

WAC Mike Willard Polar Plunge
January 23-24, 2021
SANCTION NO. VS-21-110



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 SwimRVA – Collegiate School Aquatics 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.

<p>SANCTION</p>	<ul style="list-style-type: none"> ▪ Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-110. ▪ USA Swimming, Inc., Virginia Swimming, Inc., WAC and <u>Greater Richmond Aquatics Partnership, DBA SwimRVA</u> 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 Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. ▪ USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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 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 LIABILITY OR CLAIMS INCLUDING 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.
<p>LOCATION</p>	<p>SwimRVA – Collegiate School Aquatics Center located at 5050 Ridgedale Parkway, Richmond, VA 23234</p>
<p>FACILITY</p>	<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 <i>USA Swimming Rules and Regulations</i>, 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.

	<ul style="list-style-type: none"> In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will be live-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	Harold Baker coachharold2@cox.net 757-229-8662
ELIGIBILITY	<ul style="list-style-type: none"> Open to all WAC, ODAC, PSDN, SWIMRVA, DC and 13 & overs from ACAC & BASS. Athletes registered with Virginia Swimming before the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. 2021-2024 NAG time standards are in effect. Age on January 23rd, 2021 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"> In order to accommodate the most athletes, 4 sessions will be held each day, by specific age group. <ul style="list-style-type: none"> Sessions 1 & 5 – 10 & Under Sessions 2 & 6 – 11 – 12 Sessions 3 & 7 – 13 – 14 Sessions 4 & 8 – 15 & Over Entries will be limited to 125 Swimmers per session. In order to appropriately seat and distance athletes in the aquatic center. All events will be timed Finals All events will be pre-seeded
ENTRIES	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday January 14th, 2021</p> <ul style="list-style-type: none"> Swimmers may enter a maximum of 4 events per day. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit, 125 athletes per session, or the limits as mandated by current Commonwealth of Virginia guidelines. No deck entries will be accepted.
FEES	<ul style="list-style-type: none"> Individual events: \$8.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Covid Facility Management Fee of \$5.00 per Swimmer. This fee covers the extra Facility Staff needed to man the extra positions in order to follow the COVID rules. Checks should be made payable to Williamsburg Aquatic Club. Mail payment to: <ul style="list-style-type: none"> Williamsburg Aquatic Club 3013 South Court Williamsburg, VA 23185 Payment must be received by Tuesday, January 19th for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SCREENING, CHECK-IN and WARM-UP	<ul style="list-style-type: none"> All athletes and parents need to report to the screening station upon arrival. Parents serving as chaperones or timers will receive a wrist band once they are screened. All Parents and Athletes must be screened to be on the SWIMRVA Facility grounds. SWIMMERS FAILING TO REPORT TO THE SCREENING STATION WILL NOT BE ALLOWED TO SWIM THE SESSION. MINOR ATHLETES WILL NEED TO REPORT TO THE SCREENING STATION WITH A PARENT OR GUARDIAN.

