

2020-21 DSMY SCY Dual Meet Series

Meet #2 ACAC & CIA

Friday, November 20, 2020

DSMY and the Wellmark YMCA have taken enhanced health and safety measures – for you, our other guests, volunteers and our athletes. You must follow all posted instructions while attending our November 20th Dual Meet Series Meet #2. 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 attending the 2020 DSMY SCY Dual Meet Series Meet #2, you voluntarily assume all risks related to exposure to COVID-19.

IASI SANCTION: IA-21-018
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

RULES: Current USA Swimming and IASI technical and administrative rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

COVID-19 team protocols will be in place for this meet including but not limited to: separate pool entrance and exit, member screening questions, social distancing, face masks, no locker room access (must arrive and leave in swim attire), personal space on the pool deck, and designated lane & starting positions for warm-ups.

DATE: Friday, November 20, 2020

TIME: All meet participants must enter the building using the lower level Grand Avenue entrance and go through the member screening questions as they do for practice. Spectators will enter on the second level skywalk entrance to the pool.

	<u>Sessions</u>	<u>Check-In</u>	<u>Warm-Ups</u>	<u>Competition</u>
1.	OPEN	6:00pm	6:30-7:20pm	~7:30pm-9pm (10min after pool cleared)

Precise timelines will be distributed to teams once all entries are received. Coaches will distribute instructions for check-in and warm-up assignments by noon on Thursday prior to the meet.

Limited spectator seating. If available, seating may be limited to 1-2 individuals per athlete per session. Live-streaming will be available at www.dsmymtv.com. Please refer to “The Return to Competition Plan for the Wellmark YMCA” on our website: www.dsmymarlins.com.

Coaches meeting will be either held virtually at an agreed upon time prior to the meet date or at 9:45am on Saturday. A coach from each team MUST be present at the meeting in order for their team to compete. Officials meetings will be 1 hour prior to competition each session.

*Official start times will be determined after all entries have been received.

SITE: Wellmark YMCA
501 Grand Avenue
Des Moines, IA 50309

www.dymymca.org
www.dsmymarlins.com

Live Stream & Replay : www.dsmytv.com

FACILITY: The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short course pool with one moveable bulkhead allowing for an 8 lane 50-meter long course pool or multiple configurations when running short course competition(s). Water depth of the pool ranges from 10 feet 8 inches to 7 feet 0 inches. Lane width is 8 feet 3 inches.

The 4 lane, 25 yard program pool will NOT be available for warm-up or cool-down.

Colorado electronic timing systems will be used in all configurations. Pool configuration will be decided once all entries are received. Due to social distancing and limited people allowed on deck- primary timing will be touch pads on deck and one socially distanced timer per lane operating one back-up button and one stopwatch. The Admin Referee has the right but not the obligation to adjust the times after viewing the replay if feasible and obvious and/or requested by the swimmer's coach.

Please refer to “The Return to Competition Plan for the Wellmark YMCA” on our website: www.dsmymarlins.com.

The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

COACHES: Only currently registered USA Swimming coach members will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29) to verify that all certifications are current.

Deck Pass is acceptable proof of membership in USA Swimming. Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or their delegate or leave the pool deck.

WARM-UPS: Prior to warm-ups, coaches will need to turn in their team warm-up assignments. All swimmers will be assigned a designated lane and starting point as described in the Return to Competition Plan. **Warm-up pool entry will be from the scoreboard side of the pool in a staggered formation. Swimmers may not congregate behind the lanes to enter for warmup (i.e. coaches send one swimmer at a time per lane to get in their position in the pool and then send the next swimmer. Do not send the entire lane of swimmers at one time.)** The first half of each session will be allocated to circle swim only warm-ups (No starts or one-way swim lanes). At the designated half-way point of warm-ups, the five lanes in the north with starting blocks and starting block pairs in the south competition pool can start opening for starts. South Pool lanes 2,4,6,8 will be starting blocks allowed to open for starts and one-way swims. Lanes 1,3,5,7 will be socially distanced lines for the starting blocks. Each lane to the right of the starting blocks 1-5 in the north pool will be the socially distanced waiting line for one way starts. The final 10 minutes of the designated warm-up – all remaining lanes will open for starts. Once the pool is cleared or we have reached the maximum warm-up time for the session, the pool will be cleared for 10 minutes. Competition will start after the pool is cleared for 10 minutes.

All swimmers must be under the supervision of a USA Swimming member-coach from their respective team during warm-up, competition, and warm-down.

Facility rules require a 3 point, feet first, sit and slide entry for lanes designated for circle swim during warm-up and warm-down. Entry and exit instructions will be given by supervising coach.

