

2021 FEBRUARY FREEZE
HOSTED BY LAKE COUNTRY "PHOENIX" SWIM TEAM
SANCTION #WIZ021-029S

In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

In applying for this sanction(ed) event, the Host, Lake Country Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Wisconsin Swimming, Inc., the State of Wisconsin and the North Shore Health Department.

We have taken enhanced health and safety measures – for you, the other participants, and meet staff. You must follow all instructions while visiting the Walter Schroeder Aquatic 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 guests with underlying medical conditions are especially vulnerable. By visiting the Walter Schroeder Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19.

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 [THE LSC] 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.

North Shore Health Department (NSHD) states we are in [Phase B](#) which allows for up to 25% capacity of a place of public amusement, a max of 10 in gatherings, yes to youth sports, and in the other category - yes with guidelines. However, the Governor's order of 10/8 - 11/6 further limits to 25% capacity. This meet plan has been approved by the NSHD.

COVID-19:

All participants must adhere to the meet marshals' instructions. Participants, including family members, not adhering to the marshals' instructions will not be able to race and must leave the premises immediately - no refund. Masks must be worn while in the building.

Athletes will be seated in the stands while not staging, racing, or warming up/down. Athletes must always maintain more than 2M of physical distancing. Athletes will be staged in the east hallway moving south to north. Masks must always be worn when not in the pool,

Electronic command whistles will be used.

There will be no spectators. Families will be able to view the meet via YouTube Live.

Participants must not be ill, must not have a family member who is ill, and in addition, athletes and their siblings must not feel nauseous, lethargic, or low energy.

Each team must have a person who will conduct ingress screening questions prior to each athlete's participation each day of the meet to include: "Are you unwell, is anyone you live with unwell, are you nauseated, lethargic, or low energy?"

All coaches and meet personnel must wear a facemask when in the building.

Please refrain from locker room use for changing. Athletes, coaches, meet personnel and family members may use the restrooms one at a time per gender and must wipe down all touched surfaces and put the toilet seat back up after use to indicate that it has been cleaned. Athletes will have separate restrooms from public restrooms.

Date: Saturday, February 13 through Sunday February 14, 2021

Place: Walter Schroeder Aquatic Center, 9240 N. Green Bay Rd., Brown Deer, Wisconsin (414) 354-9622

Warm-up/Start: Warm-up for each session will include two 20-minute assigned periods with a maximum of 6 swimmer per lane (3 on each end). The south pool will be open for warm-up throughout the meet as well.

Saturday/Sunday session early AM 13-14, Warm-up 8:30-9:10 AM, Meet starts at 9:15 AM

Subsequent session starting times are approximate and will be finalized after entries are received
Saturday/Sunday session late AM 15-Over, Warm-up 11:15-11:55 AM, Meet starts at 12:00 PM
Saturday/Sunday session early AM 10-Under, Warm-up 2:30-3:10 PM, Meet starts at 3:15 PM
Saturday/Sunday session early AM 11-12, Warm-up 5:00-5:40, Meet starts at 5:45 PM

Feet-first entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition. South pool will be available for warm-up and warm-down throughout the meet.

Pool: Two eight lane, 25 yard pools with non-turbulent lane markers and backstroke flags. Pool depth at North pool starting end is 7'. Block height is 29.5". All competition will be conducted in the North pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Timing: Colorado System with button and watch back-up. Computerized scoreboard for all lanes.

Official Rules: Official current USA Swimming Rules shall prevail for this meet. Swimmers must be USA-Swimming registered. Age as of the first day of the meet. Please notify meet officials of any disabled swimmers upon arriving at the meet.

