

**Nampa Swim Team
Koudelka Memorial
October 24-25, 2020**

SPONSORED BY: Nampa Swim Team, Inc.

SANCTIONED BY: All events held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction #20-14. In granting this sanction, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. (202.2.7)

“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 chose 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 THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SNAKE RIVER SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM AN 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.

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 pool or facility and that such exposure or infection may result in the 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 Nampa Swim Team and other swim teams participating in the meet and pool management company’s employees, volunteers, and program participants and their families.

LOCATION: Nampa Recreational Center
131 Constitution Way
Nampa, Idaho 83686
(208) 465-2288

FACILITIES: 8 lane, 25 yard indoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 5.9’ at the start end and 4.7’ at the turn end. Equipped with eight starting blocks, backstroke flags, anti-wave lane lines, and electronic timing by Colorado Timing Systems. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).

MEET REFEREE: Chad Schaffer – Email: chad@tokcommercial.com
Protests will be handled in the manner described in Section 102.11 of *USA Swimming Rules and Regulations*.

MEET DIRECTOR: Amber Bernard
Email: nst.meetdirector@yahoo.com

OFFICIALS: We expect and appreciate the help of certified USA Swimming Officials from each participating team.

ELIGIBILITY: Swimmers must hold current **2020** USA registration cards. Age of swimmer on the first day of the meet (October 24, 2020) determines the swimmer's age for the meet.

MEETINGS: **COACHES:** There will be mandatory coaches meeting 15 minutes prior to the start of warm-ups each day of the meet

OFFICIALS: There will be an officials meeting 45 minutes prior to the start of each day of the meet.

MEET FORMAT: This meet will be swum as timed finals. Swimmers will swim in pre-seeded heats as designated in the heat sheets at the meet. All events will be swum as timed finals. Heats will be ordered slowest to fastest.

SCHEDULE:

| Warm-Up Date | Who | Time | Meet Starts |
|--------------|--------|---------------|-------------|
| Saturday | 13 & O | 8:00am-8:30am | 9:15am |
| | 12 & U | 8:30am-9:00am | |
| Sunday | 13 & O | 8:00am-8:30am | 9:15am |
| | 12 & U | 8:30am-9:00am | |

ELIGIBILITY: Swimmers must hold current **2020** USA registration cards. Age of swimmer on the first day of the meet (**October 24, 2020**) determines the swimmer's age for the meet.

COACHES: At referee's discretion there will be a coaches meeting 15 minutes prior to the start of warm-ups each day of the meet.

OFFICIALS: There will be an officials meeting 45 minutes prior to the start of each day of the meet.

This meet will be swum as timed finals. Swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet, with exception of the 500 free, which will be deck seeded. All events will be swum as timed finals. Heats will be ordered slowest to fastest.

CONDUCT: Current USA Swimming rules will govern this meet.

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 swimmer's legal guardian to ensure compliance with this requirement.

Snake River Swimming warm-up and safety procedures will apply. This will be posted and is included with this invitation. No diving or backstroke starts will be allowed from the blocks or pool deck during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-ups. Meet marshals will be on deck during warm-ups and cool down.

Under USA Swimming Rule 102.8 for Deck Changing – Changing into or out of swim suits outside designated locker room areas by swimmer at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

This is a no card meet, except for the 500 free. All other swimmers will be on deck at

designated heat and lane for their events. Cards for distance events will be picked up at the Clerk of Course.

Heats of timed final events may be combined at the discretion of the meet referee.

The 500 free will be deck seeded. All 500 free swimmers must check in with the Clerk of Course by 9:15 am, Saturday, October 24th. All 500 free swimmers must provide lap counters.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker room(s)) any time athletes, coaches, officials, and/or spectators are present.

Current USA Swimming Rules, including Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

ENTRIES:

Saturday and Sunday – All swimmers may enter **three individual events**.

A Team Manager Event import file will be available to download with the initial notification of the meet.

NO TIMES ARE ACCEPTED, with the following exception:

- All swimmers **MUST** have an entry for the 500 free and 400 IM (coaches may submit an estimated time, only if no time exists)
- Coaches may estimate entry times only **when no time exists**, for seeding purposes in any event, and are **encouraged** to do so for any event 200 yards or longer. Please estimate conservatively.
- Please indicate which events have estimated times, in an email with your entry file.

Enter in short course yard times only. Entries may be submitted as an attached file via email (nst.meetdirector@yahoo.com) to Amber Bernard by those teams using the Hy-Tek Commlink. Entry file must include converted times. **Include a hard copy of entries if submitted through email.**

Entries must include the following information: swimmer’s name, age, team, team code, USA Swimming registration number, event name and number, and best time **short course yards**.

Please report scratches to the Clerk of Course prior to start of meet each day.

Following the meet, the Team Manager Import File, Meet Manager Backup File, and html results will be posted to the LSC website: www.snakeriverswimming.org

Deck registration will not be provided. Anyone entered in the meet, whom is not properly registered with USA Swimming, is subject to a \$50 fine.

As prescribed in Article 205.3.1 F of the USA Swimming Rules and Regulations, entries will be limited to those swims that allow the events for swimmers 12 years and younger to be completed within the prescribed time limits of 4 hours.

TIME TRIALS:

Time trials will not be offered.