RACING STARTS: All swimmers 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, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ENTRY REQUIREMENTS:

1. Swimmers must be currently registered as athlete members of USA Swimming and active members of the participating swim clubs of Ames Cyclone Aquatics Club (ACAC-IA) or Central Iowa Swimming (CIA-IA).
2. Swimmers must enter in the age group events corresponding to age as of November 20, 2020.
3. Swimmers will be allowed to swim in 3 events.
4. Seed times must be submitted for a 25-yard course. No Time (NT) entries will be allowed. Converted times are not allowed.

ENTRY LIMITS: **Each session will be limited to 110 swimmers; 55 per team. If one of the teams doesn't fill all 55 spots, it will be opened to the other team to add the difference. If there is still space available- the host, DSMY may add to the difference to bring the total to 110 swimmers.**

Pursuant to Article 205.3.1F of USA Swimming Rules and Regulations, the program of for athletes 12 years and younger (except championship meets) shall be planned to be completed in four hours or less for each session.

Any combination of events may be limited to ensure the timely completion of a session. Teams will be notified by email if swimmers are affected by limits prior to the meet.

ENTRY SUBMISSION: Entry fees will be a flat \$20.00 per swimmer. This includes online heat sheets.

Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software.

Submit entries along with the appropriate IASI Financial Sheet (APP-8.2). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

Clubs entering outreach swimmers should only provide the number of outreach swimmers and the number of events being swum by the outreach swimmers to the host club. The names of the outreach swimmers are not to be provided to the host club.

Payment shall be by check or money order made payable to **Greater Des Moines YMCA, Attn: John Van Meter**. All entry fees, including IASI swimmer surcharge fee, should be combined on one check. The host club reserves the right to require payment by money order or cashier's check. Entry fees are non-refundable; ISI swimmer surcharge fees will be refunded only if the entire meet is cancelled.

ENTRY DATES AND DEADLINES:

1. **By submitting your entries, you are confirming that the coaches attending the meet have reviewed and shared with the team- [The Return to Competition Plan located on our website.](#)**
2. Electronic entries must be received no later than 12Noon, Wednesday, November 18, 2020.
3. Once a team's entries have been accepted by the meet host, that team is considered entered into the meet. The host team is not permitted to rescind a team's entries once the meet host sends the email confirmation that the team is entered into the meet. Changes or

scratches in a team's entries prior to the meet deadline do not relieve a team of the responsibility to pay for confirmed entries.

4. Once entries are accepted only time updates will be allowed for teams with electronic entries. No time updates will be accepted for handwritten entries. Any additions/substitutions must be made via email to the Meet Director prior to the entry deadline.
5. **A hardcopy of the entries, along with entry fees and financial sheet, must be received by Wednesday, November 18, 2020 unless prior arrangements have been agreed to in writing.** Failure to meet this deadline will result in swimmers remaining in the meet but all confirmed entries will be billed at the late entry fee. Any unpaid balance remaining at the start of competition for the final session will be assessed an additional 10% late fee. Team commlink final results will not be emailed until full payment plus any additional fees are paid in full by the team.
6. Entries will be confirmed via a return email receipt.
7. Entries will NOT be accepted by phone or fax.

LATE ENTRIES:

1. NO LATE ENTRIES. NO DECK ENTRIES. NO EXCEPTIONS.

SWIMMERS WITH DISABILITIES:

Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Referee. The swimmer (or swimmer's coach) is responsible for providing any equipment or assistants required. See Article 105 of USA Swimming Rules and Regulations.

MEET ENTRIES:

Send electronic entries by email to john.vanmeter@dmymca.org

John Van Meter 515-471-8560 pool
john.vanmeter@dmymca.org 515-745-3283 cell

Due to short turnaround time- visiting clubs may bring check to meet.

Send all print materials to:

Mailing Address: Wellmark YMCA (checks payable to: **Greater Des Moines YMCA**)
Attn: John Van Meter
501 Grand Ave
Des Moines, IA 50309

If sent by rush delivery, indicate no signature required.

MEET DIRECTOR/
ADMIN REFEREE:

John Van Meter 515-471-8560 pool office
john.vanmeter@dmymca.org 515-745-3283 cell

SAFETY DIRECTOR:

Ann Peterson 515-471-8509
ann.peterson@dmymca.org

MEET REFEREE:

Art Dinkin 515-201-7591
art.dinkin@dmymca.org

OFFICIALS:

DSMY welcomes any USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please see sign up on the job sign up link on the

DSMY website. **Each competing team is required to provide a minimum of one official for the meet.**