	<ul style="list-style-type: none"> Health Screening for all sessions will take place for 30 minutes prior to the first warm up for each session in the front of the building. There may or may not be a tent set up in this location at the time of the meet. Please refer to the session schedule below for specific times: All Times listed below are Subject to Change based on entries and the Finish times of the prior Session. <table border="1" data-bbox="370 237 902 436"> <tr> <td style="text-align: center;"> Session 1 & 5: 10 & Under Health Screening: 6:30 – 7 AM Warm-up 1: 7:00 – 7:25 AM Warm-up 2: 7:25 – 7:50 AM Start: 8:00 AM </td> <td style="text-align: center;"> Session 2 & 6: 11 - 12 Health Screening: 10:00 – 10:30 AM Warm-up 1: 10:30 – 10:55 AM Warm-up 2: 10:55 – 11:20 AM Start: 11:30 AM </td> </tr> </table> <table border="1" data-bbox="370 501 1474 701"> <tr> <td style="text-align: center;"> Session 3 & 7: 13 - 14 Health Screening: 1:30 – 2:00 PM Warm-up 1: 2:00 – 2:25 PM Warm-up 2: 2:25 – 2:50 PM Start: 3:00 PM </td> <td style="text-align: center;"> Session 4 & 8: 15 & Over Health Screening: 5:00 – 5:30 PM Warm-up 1: 5:30 – 5:55 PM Warm-up 2: 5:55 – 6:20 PM Start: 6:30 PM </td> </tr> </table> <ul style="list-style-type: none"> There will be a staggered start to Warm-ups so that only one team will be coming in the doors or coming down the stairs at a time. If any prior session runs late, the next check in will begin at conclusion of the prior session with the warm-up session starting 30 minutes afterward. Athletes and coaches should clear the facility immediately at the conclusion of a session to give SwimRVA staff as much time as possible to disinfect the facility prior to the next group entering. Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than Tuesday, January 19th, 2021, and will also be emailed to the contact person of the participating clubs. All session check-in, warm up and start times are approximate. The Meet Director reserves the right to move a session earlier or later once entries are finalized. All teams will be notified of any necessary changes no later than Saturday January 16th, 2021 	Session 1 & 5: 10 & Under Health Screening: 6:30 – 7 AM Warm-up 1: 7:00 – 7:25 AM Warm-up 2: 7:25 – 7:50 AM Start: 8:00 AM	Session 2 & 6: 11 - 12 Health Screening: 10:00 – 10:30 AM Warm-up 1: 10:30 – 10:55 AM Warm-up 2: 10:55 – 11:20 AM Start: 11:30 AM	Session 3 & 7: 13 - 14 Health Screening: 1:30 – 2:00 PM Warm-up 1: 2:00 – 2:25 PM Warm-up 2: 2:25 – 2:50 PM Start: 3:00 PM	Session 4 & 8: 15 & Over Health Screening: 5:00 – 5:30 PM Warm-up 1: 5:30 – 5:55 PM Warm-up 2: 5:55 – 6:20 PM Start: 6:30 PM
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VIDEO SERVICE	<ul style="list-style-type: none"> SwimRVA makes use of SPIIDEO streaming service in the main arena. The service will be available for the meet at no charge to participating teams. Families will be able to stream the service on their smart phone or device from anywhere they have broadband service. This will allow for viewing the races from the outdoor seating areas or anywhere in the world! There is a sign-up process in order for SwimRVA to grant access to the stream. Instruction messages for each team will be sent to your team contact by the Meet Director. Sign-up deadline for families will be no later than Thursday, January 21st, 2021 at Noon (12:00 PM) 				
VIRGINIA PHASE THREE GUIDELINES	<ul style="list-style-type: none"> VIRGINIA PHASE THREE GUIDELINES: Spectators, athletes, coaches and officials not in the same household are also required to maintain 10 feet of social distance. Lastly, spectators, athletes, coaches, and officials are required to wear a face mask at all times inside the venue when not swimming. ATHLETE SEATING (See Map): Each team will be assigned a section of the mezzanine that will have pre-distanced markings for each athlete to sit for the duration of the session. All stairwells will be one-way traffic with the stairwell in the lobby of the facility being reserved for UP traffic and the stairwell on the east of the facility being reserved for DOWN traffic. Athletes must remain distanced and wear masks at all times when not swimming. CHAPPERONE REQUIREMENT: Each team will be responsible for providing 1 – 2 chaperones to marshal their team section in the mezzanine. Chaperones will be required to submit to a health check prior to the session and wear a mask at all times while inside the facility. COACH SEATING ON DECK: Each team will be permitted no more than 2 coaches on deck in the coaches’ area on the competition pool (west course) at any given time. 2 additional coaches per team may be on deck in a supplemental coaches’ area that will be set up on the warm down pool (east course). All coaches must maintain social distancing and wear masks at all times while in the facility. THERE WILL BE NO INDOOR SPECTATOR SEATING. ONLY ATHLETES, COACHES AND CHAPERONES WILL BE PERMITTED INSIDE AS LISTED ABOVE. Parents must wait outside of the building 				

