

Lake Country Fall Senior Meet

Hosted by: Lake Country Swim Team

Sanction #WI2021-257S

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.

DATE: Friday, October 8th, 2021

PLACE: ARROWHEAD HIGH SCHOOL, 800 North Ave, Hartland, Wisconsin

COVID 19: *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

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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.

All participants are required to sign a COVID-19 Waiver of Liability, Release and Indemnity Agreement acknowledging the risks of competing in this meet.

The Lake Country Swim Team will follow safety protocols set by the Waukesha County Health Department, Arrowhead High School, Wisconsin Swimming and USA Swimming. Protocols may be changed or adjusted by the meet host depending on current conditions.

WARMUP: Warm-up: 4:00-5:00 PM as follows: 4:00-4:30 circle swim all lanes NO diving. 4:30-5:00 one-way sprint and push 50's lanes as needed. Meet starts at 5:05 PM. The diving well will be available for warm-down and warm-up throughout the meet. Feet first three-point entry from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

POOL: Six lane, 25-yard pool, 5'1" starting depth, 3'6" non-starting depth, 30" blocks, non-turbulent lane markers and backstroke flags. The competition course has not been certified in accordance with 104.2.2C(4).

TIMING: Colorado System with back-up watches and across the board judging in case of a malfunction. All events are timed finals. Computerized scoreboard used for all lanes.

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

MAAPP ACKNOWLEDGEMENT: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. An athlete member at a sanctioned meet who is over 18 years of age, who had not completed the Athlete Protection Training (APT) by the date of the swim, will not be able to upload into SWIMS. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.

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 – Referee – Steve Alsum scalsum@aol.com (262) 357-4941
Admin Official and Entry Chair – Darsi Kohnhorst: lakecountryswim@sbcglobal.net, (262) 673-3853
- MEET DIRECTOR:** Mark Kohnhorst
PO Box 181
Hartland, WI 53029 (262) 367-7657
- ENTRY LIMIT:** Swimmers may compete in three (3) individual events.
- LIMITED EVENTS:** The 400 IM and 500 Free may be limited to the top 24 entered times. The 1650 may be limited to the top 12 entered times.
- 1650 FREE:** Each swimmer in the 1650 Free must provide his/her own timer (1) and counter (1).
- ENTRY FEES:** Individual events \$5.00 per event. \$4.00 LSC surcharge per swimmer. Deck entries shall be \$10.00 / individual event. Entry fees must accompany the official entry forms and are not refundable.
- ENTRY DEADLINE:** Completed entry file must be received by the entry chair no later than **Monday, October 4, 2021**. Waiver and payment should follow promptly. No phone entries will be taken. This meet is being run with Hy-Tek swim software. Please submit your electronic entries via e-mail. Please note any special requirements for disabled swimmers on the entry form.
- ADMISSIONS:** Spectators over 13 years old are \$3.00 and includes heat sheets.
- PARKING:** Parking is available in the north lot.
- RESULTS:** Results will be posted on www.wisconsinswimming.org and e-mailed to participating teams.
- AWARDS:** None

Lake Country Fall Senior Meet

<u>Women</u>	<u>Event</u>	<u>Men</u>
1	100 Fly	2
3	500 Free	4
5	200 Breast	6
7	100 Back	8
9	50 Free	10
11	400 IM	12
10 Minute Warm-up Break		
13	200 Free	14
15	200 Fly	16
17	100 Breast	18
19	200 Back	20
21	100 Free	22
23	200 IM	24
25	1650 Free	26

* May Be Limited to Top 24

** May Be Limited to Top 12

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 Swim Team, the Arrowhead High School, 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 currently registered with United States Swimming and in good standing with Wisconsin Swimming, Inc. 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 also are aware that it is our responsibility to ensure that every athlete and coach participating in the meet are registered United States members. 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 (Final results will be mailed to this address)

Name: _____ Phone Number: _____

Address: _____

City, State, Zip : _____

Name of coach or team representative at meet: _____

Emergency phone number in case of weather or facility problem: _____

Entry Fee Recap: _____ Individual Events x \$5.00 = \$ _____

_____ Less Reservation Check = -\$ _____
(Only to be used for Ind. Events!)

A: Entry Fees Total = \$ _____

_____ LSC Surcharge x \$4.00 = \$ _____
(# of swimmers in Ind. Events only)

B: Surcharge Total = \$ _____

Total of Lines A & B = \$ _____

Make checks payable to: **Lake Country Swim Team** Check # _____

Mail Entries to: **Lake Country Swim Team c/o Darsi Kohnhorst
PO Box 181
Hartland, Wisconsin 53029**

Email Entries to: **lakecountryswim@sbcglobal.net**

Questions: **Lake Country Office (262) 367-7657**