ENTRY FEES:

\$32.00 per individual (\$1.75 timing system, \$9.00 SRS funds, \$5.75 pool rent/lifeguards, \$15.50 awards, admin, & hospitality.)

ENTRY DEADLINE:

Make checks payable to Nampa Swim Team. All fees must accompany entries. **One check per team please. Entries must be received by October 22, 2020 at 5pm.** Late entries will not be accepted.

SCORING: This meet will not be scored

AWARDS: Ribbons will be awarded for 1st, 2nd, and 3rd place in each event

MISC: Each team will be expected to provide timers during the entire course of the meet. Teams will be notified of assigned lanes.

Concessions will not be available at the pool

Heat Sheets will be available for purchase through Meet Mobile or at the entrance of the meet.

A hospitality room will be provided for coaches and officials.

COVID-19 PROCEDURES:

In applying for this sanctioned event, the host, Nampa Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Snake River Swimming, the State of Idaho, and Canyon County.

Due to the current COVID-19 environment all participating teams are strongly discouraging spectators at this time. Limited spectating space will be available, however spectators must maintain proper social distancing. Spectators will be asked to watch their athletes race then move to a difference part of the facility in order to allow other spectators an opportunity to watch, help maintain social distancing and reduce person to person contact. There are many volunteer roles that will be required. All teams will continuously monitor the evolving guidelines pertaining to group size as it relates to COVID-19 and guidelines from various local and state agencies. Limiting the amount of people in the facility at this time will help keep the swimmers, coaches, officials, and volunteers safe during the meet. Teams participating will provide at least 2 adult volunteers to be present with/observe swimmers when they are in areas outside of the pool deck.

All volunteers and officials will need to complete a waiver upon entering the facility.

Mandated capacity limits must be followed: 70 swimmers will be allowed in each session of the meet and up to 30 volunteers and officials. Spectators will not be allowed at this time, if you must get in touch with your child .

Swimmers must enter and leave the building in their swimsuits. Locker rooms are off limits. A bathroom for swimmers will be available for emergency use only (one person at a time). Drinking fountains will not be available.

Entrance into the Nampa Rec Center must include health screening questions and should include temperature screening at the facility or prior to arrival, no person shall be admitted with a temperature over 99.5 F or in accordance with CDC, or local health department recommendations.

Officials, coaches, volunteers, and swimmers must maintain current social distancing guidelines throughout the meet.

Warm-up Procedures during COVID: Each lane cannot exceed 4 swimmers at any time. In order for a swimmer to enter their lane, they must make sure there are only 3 swimmers in it. If there are 4 swimmers and it appears a swimmer may be done using the lane for warm-up cool down, a swimmer may ask that swimmer to exit the pool so they can enter the lane.

Koudelka Memorial Swim Meet 2020 - 10/24/2020 to 10/25/2020**Session Report**

Session: 1 Saturday October 24, 2020

Day of Meet: 1 Starts at 09:15 AM Heat Interval: 90 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|--------------------------------|---------|-------|-----------|-------|
| Finals | 1 Mixed 100 Freestyle | 0 | 0 | 09:15 AM | _____ |
| Finals | 2 Mixed 8 & Under 25 Freestyle | 0 | 0 | 09:15 AM | _____ |
| Finals | 3 Mixed 200 Breaststroke | 0 | 0 | 09:15 AM | _____ |
| Finals | 4 Mixed 100 Backstroke | 0 | 0 | 09:15 AM | _____ |
| Finals | 5 Mixed 50 Backstroke | 0 | 0 | 09:15 AM | _____ |
| Finals | 6 Mixed 500 Freestyle | 0 | 0 | 09:15 AM | _____ |
| Finals | 7 Mixed 100 Butterfly | 0 | 0 | 09:15 AM | _____ |
| Finals | 8 Mixed 8 & Under 25 Butterfly | 0 | 0 | 09:15 AM | _____ |
| Finals | 9 Mixed 50 Breaststroke | 0 | 0 | 09:15 AM | _____ |
| Finals | 10 Mixed 200 IM | 0 | 0 | 09:15 AM | _____ |
| | Finish Time | | | 09:15 AM | _____ |

Session: 2 Sunday October 25, 2020

Day of Meet: 2 Starts at 09:15 AM Heat Interval: 90 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|------------------------------------|---------|-------|-----------|-------|
| Finals | 11 Mixed 200 Freestyle | 0 | 0 | 09:15 AM | _____ |
| Finals | 12 Mixed 8 & Under 25 Backstroke | 0 | 0 | 09:15 AM | _____ |
| Finals | 13 Mixed 200 Butterfly | 0 | 0 | 09:15 AM | _____ |
| Finals | 14 Mixed 100 Breaststroke | 0 | 0 | 09:15 AM | _____ |
| Finals | 15 Mixed 8 & Under 25 Breaststroke | 0 | 0 | 09:15 AM | _____ |
| Finals | 16 Mixed 400 IM | 0 | 0 | 09:15 AM | _____ |
| Finals | 17 Mixed 50 Freestyle | 0 | 0 | 09:15 AM | _____ |
| Finals | 18 Mixed 200 Backstroke | 0 | 0 | 09:15 AM | _____ |
| Finals | 19 Mixed 50 Butterfly | 0 | 0 | 09:15 AM | _____ |
| Finals | 20 Mixed 100 IM | 0 | 0 | 09:15 AM | _____ |
| | Finish Time | | | 09:15 AM | _____ |