	<ul style="list-style-type: none"> ▪ REPORTING TO THE STARTING BLOCKS: All Swimmers will be called to the starting block queue using the in-house public address. The announcer will announce heats and events. <ul style="list-style-type: none"> ○ The announcer will also call athletes to the arena for their event three heats in front of their race. ○ Athletes should report to the ready area with only their swimming equipment, their face mask, and their resealable plastic bag (for use during competition swim and warm down). ○ Athletes should report to the pool deck via the east staircase from the mezzanine and situate themselves in the corresponding location on the north wall. Marshalls and signs will direct the Athletes. ○ At most, there will be 4 heats in the queue: Heat in the water, next heat on deck at the northwest corner of the competition pool, second heat in the next wait zone, third heat in the next wait zone. It is the athlete’s responsibility to report to the blocks and corresponding location when it is time to compete. ○ Families and Swimmers that wish to sit outside may do so. There will be outdoor PA speakers available on the East side of the building from the Hospitality tent. Athletes will enter the Ready Queue for their events through the NORTHEAST doors when called over the Facility PA System. ▪ WARM DOWN: <ul style="list-style-type: none"> ○ All athletes warming down must maintain social distance of 10 ft at all times. ○ During warm-down athletes should stay in motion for the entire duration. This is intended to limit their time on the wall unmasked in proximity with other athletes. ○ Athletes should enter and exit the warm down pool (east course) via the bulkhead, which is also where they will keep their masks in their resealable plastic bag. ○ Once athletes have completed their continuous warm down, they should exit the pool via the bulkhead and immediately put on their mask. At which point they can exit the bulkhead on the south side and will be near the bathrooms, if needed. ▪ RE-ENTRY TO MEZZANINE: <ul style="list-style-type: none"> ○ Athletes seeking to return to the mezzanine after being on deck will process from the pool area via the center hallway directly opposite from the scoreboard. ○ They will move into the lobby and up into the mezzanine via the UP stairwell in the front lobby.
SEEDING	<ul style="list-style-type: none"> ▪ Heat sheets will be distributed electronically at no cost. ▪ All events will be pre-seeded. ▪ SWIMMERS FAILING TO REPORT TO THE SCREENING STATION WILL NOT BE ALLOWED TO SWIM IN THE SESSION. MINOR ATHLETES WILL NEED TO REPORT TO THE SCREENING STATION WITH A PARENT OR GUARDIAN.
AWARDS	1 st – 8 th will be awarded for every event. The Awards will be mailed to the Teams.
PENALTIES	<ul style="list-style-type: none"> ▪ <i>A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as</i> <ul style="list-style-type: none"> ○ <i>Entries using fraudulent or non-verifiable times.</i> ○ <i>Athlete competed in the incorrect age group.</i> ○ <i>Athlete is not registered with USA Swimming prior to the first day of the meet.</i> ▪ <i>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.</i> ▪ <i>Any event in which an athlete participated illegally will be rescored and re-awarded.</i>
RULES	<ul style="list-style-type: none"> ▪ Athletes must arrive in their suits. Changing areas in the Locker rooms will not be available. ▪ Athletes will be permitted to use the toilets in the Locker Room areas. ▪ All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening ▪ Lobby restrooms and Swim and Tri swim shop are open for non-athletes 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

	<p>understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> ▪ 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 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: Saturday – Genny Kimbel Sunday – Phil Gibb Email: GennyKimbel@gmail.com Phil.Gibb@honeywell.com Phone #: 757-876-9134 804-536-5160</p> <ul style="list-style-type: none"> ▪ Officials will be needed for all positions and all sessions for this meet. ▪ Team Officials Chair should submit the names and Sessions of Certified Officials and Trainees availability to the WAC rules Chair Mike Burrows at Email: mburrows6@gmail.com or at (757)645-7640 no later than Sunday January 17th, 2021. ▪ Up to 4 training Officials will be allowed per Session if there are enough Certified Officials to match they up with. ▪ ALL OFFICIALS AND COACHES MUST CHECK IN AT THE HEALTH SCREENING STATION PRIOR TO ENTERING THE FACILITY. ▪ COACHES AND OFFICIALS MUST WEAR A MASK AT ALL TIMES WHILE INSIDE THE FACILITY. ▪ The Referees will announce the Officials Meetings. The meeting will take place In the Officials’ Room (Community Room)
SAFETY	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS	<ul style="list-style-type: none"> ▪ There will be one timer assigned per lane. Timer shifts will be assigned based on entries and the length of each session. Timer brief will take place 15 minutes prior to the start of the session. ▪ Timers should enter the building through the front door. ▪ Counters will be provided for the Distance Events. The Timers will remain in place for the Distance Events. ▪ Timers and counters must wear masks.
GENERAL	<ul style="list-style-type: none"> ▪ Hospitality will be limited to water, sodas, prepackaged snacks and Sandwiches. ▪ There will not be concessions offered at the contest.
FACILITY RULES	<ul style="list-style-type: none"> ▪ 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

