



Marlins Thanksgiving invitational
November 20-21, 2020
SANCTION NO VS-21-57



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-21-57. • 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
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 on CCA Marlins H2okies, SCAT, VABR rip tide, GATR who are registered with USA Swimming before the first day of the meet. Age on November 20th, 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 swimmers will participate in the 11/20 evening session. All 13 & Older swimmers will swim in the Saturday AM session starting at 9am and Saturday evening session starting not before 4pm All 12 & Under swimmers will swim in the Mid-day session All events will be pre-seeded and timed finals, swimming slowest to fastest. 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, 9 & Overs will participate in an IMR or IMX meet format. Each swimmer age 9 & Over enters the entire event lineup for the meet either the IMR slate of events or the IMX slate of events, based on his/her age. IMX scores will be calculated and the highest scoring age swimmer on each age group male and female will be crowned the "Challenge" winner. The IMR/IMX events are as follows: <ul style="list-style-type: none"> <u>IMR:</u> 9 – 12: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM 13 & Over: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM <u>IMX:</u> 9-12: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 13 & Over: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 Fr, 400 IM 8 & Under swimmers will participate in the Friday evening session and Saturday mid-day session. 5 events are offered to be swum for an IM Mini Score. IM Mini scores will be calculated and the highest scoring swimmer for each gender will be crowned the "Mini" winner. The IM Mini Events are as follows: <ul style="list-style-type: none"> 25 Breast, 25 Fly, 25 Back, 50 Free, 100 IM
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday November 10th,2020</p> <ul style="list-style-type: none"> Each swimmer must enter the entire event lineup for the meet or session, either the IMR slate of events or the IMX slate of events, or the IM mini slate of events, 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. Email entries to: aserir@ccamarlins.com No deck entries will be accepted.
FEES:	<ul style="list-style-type: none"> Entry Fees: IM Mini 8 & under \$20 IMX or IMR 9-10 and 11-12 \$30 IMX or IMR 13 & Over \$42 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. All Events will be swum slowest to fastest
WARM-UP:	<ul style="list-style-type: none"> Friday evening session's warmups start at 3:15pm, meet starts at 5:00pm 13 and Over AM Warm-up is at 7:00 am; competition starts at 9:00am, 12 and Under mid-day Warmup session starts not before 10am, meet starts not before 11am 13 and Over afternoon warmup session starts not before 3pm, meet starts not before 4:00pm 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"> IM Extreme Champion awards will be given for top male and female IMX point scorer in each age group: 9-10/11-12/13-14/15 & Over IM Mini Champion awards will be given for the top male 8 & Under and top female 8 & Under
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 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. 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 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:	Meet Referee: Name Susan Munson Email: susamun@cox.net

	<p style="text-align: center;">Phone: (540) 314 5723</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, November 10th, 2020
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> Timers assignment will be sent to the participating teams Timers should report to assigned lanes 10 min before the start of each session. There will be one timer per lane. 500 fr 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 on Friday PM session for coaches and officials, breakfast and Lunch for the Saturday sessions.</p> <p>heat sheets will be sent digitally, there will be no paper copy during the meet.</p>
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 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>
DIRECTIONS:	Address: 4254 Colonial Ave, Roanoke, VA 24018

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ORDER OF EVENTS

Friday November 20 th , 2020			Saturday November 21 st , 2020		
Open Evening session Warm-up: <u>3:15pm</u> ; Start: <u>5:00pm</u>			13 & Older AM Session Warm-up: <u>7:00am</u> ; Start: <u>9:00am</u>		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	9-12 200 IM IMX	2	21	13 & Over 100 Fly IMR	22
3	8 & U 25 Fly	4	23	13 & Over 200 Bk IMX	24
5	13 & older 400 IM IMX	6	25	13 & Over 100 Bk IMR	26
7	9-12 100 IM IMR	8	27	13 & Over 200 Brst IMX	28
9	8 & U 100 IM	10			
11	13 & older 200 IM IMR	12			
13	9-12 100 Brst IMX	14			
15	13 & Older 200 Fr IMX	16			
17	9-12 50 Brst IMR	18			
19	13 & Older 100 fr IMR	20			
SATURDAY November 21st, 2020					
12 and under Mid-day Session Warm-up: not before 10:00 am; Start: not before 11:00am (Times are approximate)			13 & Older Afternoon Session Warm-up: not before 3:00pm; Start: not before 4:00pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
29	9-12 100 Bk IMX	30	47	13 & Over 200 Fly IMX	48
31	8 & U 25 Bk	32	49	13 & Over 100 Brst IMR	50
33	9-12 50 BK IMR	34	51	13 & Over 500 Fr IMX	52
35	9-12 100 Fly IMX	36	53	13 & Over 200 Fr IMR	54
37	8 & U 50 Fr	38			
39	9-12 100 Fr IMR	40			
41	9-12 200 Fr IMX	42			
43	8 & U 25 Brst	44			
45	9-12 50 Fly IMR	46			