MAAPP Acknowledgement: All applicable adults participating or associated with the respective meet to which this information applies, acknowledge that they are an applicable adult, subject to the provisions of USA Swimming's MAAPP, and that they understand that compliance with the MAAPP is a condition of participation in the conduct of this competition

Racing Start Certification: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Conduct: Each team is responsible for the conduct of its swimmers. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker room or other designated areas is prohibited. 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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

Officials: **Meet Referee:** Andy Lucyshyn, andrew.lucyshyn@elanco.com, 262-367-4798
Entry Chair: Darsi Kohnhorst (262) 673-3853 E-mail: lakecountryswim@sbcglobal.net
Meet Director: Mark Kohnhorst—Team Office: (262) 367-7657 E-mail: lakecountryswim@sbcglobal.net

Entry Deadlines: A meet event file will be available at our team web site: www.lakecountryswimming.com. Submit entries via e-mail using Hy-Tek. We will begin accepting entries on Monday, January 25 at 8:00 AM. Email entry must be received no later than **Tuesday, February 2nd**. Waiver and fees must be turned in before the start of the meet. Deck entries are not allowed. Late entries will be accepted at the discretion of meet management.

Entry Limit: **Swimmers may enter a maximum of six (6) individual events for the meet. Swimmers are limited to three (3) individual events per day.** Enter in short course yards.

Fees: Individual events are \$10.00 per event. All swimmers entered in at least one individual event must pay the \$4.00 Wisconsin Swimming LSC surcharge and the \$12.00 WSAC Facility surcharge. Make checks payable to **Lake Country Swim Team**. Entry fees must accompany the official entry form and are not refundable. Deck entries are not allowed. Late entries will be accepted at the discretion of meet management.

Meet Format: All events will be timed finals. Positive check-in is required for the 13-14 and Open 400 IM and 500 freestyle events. All other events will be pre-seeded.

Admissions: No spectators – the meet will be livestreamed.

Final Results: Final results will be emailed to participating teams and posted on the Wisconsin LSC and Lake Country Swim Team's website.

Awards: Ribbons 1st through 8th place for 8-Under, 10-Under and 11-12.
Special State Qualifier Awards for new state cuts.
Please note: No awards will be mailed following the meet.

Food: Concessions will not be available at this meet.

2021 FEBRUARY FREEZE

Order of Events

Saturday Early AM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	13-14	200 Fly	2
3	13-14	50 Free	4
5	13-14	200 Breast	6
7	13-14	100 Back	8
9	13-14	200 Free	10
11	13-14	400 IM	12

Saturday Late AM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
13	Open	200 Fly	14
15	Open	50 Free	16
17	Open	200 Breast	18
19	Open	100 Back	20
21	Open	200 Free	22
23	Open	400 IM	24

Saturday Early PM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
25	8-Un	25 Fly	26
27	10-Un	100 Fly	28
29	10-un	50 Free	30
31	8-Un	25 Back	32
33	10-Un	100 Back	34
35	10-Un	50 Breast	36
37	10-Un	100 IM	38
39	10-Un	200 Free	40

Saturday Late PM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
41	11-12	200 Breast	42
43	11-12	100 Fly	44
45	11-12	50 Free	46
47	11-12	100 Back	48
49	11-12	50 Breast	50
51	11-12	100 IM	52
53	11-12	200 Free	54

2021 FEBRUARY FREEZE

Order of Events

Sunday Early AM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
55	13-14	100 Fly	56
57	13-14	100 Free	58
59	13-14	200 Back	60
61	13-14	100 Breast	62
63	13-14	200 IM	64
65	13-14	500 Free	66

Sunday Late AM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
67	Open	100 Fly	68
69	Open	100 Free	70
71	Open	200 Back	72
73	Open	100 Breast	74
75	Open	200 IM	76
77	Open	500 Free	78

Sunday Early PM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
79	10-Un	50 Fly	80
81	8-Un	25 Breast	82
83	10-un	100 Breast	84
85	10-Un	50 Back	86
87	8-Un	25 Free	88
89	10-Un	100 Free	90
91	8-Un	100 IM	92
93	10-Un	200 IM	94

