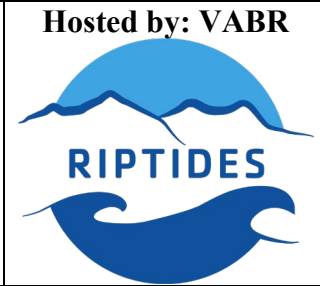




**VABR October
Intra-Squad Meet**
Date: Saturday, October 3, 2020
APPROVAL NO. VS-21-13A



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 Salem 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 approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-21-13A • USA Swimming, Inc., Virginia Swimming, Inc., VABR Swim Team, and the Salem 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. • 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., VABR Swim Team and the Salem 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:	Salem Family YMCA: 1126 Kime Lane Salem, VA 24153 540-387-9622
FACILITY:	<ul style="list-style-type: none"> • The Salem Family YMCA has an indoor, 25-yard, 8 lane competition pool; 9 feet at the start end and 4 feet in depth at the turn end. All lanes are bottom striped and wall targeted with non-turbulent lane lines with a Colorado Timing system. • Colorado timing system, 8 –panel scoreboard 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).
MEET DIRECTOR:	Name: Daniel Smith Email: dsmith@ymcavbr.org Phone: 804-402-2233
ELIGIBILITY:	<ul style="list-style-type: none"> • This meet is a closed YMCA competition offered to all YMCA swimmers of VABR.

	<ul style="list-style-type: none"> The following conditions are necessary for USA Swimming registered athletes to have their times recognized by USA Swimming and input into SWIMS. <ul style="list-style-type: none"> USA Swimming athletes competing in this meet must be registered before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. Age on 10/03/2020 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 8 and under swimmers will swim in the 8 and under morning session. All 9-10 swimmers will swim in the 9-10 year old session that occurs after the 8 and under morning session. All 11-12 swimmers will swim in the 11-12 year old session that occurs after the 9-10 year old session. All 13 and older swimmers will swim in the 13 and older session that occurs after the 11-12 session. All events will be pre-seeded and timed finals, swimming slowest to fastest Swimmer recovery breaks will be added as needed, All swimmers will report to clerk of course and escorted behind the blocks as instructed.
WARM-UP:	<ul style="list-style-type: none"> 8 and under session: Warm-ups at 8:00am-8:40am; competition starts at 9am 9-10 year old session: Warm ups at 11:00am-11:40am. Competition starts at 12:00pm 11-12 year old session: Warm ups at 2:30pm-3:10pm. Competition starts at 3:30pm 13 and older session: Warm ups at 5:00-5:30pm. Meet starts at 5:50pm If a session runs late, warm-ups for the subsequent sessions will begin 15 minutes after the previous session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS 09/26/2020.</p> <ul style="list-style-type: none"> Swimmers may enter a maximum of 3 individual events per session. Entries will be processed in the order received and <u>accepted to</u> the greatest extent possible without exceeding the 4-hour/session timeline limit. No deck entries will be accepted.
FEES:	There is a \$20 swimmer flat fee.
SEEDING:	<ul style="list-style-type: none"> Only one heat of swimmers can be standing behind the starting blocks keeping 10 feet apart. There will be a heat coordinator to help place the swimmers Once swimmers from previous heat exit the pool and head to the exit side (lane 8) of the pool, the next heat of swimmers will walk to their lane from lane 1 side of the pool. Swimmers in the afternoon sessions should report directly to the blocks for their events. All events will be pre-seeded. All Events will be swum slowest to fastest.
AWARDS:	<ul style="list-style-type: none"> No awards will be given.
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"> ● Athletes should 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. ● 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 <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. ● 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 or YMCA 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: Shelley Sykes Email: ssykes@ymcavbr.org Phone: 540-819-4342</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions during for this meet. Please send your availability to Miki Smith at mikilsmith@cox.net no later than Monday, October 5th, 2020. ● There will not be a timer meeting, instructions will be sent to the assigned timers on Friday, October 16th ● Officials meeting will be at 8:00am. Location will be communicated to officials prior to start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> ● We will need parents to time for each session. Please contact Shelley Sykes or Daniel Smith if available to time. ● One timer per lane.
GENERAL:	There will be no concessions offered at this meet. Heat sheets will be emailed to participating families no later than October 16, 2020.
FACILITY RULES:	<p>Phase 3 guidelines:</p> <ul style="list-style-type: none"> ● 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 entering the facility. ● 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. ● Thank you all for your patience and understanding as we continue to adjust to the COVID

	restrictions.
DIRECTIONS:	ADDRESS: 1126 Kime Lane Salem, VA 24153

**MEET TITLE
ORDER OF EVENTS**

SATURDAY, October 3, 2020

8 and under Morning Session Warm-up: 8:00-8:40am; Start: 9:00am			9-10 year old Session Warm-up: 11:00-11:40; Start: 12:00pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	8 and Under 50 Freestyle	2	11	9-10 50 Freestyle	12
3	8 and Under 25 Breaststroke	4	13	9-10 50 Breaststroke	14
5	8 and under 25 Backstroke	6	15	9-10 50 Backstroke	16
7	8 and Under 25 Butterfly	8	17	9-10 50 Butterfly	18
9	8 and Under 25 Freestyle	10	19	9-10 100 Freestyle	20

SATURDAY, October 3, 2020

11-12 Year old Session Warm-up: 2:30-3:10pm; Start: 3:30pm			13 and older Session Warm-up: 5:00-5:30pm; Start: 5:50pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	11-12 50 Freestyle	22	31	13 and Older 200 Freestyle	32
23	11-12 50 Breaststroke	24	33	13 and Older 100 Backstroke	34
25	11-12 50 Backstroke	26	35	13 and Older 200 Breaststroke	36
27	11-12 50 Butterfly	28	37	13 and older 100 Fly	38
29	11-12 100 Freestyle	30	39	13 and older 50 Free	40