- MEET COMMITTEE: A meet committee consisting of the Meet Director, Referee, a coach representative, an athlete representative, and a certified official acting at large will be established prior to the start of competition. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Referee and the Referee's decision is final.
- MEET OPERATION:
1. All events will be pre-seeded.
 2. All Timed Final events will swim **Fastest to Slowest**.
 3. Starting blocks will be on the west side of the pool. Swimmers will have a 25-yard cool down to **exit the pool after their race at the turn (east) end of the pool**.
 4. Next heat will be called to the blocks from the ready wall (west side of the pool, north of the starting blocks) when the finished heat is released by the Deck Ref.
 5. Warm-up / Cool-down lanes will be available during competition in the north section of the pool. **All swimmers must enter and exit from the scoreboard side, max of 3 swimmers per lane at a time. No congregating in the pool. Swimmers must be continually swimming.**
 6. This is a sprint meet. The host is not responsible for 10 minutes rest between events. Swimmer or swimmer's coach may request a down-seed to a slower heat if available to allow more rest. Breaks will not be added for swimmers in back to back events. Swimmer or swimmer's coach may request a down-seed to a slower heat if available to allow more rest.
 7. **Effective September 1, 2020 Swimmers ages twelve and younger shall not compete while wearing "Tech" suits**, even when competing in Senior or Open events or Time Trials. A list of suits that considered to be "Tech" suits is posted on the USA Swimming website: <https://www.usaswimming.org/news/2019/09/12/tech-suit-restriction-for-12-and-under-swimmers>
 8. Deck Changes are prohibited. Locker rooms will not be available. Swimmers must arrive and leave the facility in their swim gear. The Program pool bathroom will be available for swimmer use.
 9. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
 10. **Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.**
 11. Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
 12. 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.
- SCORING: No scoring
- AWARDS: No awards
- SCRATCHES: Please notify your coach if you need to scratch as a courtesy. Fees will be charged once the team entries have been submitted to the Meet Director by noon on Monday, November 16, 2020.
- USA SWIMMING REGISTRATION: No USA Swimming registrations will be accepted at the meet. Any swimmer who is not a currently registered athlete member at the time of pre-meet reconciliation must

ensure that IASI has received the appropriate application and fees at least 24 hours prior to the start of competition. Failure to do so will result in the swimmer's entries being scratched and the swimmer barred from entering the pool.

CAMERAS:

USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.

NO ALCOHOL OR TOBACCO:

The use of any tobacco or alcohol products is prohibited in the swimming venue.

IMAGE RELEASE:

Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IASI and/or the host club under conditions determined by the host club, and authorize the use of names, pictures, likenesses, and biographical information before, during or after the event to promote swimming. No awards received in this competition may be used for trade or financial gain.

MEET CONDUCT:

Attending clubs, swimmers, and spectators are the guests of the Wellmark YMCA. **Any report of inappropriate behavior or failure to comply with COVID-19 safety protocols will be addressed immediately.** DSMY / Wellmark YMCA Staff reserve the right to remove any offending individuals or groups. **Any swimmer found swimming under the bulkhead will be ejected from the facility and be barred for the remainder of the meet.**

Clubs will be financially responsible for any damage to the premises caused by their club, swimmers and/or parents & spectators.

ADDITIONAL INFORMATION:

1. Meet Volunteers: Volunteer sign-up for visiting teams will be available on the DSMY website under the hosted events tab. These positions will be in the aquatic center venue and will not require a spectator fee. Participating teams must each provide 4 timers and an announcer from one of the teams.
2. Program: Programs/heat sheets will be uploaded to the DSMY website. www.dsmymarlins.com and by noon on Friday the day before the meet and uploaded to Meet Mobile prior to each session starting.
3. Results: Electronic results will be provided to all teams participating in the meet once full payment and any additional fees for final payment are received. Final results will also be posted on IASI website. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
4. Concessions: There will be a limited concession stand offering light snack options and cold drinks. A hospitality room will be available for coaches and officials.
5. Swim apparel/merchandise: No vendor is planned to attend.
6. Seating/Spectator Information: Limited spectator seating. If available, seating may be limited to 1-2 individuals per athlete per session. Face masks and screening questions apply. Admission will be \$2 per person. Seating is limited, not all are guaranteed a spot. Free wi-fi is available.
7. Deck: Only registered swimmers, coaches and meet personnel will be allowed on deck. Each swimmer will be provided with a socially distanced area either on the pool deck or overflow area in spectator seating.
8. **Glass containers of any kind are not permitted on the pool deck or spectator area at any time.**
9. Parking information: Parking meters charge from 9am to 9pm Monday thru Saturday. The 5th & Keo Parking Garage is closest to the facility and provides Skywalk access. There is a charge for parking downtown on Saturdays. Hotel block info available on www.dsmymarlins.com

MAAPP:

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.

INDEMNITY:

It is understood and agreed that USA Swimming and IASI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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 THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND IOWA SWIMMING, INC. 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 UNFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Order of Events

Session 1: Open Timed Finals

Warm-ups: 6:30pm Competition: 7:30pm

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
1	200 Breast	2
3	200 Fly	4
5	100 IM	6
7	200 IM	8
9	50 Free	10
11	200 Back	12
13	50 Breast	14
15	100 Breast	16
17	100 Free	18
19	50 Back	20
21	100 Back	22
23	200 Free	24
25	50 Fly	26
27	100 Fly	28