Sunday Late PM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
95	11-12	200 Back	96
97	11-12	50 Fly	98
99	11-12	100 Breast	100
101	11-12	50 Back	102
103	11-12	200 Fly	104
105	11-12	100 Free	106
107	11-12	200 IM	108

Lake Country Swim Team February Freeze, February 13-14, 2021

Sanction Number WI2021 XXXS

Waiver of Liability, Release, and Indemnity Agreement

“You and Your” refers to [check the appropriate selection]:

____ participant (if participant is 18 or older) ____ Participant Parent/Guardian (if participant is a minor)

_____ You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the Walter Schroeder Aquatic Center pool or facility and that such exposure or infection may result in personal injury, illness, permanent disability, and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the Lake Country Swim Team and pool management company's employees, volunteers, and program participants and their families.

_____ You acknowledge, Lake Country Swim Team, Wisconsin Swimming, Inc., and 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.

_____ You agree that you, or your child, are voluntarily participating in these activities, with knowledge of the risks associated with such activity.

_____ You acknowledge and agree that neither Lake Country Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc., nor you will be liable to the others for any special, indirect, incidental or consequential damages arising out of this Agreement. Except as otherwise specifically set forth herein, Lake Country Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc.'s total liability to you under or in connection to this Agreement shall not exceed the amounts paid or payable to Lake Country Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc. according to this agreement; Any action against Lake Country Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc. arising out of, resulting from, or related to the performance or breach of this Agreement shall be filed not later than three (3) months after the cause of action has accrued.

_____ You agree that should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then the remainder of this document will remain in full force

_____ By signing below, you understand and agree to the terms stated above. You understand the risks associated with **Swimming Competition**. **IN ADDITION, BY SIGNING BELOW, YOU RELEASE LAKE COUNTRY SWIM TEAM, WISCONSIN SWIMMING, INC., AND USA SWIMMING, INC. FROM ANY AND ALL LIABILITY FOR ANY INJURY OR DAMAGE THAT MAY ARISE FROM, BUT NOT LIMITED TO, YOUR PARTICIPATION IN (A) ANY ACTIVITY, CLASS, PROGRAM, PERSONAL TRAINING OR INSTRUCTION, (B) THE SUDDEN AND UNFORESEEN INJURIES ARISING OUT OF YOUR IMMEDIATE SURROUNDINGS, (C) OUR INSTRUCTION, TRAINING, OR SUPERVISION. THE FOREGOING UNDERSTOOD, YOU, YOUR HEIRS, ASSIGNS, AND YOUR PERSONAL REPRESENTATIVE HEREBY RELEASE AND WAIVE ANY AND ALL CLAIMS AGAINST Lake Country Swim Team, WISCONSIN SWIMMING, INC., AND USA SWIMMING, INC., ITS OWNERS, OFFICERS AND EMPLOYEES, CONTRACTORS, AND ANY OTHER PARTIES CONNECTED TO THE SERVICES IN ANY WAY (“RELEASEES”) SINGULARLY OR COLLECTIVELY, AND FURTHER HOLD HARMLESS AND INDEMNIFY SUCH RELEASEES FROM AND AGAINST ANY LIABILITY, CLAIMS OF NEGLIGENCE, MISADVENTURE, HARM, LOSS, INCONVENIENCE OR DAMAGE HEREBY SUFFERED OR SUSTAINED AS A RESULT OF YOUR PARTICIPATION IN THE SERVICES, OR ANY OTHER SERVICES OR ACTIVITIES OFFERED BY RELEASEES. THE FOREGOING NOTWITHSTANDING, THIS IS NOT A RELEASE AND WAIVER OF INTENTIONAL OR RECKLESS ACTS OF RELEASEES. SUCH RELEASE, WAIVER, HOLD HARMLESS AND INDEMNITY SHALL APPLY TO YOUR OWN CLAIMS AND/OR CLAIMS OF THIRD PARTIES, RELATING TO MY PARTICIPATION IN THE SERVICES.**