2021 WAC Mike Willard Polar Plunge

ORDER OF EVENTS

All Times listed below are Subject to Change based on Entries and the Finish Time of Each Session

Saturday, January 23rd, 2021

Session 1: 10 & Under		
Health Screening: 6:30 – 7 AM		
Warm-up 1: 7:00 – 7:25 AM		
Warm-up 2: 7:25 – 7:50 AM		
Start: 8:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10 & Under 50 Breast	2
3	10 & Under 100 Free	4
5	10 & Under 50 Fly	6
7	10 & Under 200 Free	8
9	10 & Under 100 Back	10
11	10 & Under 200 I.M.	12

Session 2: 11 - 12		
Health Screening: 10:00 – 10:30 AM		
Warm-up 1: 10:30 – 10:55 AM		
Warm-up 2: 10:55 – 11:20 AM		
Start: 11:30 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	11-12 50 Breast	14
15	11-12 100 Free	16
17	11-12 200 Breast	18
19	11-12 50 Fly	20
21	11-12 200 Free	22
23	11-12 100 Back	24
25	11-12 200 Fly	26
27	11-12 400 I.M.	28

Session 3: 13 - 14		
Health Screening: 1:30 – 2:00 PM		
Warm-up 1: 2:00 – 2:25 PM		
Warm-up 2: 2:25 – 2:50 PM		
Start: 3:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	13-14 200 Fly	30
31	13-14 100 Free	32
33	13-14 200 Breast	34
35	13-14 400 I.M.	36
37	13-14 100 Back	38
39	13-14 200 Free	40

Session 4: 15 & Over		
Health Screening: 5:00 – 5:30 PM		
Warm-up 1: 5:30 – 5:55 PM		
Warm-up 2: 5:55 – 6:20 PM		
Start: 6:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	15 & Over 200 Fly	42
43	15 & Over 100 Free	44
45	15 & Over 200 Breast	46
47	15 & Over 400 I.M.	48
49	15 & Over 100 Back	50
51	15 & Over 200 Free	52
53	13 & over 1000 Free	54

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Sunday, January 24th, 2021

Session 5: 10 & Under		
Health Screening: 6:30 – 7 AM		
Warm-up 1: 7:00 – 7:25 AM		
Warm-up 2: 7:25 – 7:50 AM		
Start: 8:00 AM		
<u><i>Girls</i></u>	<u><i>Events</i></u>	<u><i>Boys</i></u>
55	10 & Under 50 Back	56
57	10 & Under 100 Fly	58
59	10 & Under 100 Breast	60
61	10 & Under 100 I.M.	62
63	10 & Under 50 Free	64
65	10 & Under 500 Free	66

Session 6: 11 - 12		
Health Screening: 10:00 – 10:30 AM		
Warm-up 1: 10:30 – 10:55 AM		
Warm-up 2: 10:55 – 11:20 AM		
Start: 11:30 AM		
<u><i>Girls</i></u>	<u><i>Events</i></u>	<u><i>Boys</i></u>
67	11-12 200 Back	68
69	11-12 100 Fly	70
71	11-12 50 Back	72
73	11-12 200 I.M.	74
75	11-12 100 Breast	76
77	11-12 100 I.M.	78
79	11-12 50 Free	80
81	11-12 500 Free	82

Session 7: 13 - 14		
Health Screening: 1:30 – 2:00 PM		
Warm-up 1: 2:00 – 2:25 PM		
Warm-up 2: 2:25 – 2:50 PM		
Start: 3:00 PM		
<u><i>Girls</i></u>	<u><i>Events</i></u>	<u><i>Boys</i></u>
83	13-14 50 Free	84
85	13-14 200 Back	86
87	13-14 100 Breast	88
89	13-14 200 I.M.	90
91	13-14 100 Fly	92
93	13-14 500 Free	94

Session 8: 15 & Over		
Health Screening: 5:00 – 5:30 PM		
Warm-up 1: 5:30 – 5:55 PM		
Warm-up 2: 5:55 – 6:20 PM		
Start: 6:30 PM		
<u><i>Girls</i></u>	<u><i>Events</i></u>	<u><i>Boys</i></u>
95	15 & Over 50 Free	96
97	15 & Over 200 Back	98
99	15 & Over 100 Breast	100
101	15 & Over 200 I.M.	102
103	15 & Over 100 Fly	104
105	15 & Over 500 Free	106