

ORDER OF EVENTS

Saturday December 19th, 2020				Saturday December 19th, 2020			
13 & Over AM session Warm-up: 7:00am; Start: 9:00am				12 & Under PM Session Warm-up: 3:00pm; Start: 5:00pm			
<u>Mixed</u>	<u>Events</u>		<u>Mixed</u>	<u>Girls</u>	<u>Events</u>		<u>Boys</u>
1	50 Fr	200 Free	10	14	12 & Under 100 Bk		15
2	100 Fly	400 IM	11	16	12 & Under 50 Brst		17
3	100 Bk	500 Fr	12	18	8 & Under 25 Fly		19
4	100 Brst	1000 Fr	13	20	12 & Under 500 Fr		21
5	100 Fr			22	12 & Under 200 Fly		23
6	200 IM			24	12 & Under 50 Bk		25
7	200 Fly			26	12 & Under 200 Brst		27
8	200 Bk			28	8 & Under 25 Bk		29
9	200 Brst			30	12 & Under 100 Free		31
				32	12 & Under 200 IM		33
Sunday December 20th, 2020							
12 and under AM Session Warm-up: 7:00am; Start: 9:00 am							
<u>Girls</u>	<u>Events</u>				<u>Boys</u>		
34	12 & Under 50 Fr						35
36	12 & Under 200 Bk						37
38	12 & Under 100 Brst						39
40	12 & Under 100 Fly						41
42	8 & Under 25 Breast						43
44	12 & Under 200 Fr						45
46	12 & Under 100 IM						47
48	12 & Under 50 Fly						49
50	8 & Under 25 Fr						51
52	12 & Under 400 IM						53