

# 2021 IE SWAT Summer Solstice Swim Meet

## June 25-27, 2021

Held under the sanction of USA Swimming and Inland Empire Swimming, Inc.

Sanction # 21-1459 R1

*In granting this sanction it is understood and agreed that USA Swimming and Inland Empire Swimming shall be free and held harmless from any liabilities of claims for damages arising by reason of injuries to anyone during the conduct of the event. Use of audio or visual recording devices, including cellphone cameras is not allowed in changing areas, rest rooms or locker rooms. Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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. Deck changes are prohibited. Changing into or out of swimsuits other than in the facility locker rooms or other designated area designated by the host facility, is not appropriate, and is prohibited.*

### **\*\*\*PLEASE NOTE\*\*\***

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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**Host:** Spokane Waves Aquatic Team (SWAT)

**Location:** Witter Pool, Mission Park, 1400 East Mission, Spokane, WA.

**Facilities:** Witter Pool is an aquatic center opened to the public May 17, 2010. The aquatic center has a competition pool (50 meters x 25 yards-8 lanes). The adjacent warm-up pool (20 yards – 3 lanes), will be available during the duration of the competition. Water depth and starting block height meet the 2014 USA Swimming regulations. The competition course has not been certified in accordance with USA Swimming article 104.2.2C (4). The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with USMS articles 105.1.7 and 107.2.1. The competitive pool water depth varies from 12 feet at the start end to 3.6 feet at the turn end. The 200 meter relays will have the 50m and the 150m exchanges from within the water starts. The aquatic center is wheelchair accessible. **Locker rooms will available for restroom use only.**

**Parking:** Parking will not be in the pool parking lot. This parking will be reserved for volunteers and staff. There will be a designated area to drop off swimmers and equipment. There will be parking available in the Mission Park lot (adjacent to pool); please no parking on the Centennial Trail. Parking is also available in the Stevens Elementary parking lot (two blocks east over the bridge, on the right). Street parking is available along the area residential streets. The Avista dirt parking lot is available after 5pm on Friday, and all day Saturday and Sunday. **DO NOT PARK IN THE GRASS BEHIND THE POOL OR THE DIRT DRIVEWAY.** No overnight camping (tent or R.V.) is allowed in any lots or City parks.

**Meet Schedule:**

Day	Session	Age Group	Warm-Up	Start Time	Officials Mtg.	Coaches Mtg
Friday	1	Open	4:00-4:45p	5:00p	4:30p	3:50p
Sat./Sun.	2/4	12&under	7:00-7:50a	8:00a	7:15a	6:50a
Sat./Sun.	3/5	13&over	12:00-1:00p	1:15p	12:30p	11:45p

\*\*Please note: Warm up periods may be broken in 2 shorter warm up sessions if necessary to keep the number of people in the facility within max limits. Warm up time may also be extended if necessary although this would be a last resort. This determination will be made by meet planners and the Meet Referee after all entries are in and will be communicated to coaches prior to the meet.

**Eligibility:** Open to all swimmers who are registered with USA Swimming at the time of meet entry. Please note that if Spokane County reverts back to Phase 2, then we reserve the right to limit the number of swimmers based on facility limits.

**Entries:** All swimmers may enter maximum of (2) events on Friday and a maximum of five (5) events on Saturday and Sunday and may enter one relay per day. Entries will be limited to the team that has the 250th swimmer entered. Date of receiving entries determines the order of entry. Submit long course meter times. No time entries are allowed. Deck registrations for USA Swimming swimmers not in the meet are not permitted per IES policy. However, pre-registered swimmers who have not pre-entered the maximum number of events as stated above may deck enter additional events and time trials at the discretion of the meet referee.

Positive check in will be required for the 1500 free, 400 free and 400 IM.

The 1500 free, 400 free and 400 IM will be swum fastest to slowest alternating women and men. Some heats of the 1500 free, 400 free and 400 IM may be swum mixed gender. Swimmers must provide their own timers for these events, and 1500 swimmers must provide their own counters.