YOU HAVE READ AND UNDERSTAND THIS AGREEMENT. YOU HAVE HAD THE OPPORTUNITY TO BARGAIN WITH Lake Country Swim Team, WISCONSIN SWIMMING, INC., AND USA SWIMMING, INC. WITH ADEQUATE INSURANCE OR AN ADEQUATE CASH DEPOSIT TO NOT HAVE TO AGREE TO THE WAIVERS OR RELEASES OF LIABILITY OR INDEMNIFICATION PROVISIONS SET FORTH HEREIN. YOU UNDERSTAND THAT YOU HAVE WAIVED AND SURRENDERED VALUABLE LEGAL RIGHTS. YOU HAVE SIGNED THIS WAIVER VOLUNTARILY; AFTER DUE NEGOTIATIONS, IN EXCHANGE FOR THE CONSIDERATION DESCRIBED ABOVE.

This Agreement and its terms bond a relationship between Lake Country Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc. and yourself. Each time you participate in these activities, you affirm the terms of this Agreement and agree to indemnify and hold Lake Country Swim Team, Wisconsin Swimming, Inc., and USA Swimming, Inc. and its employees harmless from all liability and claims, as stated above.

The Services are provided under this Agreement by Lake Country Swim Team, through sanction by Wisconsin Swimming, Inc., and USA Swimming, Inc.

Participant Name: _____

Participant or Parent/Guardian Signature: _____ Date: _____

Participant or Parent/Guardian Name (print): _____

Participant or Parent/Guardian Phone Number: _____

February Freeze Team Entry Summary and Waiver

In consideration of the acceptance of this entry: I/We hereby, for Myself/Ourselves, My/Our/Heirs, administrators and assigns, waive and release any and all claims against the United States Swimming, the Wisconsin Local Swimming Committee of the United States Swimming, the Lake Country "Phoenix" Swim Team, the Walter Schroeder Aquatic Center, and their staffs for the injuries and or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide amateur athletes and eligible to compete in all events I/We have entered. I/We also understand that our club will be responsible financially for any damage done to the facility by our athletes during the meet. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

Club Name: _____ Initials _____

Signature of Club Official, Parent or Guardian: _____ Title _____

Mailing Address: Please Print!

Name: _____

E-Mail: _____

Address: _____

Day Phone: _____

City, State, Zip: _____

Evening Phone: _____

Entry Chairperson: _____

E-Mail: _____

Entry Fee Recap: _____ Individual Events x \$10.00 = \$ _____ = \$ _____

Relay and surcharge fees are not a part of this reservation total. Reservations in excess of actual entries are not refundable and may not be applied to relay and surcharge fees. Less Reservation - \$ _____

Balance Due = \$ _____ = \$ _____

_____ LSC Surcharge x \$4.00 = \$ _____ \$ _____
(# of swimmers including relay only)

_____ WSAC Facility Use Surcharge x \$12.00 = \$ _____ \$ _____
(# of swimmers including relay only)

+ \$ _____

Make checks payable to: Lake Country Swim Team

Total of Check = \$ _____

Check # _____

Name of USA registered coach(es) or USA registered team representative(s) at meet:

Please Print!

Name: _____

Name: _____

Name: _____

Name: _____

Person to contact in case of entry problems:

Please Print!

Name: _____

Day Phone: _____

Evening Phone: _____

E-Mail: _____

Mail Waiver and Check to:

Lake Country Swim Team c/o Darsi Kohnhorst
PO Box 181
Hartland, Wisconsin 53029

Did you include:

- ✓ Hard copy of your entry (listed by swimmer's name)
- ✓ Team check to cover entry fees/surcharges
- ✓ Completed waiver form

Lake Country Swim Team Office (262) 367-7657

Web Page: www.lakecountyswimming.com

Questions and Entries get E-mailed to: lakecountyswim@sbcglobal.net