Winchester Long Course Invitational
June 25-27, 2021
SANCTION NO. VS-21-198

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 Jim Barnett Park. 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:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: **VS-21-198.** • USA Swimming, Inc., Virginia Swimming, Inc., WST and Jim Barnett Park 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., WST, and Jim Barnett Park 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:	Jim Barnett Park, 1001 East Cork Street, Winchester, VA 22601
FACILITY:	• The Jim Barnett Swim Facility provides a 50-meter outdoor pool with 8 lanes, pool depth varies from 11'5" deep at the start end and 3'5" deep at the turn ends, with non-turbulent lane markers. • A Colorado Time System will be used for all events. • Eight lanes will be used for competition. • The 6-lane indoor pool will be available for continuous warm up and cool down. • The competition course has not been certified in accordance with current *USA Swimming Rules and Regulations*, 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 will 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:	Emily Simko Email: emily.simko@winchesterswimteam.com Phone: (540)247-9888
ELIGIBILITY:	• Open to all USA Swimming athletes registered 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 June 25, 2021 will determine age for the entire meet.
DISABILITY SWIMMERS:	• 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:	• All events will be timed finals. • All 10 and under swimmers will swim in sessions 5 and 9. • All 11-12 swimmers will swim in sessions 1, 6 and 10. • All 13-14 swimmers will swim in sessions 2, 7 and 11. • All 15 and over swimmers will swim in sessions 3, 8 and 12. • All swimmers may swim in session 4 (open distance) with the exception of 12 and under swimmers who will have to choose session 1 or 4. • Breaks may be added at the discretion of the Meet Director or Meet Referee to allow swimmers time between swims if the timeline allows. • The meet director reserves the right to combine any sessions once teams submit their entries. If combined the meet director will let all teams know prior to Thursday, June 17, 2021.
WARM-UP:	• Morning sessions 1, 5 and 9: Warm-ups at 7:00 am; competition starts at 8:05 am. • Late morning sessions 2, 6 and 10: Warm-ups at 10:00 am; competition starts at 11:05 am. • Afternoon sessions 3, 7 and 11: Warm-ups at 1:00 pm; competition starts at 2:05 pm. • Late Afternoon sessions 4, 8 and 12: Warm-ups at 4:00 pm: competition starts at 5:05 pm. • If any session runs late or ends early, warm-ups for the following sessions will begin immediately following the disinfection and cleaning process, allowing up to 15 minutes for the cleaning. • Lane assignment and warm-up times for individual clubs will be posted on the Winchester Swim Team website no later than **Monday, June 21, 2021** and will also be emailed to the contact person of the participating clubs.
ENTRIES:	**DEADLINE FOR THE RECEIPT OF ENTRIES IS June 14, 2021.** • Entries must be submitted in long course meter times using Commlink-2 software. • Teams submit entries via email. • Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. **CT must be slower than an "A" time.** All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Coach Times can be a conversion of SCY times. Converted times will be accepted but must be submitted in long course meters. • "No Time" (NT) entries will **not** be accepted. • Swimmers may enter a maximum of ***5 individual event(s) per day.*** • Entries will be processed in the order received and **accepted to** the greatest extent possible without exceeding 250 swimmers per session limit, the 4-hour/session timeline limit for the 12&under swimmers or the limits as mandated by current Commonwealth of Virginia guidelines. • Email entries to: Emily Simko, emily.simko@winchesterswimteam.com, if you do not receive a confirmation email within 24 hours, please contact the Meet Director. • Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
FEES:	Individual events: $8.00 Swimmer surcharge: $2.50 per person (entered in the meet in any capacity) Deck entries: $10.00 COVID-19 Facility Management Fee: $5.00 per swimmer to help defray additional cleaning supplies, staffing and equipment due to COVID. • Checks should be made payable to: **Winchester Swim Team** • Mail payment to: **Winchester Swim Team, 4 Weems Lane #178, Winchester VA 22601** • Payment must be received by **Tuesday, June 22, 2021**. 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.
SEEDING:	• A series of clerk of course will be set up along the far-right side of the pool near the starting end of pool. Three heats of athletes will stage on appropriately spaced marked positions. Athletes will progress forward from one position to the next while maintaining social distancing. • All events will be deck-seeded. Swimmers will be seeded from slowest to fastest. Events 25-26 (400 IM), 27-28 (800 Free), and 29-30 (1500 Free) will be swum fastest to slowest and alternating heats of girls and boys. • Coaches will be given a team positive check -in and scratch back list prior to each session beginning which will be due 15 minutes after warm-up has begun. Coaches are asked to eliminate any swimmer that is not in attendance or not intending to swim their event(s) that day. These eliminations will not be given a refund. At that time, the session will be officially seeded. • Heat sheets will be distributed electronically at no cost. • The meet referee reserves the right to combine heats and events which may require reseeding. • **SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED**.
AWARDS:	Ribbons will be award for first through eighth place in each age group, 8 and under, 9-10, 11-12, 13-14, and 15 and over.

PENALTIES:	• A fine of up to $100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as
	  ○ 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.