**Entry fees:**

\$22.00 Surcharge per swimmer (\$17 IES surcharge and a \$5 facility fee)

\$4.00 Individual entry fee per event

\$15 per time trial

\$12.00 Relay entry fee per relay

Make checks payable to Spokane Waves Aquatics Team, in US funds. Submit payment by June 24, 2021:

**Entry Deadlines:** Priority deadline for Inland Empire Teams: June 9, 2021. Final entry deadline: June 16, 2021. Due to the high interest in this meet, it is strongly recommended for IE teams to get your team entries in by the June 6th priority deadline. We will notify IE teams of their acceptance as we receive your submitted entries; we will notify all outside IE teams of their acceptance starting on June 6, 2019. Mail entry fees and Meet Entry fee summary report to: Spokane Waves Aquatic Team P.O. Box 28066 Spokane, WA 99228.

Please submit the following to Jennifer Hochwalt at [jrhochwalt@gmail.com](mailto:jrhochwalt@gmail.com)

1. .zip entry file from Team Manager
2. Print to file (Word or PDF format) of team individual & relay entries
3. Print to file (Word or PDF format) of meet fees due.

**Rules:** Current United States Swimming rules will govern. The rules and procedures of Inland Empire Swimming will also apply. The Meet Referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event shall be directed to the Meet Referee and shall come from a Coach. USA swimmers participating in the meet without a Coach must report to the Meet Referee prior to the warm-ups for instructions. Coaches must be current USA Swimming certified. Proof of Coach's certification must be produced at any time upon request by the Meet Referee. Any swimmer entered in the meet 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. When unaccompanied by a Member Coach then it is the responsibility of the swimmer or the swimmer's Legal Guardian to ensure compliance with this requirement.

**Deck Area:** The Deck area is considered to be a three foot area from the edge of the pool and all of the area behind the starting blocks. Only swimmers, coaches, officials and meet personnel are permitted in the Deck area. Spectators will not be allowed in the Deck area. **SWIMS:** The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database please notify the Meet Referee as soon as possible and the appropriate changes will be made. The data will be sent to USA Swimming within 3 days of the meet.

**Awards:** USA Swimmers placing 1st through 8th in individual events will receive stickers. Relays placing 1st through 3rd will be awarded stickers. All multi-age group events will be awarded as 8 & Under, 9-10, 11-12, 13-14, 15-19. Individual and team scores will not be recorded. Each team should have a representative to pick up awards at the end of the meet. Awards will not be mailed to teams that fail to pick up their awards at the end of the meet. USMS swimmers will be scored as a separate division and awards will be available upon request from the office.

**Officials:**

Meet Directors: Jen Whitworth

Meet Referee: Teri Madill

Officials: Keith Lambert, Tricia Chambers, Nicole Proszek, Michelle Fulgham, Heather Berthoud

Administrative Official: Jennifer Hochwalt

Visiting Officials are welcome and encouraged to help. Please bring current certifications and USA Swimming registration cards; these will be verified by the meet referee before deck assignments are made. Please be sure to have the appropriate uniform of white polo shirt, blue shorts, skirt or pants, and white shoes.

**Warm-up procedures:** Final warm up schedule will be determined by the number of entries in each session. Meet marshals will be on deck as safety observers during the warm-up period. Meet marshals have the authority to remove, with concurrence of the meet referee, any swimmer, coach, or club from the warm-up or the meet who do not follow safety rules. Certified coaches must be on the deck during warm-ups.

**Timing:** Colorado Timing System will be used. Sign-up sheets will be posted with spots for two timers to each lane. Any assistance with timing assignments is appreciated.

**Miscellaneous:** Locker Rooms will be available for restroom use only. Limited concessions will be available during the duration of the meet, but there will be a food truck available. Hospitality will be provided for coaches and officials. No smoking, glass containers, or alcoholic beverages are allowed within the Aquatic Center facility property or adjacent Mission park. Barbeque cooking is not allowed within the Witter Aquatic Center property. It is allowed in Mission Park. T-shirt vendor: EVENT SHIRT by Original Design, Anne North-Jones.

**Directions:** From I-90 take the Hamilton street exit-travel north on Hamilton to Mission Street, turn right. Travel east on Mission Street approximately ½ miles, Witter Aquatic Center will be on the right side just past the railroad track crossing.

**Hotel:**

Ruby River Hotel 509-326-5577

Super 8 downtown 855-479-0732

Ramada Inn 509-742-0710

La Quinta 509-838-6630

Quality Inn 509-838-6101

Centennial Hotel 509-326-8000

Best Western Plus City Center 800-293-0718

**1. Local protocol and requirements**

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/ReopeningWaterRecreationFacilitiesCOVID19.pdf>

**2.** There will be NO spectators allowed in the pool area. Swimmers, coaches, and staff only. Spectators outside the pool are requested to sit/spectate within family groups/pods.

**3.** Athletes will be seated and wait for events off the pool deck. They may enter the facility to warm up/down, compete and speak with coaches. Witter Pool is limited to 135 individuals in the facility at a time. All swimmers, timers, coaches, and officials are required to wear a mask at all times. As long as swimmers are 6 feet apart, there may be up to 25 swimmers per lane.

Attendees are required to enter and exit through designated areas to control the flow of traffic in and out of the aquatic center. Enter through the southern gate and exit through the northern gate.

All persons entering the aquatic center are required to sign in for contact tracing purposes. Anyone entering the facility will have their temperature taken and will not be allowed access unless their temperature falls within the normal range.

No spectators are allowed inside the facility and all competing athletes will remain six feet apart.

**4.** Parents will be able to watch the meet from outside the facility and possible on our facebook live feed.

**5.** To whom it may concern,

SWAT will continue to abide by all facility, country and state regulations regarding COVID-19 attendance and facility rental limitations. All sanctioned events and practices are held in accord with all COVID-19 policies; no more than 135 individuals are allowed in the Witter pool facility at all times and with no more than four swimmers to a lane all separated six feet apart at all times.

SWAT has received approval to operate all events under the State guidelines by the Spokane City Aquatic Director who in turn received approval from the Spokane County Health Department who received approval from the Wa State Health Department as long as USA Swimming registered SWAT members are the only attendees invited to any and all SWAT sanctioned events.

Sean Muncie

Head Coach

Spokane Waves Aquatic Team

575-496-8259

## Summer Solstice Swim Meet-Order of Events

*Breaks will be inserted between events as necessary after entries are finalized.*

### Friday (Session 1)

Girls	Event	Boys
1	200 Freestyle	2
3	200 IM	4
5	11&over 1500 Freestyle	6

### Saturday (Session 2)

Girls	Event	Boys
7	12&under 200 Backstroke	8
9	12&under 100 Breaststroke	10
11	12&under 50 Butterfly	12
13	12&under 50 Freestyle	14
15	12&under 100 Backstroke	16
17	12&under 200 Butterfly	18
19	12&under 200 Medley Relay	20

### Saturday (Session 3)

Girls	Event	Boys
21	13&over 200 Backstroke	22
23	13&over 50 Breaststroke	24
25	13&over 100 Butterfly	26
27	13&over 200 Medley Relay	28
29	13&over 200 Breaststroke	30
31	13&over 50 Butterfly	32
33	13&over 100 Freestyle	34
35	13&over 400 IM	36

### Sunday (Session 4)

Girls	Event	Boys
37	12&under 200 Breaststroke	38
39	12&under 50 Backstroke	40
41	12&under 50 Breaststroke	42
43	12&under 100 Butterfly	44
45	12&under 100 Freestyle	46
47	12&under 200 Free Relay	48

### Sunday (Session 5)

Girls	Event	Boys
49	13&over 200 Butterfly	50
51	13&over 50 Freestyle	52
53	13&over 100 Backstroke	54
55	13&over 200 Free Relay	56
57	13&over 50 Backstroke	58
59	13&over 100 Breaststroke	60
61	13&over 400 Freestyle	62