COVID RULES: **RULES:**	• **Athletes must arrive in their suits. Restrooms will be open to volunteers, officials, and swimmers during each session with a limited capacity of 2 patrons at a time.** • **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.** • Spectators are not allowed in the War Memorial Building or outdoor pool fenced area. • 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: Kelly Warnagiris** **Email:** kelly.warnagiris@winchesterswmteam.com **Phone: (703) 283-9121** • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials to (host team officials chair Kelly Warnagiris, kelly.warnagiris@winchesterswmteam.com no later than Tuesday, June 22, 2021. • Please follow the link to sign up: https://docs.google.com/forms/d/10n7n6jNAI7TJvmRPdbTPTyihIFYc-15o7pdJiS5N5C0/viewform?edit_requested=true • Official's meeting will be conducted one hour prior to the start of each session. • Official's uniform is white polo shirt, dark blue pants/shorts/skirt, white socks and white shoes. White hats, visors and sunglasses are encouraged.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the Winchester Swim Team website no later than Monday, June 21, 2021 and will also be emailed to the contact person of each of the individual clubs. • Timers should report to the timers meeting 30 minutes before each session. • Timers should check in with the head timer by submitting their email address and club name. • One timer per lane. • Swimmers will have to provide their own lap counter. Lap counters will be required to wear a face mask. • **All timers will be required to wear a face mask**.
GENERAL:	• Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers and spectators. • Access to the pool deck will be strictly controlled. Swimmers, coaches, and event staff only will be permitted access to the deck. **Due to the number of swimmers in each session and capacity limitations, no spectators will be permitted inside the outdoor pool fenced area.** • Team Areas: Tent will be allowed in the grass areas behind the water slide. Please stake down tents well. Tents must be spaced 10' apart between athletes. There will be no grouping of tents together. • Meet Mobile: Will be available for all sessions with complimentary WIFI access provided by Wave 2 Net, LLC • Concessions: Food trucks and general concessions will be provided. • Hospitality: Will provide breakfast, lunch, dinner and snacks each day. • T-shirt Vendor: Commemorative t-shirt vendor will be onsite Saturday. • First Aid: See Lifeguard for assistance. • The swim meet will be broadcasted via Facebook Live.
FACILITY RULES:	• Winchester Park and Recreational Rules and Regulations apply. • Please obey all posted signs. • No glass, smoking or pets inside the fenced pool area or near the entrance. • No alcohol permitted in the park.
DIRECTIONS:	Jim Barnett Park Outdoor Pool – 1001 East Cork Street, Winchester, VA 22601
HOTELS:	George Washington Hotel - http://bit.ly/GeorgeWashingtonHotel Courtyard by Marriott - http://bit.ly/CourtyardMarriottWinchester Fairfield Inn - http://bit.ly/FairfieldInnWinchester Country Inn & Suites - http://bit.ly/CountryInnSuitesWinchester Hilton Garden Inn - http://bit.ly/HiltonGardenInnWinchester Hampton Inn - http://bit.ly/HamptonInnWinchester

	Spring Hill Suites – http://bit.ly/springhillS Towne Place Suites – http://bit.ly/townplaceM Tru by Hilton Winchester - http://bit.ly/hiltonT Comfort Inn and Suites – http://bit.ly/comfortinnS

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ORDER OF EVENTS

Friday, June 25, 2021						
Session 1 (11-12) ** Warm-up: 7:00 am; Start: 8:05 am				**Session 2 (13-14) Warm-up: 10:00 am; Start: 11:05 am**		
Girls	**Events**	**Boys**		**Girls**	**Events**	**Boys**
1	200 Butterfly	2		9	200 Butterfly	10
3	200 Backstroke	4		11	200 Backstroke	12
5	200 Breaststroke	6		13	200 Breaststroke	14
7	200 IM	8		15	200 IM	16
Session 3 (15 and over) Warm-up: 1:00 pm; Start: 2:05 pm				**Session 4 (Open Distance) ** Warm-up: 4:00 pm; Start: 5:05 pm**		
17	200 Butterfly	18		25	Open 400 IM	26
19	200 Backstroke	20		27	Open 800 Freestyle	28
21	200 Breaststroke	22		29	Open 1500 Freestyle	30
23	200 IM	24				
****12 and under swimmers must chose between session 1 or 4**						
Saturday, June 26, 2021						
Session 5 (10 and under) Warm-up: 7:00 am; Start: 8:05 am				**Session 6 (11-12) Warm-up: 10:00 am; Start: 11:05 am**		
Girls	**Events**	**Boys**		**Girls**	**Events**	**Boys**
31	400 Freestyle	32		41	400 Freestyle	42
33	50 Butterfly	34		43	50 Butterfly	44
35	100 Breaststroke	36		45	100 Breaststroke	46
37	50 Backstroke	38		47	50 Backstroke	48
39	100 Freestyle	40		49	100 Freestyle	50
Session 7 (13-14) Warm-up: 1:00 pm; Start: 2:05 pm				**Session 8 (15 and over) Warm-up: 4:00 pm; Start: 5:05 pm**		
51	400 Freestyle	52		59	400 Freestyle	60
53	100 Breaststroke	54		61	100 Breaststroke	62
55	200 IM	56		63	200 IM	64
57	100 Freestyle	58		65	100 Freestyle	66

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Sunday, June 27, 2021						
Session 9 (10 and under) Warm-up: 7:00 am; Start: 8:05 am				**Session 10 (11-12) Warm-up: 10:00 am; Start: 11:05 am**		
Girls	**Events**	**Boys**		**Girls**	**Events**	**Boys**
67	100 Butterfly	68		77	100 Butterfly	78
69	200 Freestyle	70		79	200 Freestyle	80
71	50 Breaststroke	72		81	50 Breaststroke	82
73	100 Backstroke	74		83	100 Backstroke	84
75	50 Freestyle	76		85	50 Freestyle	86
Session 11 (13-14) Warm-up: 1:00 pm; Start: 2:05 pm				**Session 12 (15 and over) Warm-up: 4:00 pm; Start: 5:05 pm**		
87	100 Butterfly	88		95	100 Butterfly	96
89	200 Freestyle	90		97	200 Freestyle	98
91	100 Backstroke	92		99	100 Backstroke	100
93	50 Freestyle	94		101	50 Freestyle	102