



AQUA ColdSnap Meet

Hosted by: Aquaventure Riptides

Saturday, December 11, 2021

Held at Aquaventure Aquatics Campus, 214-A Beacon Dr., Winterville, NC 28590

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

Sanction #NC21205

MEET DIRECTOR	MEET ENTRY COORDINATOR
Mike Godwin 252-931-8081 mgodwin@aquaventurenc.com	Mike Godwin 214A Beacon Drive, Winterville, NC 28590 252-931-8081 mgodwin@aquaventurenc.com
MEET REFEREE	MEET MARSHALL
Bob Landry 252-531-6815 roblandry@suddenlink.net	Josh Hocum 252-931-8081 jhocum@aquaventurenc.com

CONDITION OF SANCTION

As a condition of this sanction, AQUAVENTURE RIPTIDES agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the AQUAVENTURE RIPTIDES Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

The AQUAVENTURE RIPTIDES has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. 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. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

**COVID-19
RELEASE**

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.

AQUAVENTURE RIPTIDES COVID-19 MEET PLAN

**NCS FACE COVER-
ING STATEMENT**

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

For more information, please refer to the facility COVID-19 Safety Plan below.

COVID-19 MEET SAFETY PLAN

- Swimmers will set up in their assigned team area. SNACKS AND BAGS SHOULD REMAIN IN THEIR ASSIGNED TEAM AREA. When told to begin warmup, swimmers will approach the lap pool and go to their assigned warm up lanes.
- All swimmers will use a face covering when inside the facility and not actively swimming. Face coverings will be worn when approaching the start area. Face coverings can be hung on provided hooks behind the blocks. When exiting the pool, swimmers will recover their face coverings and either hold up to their face or reapply to their face.
- When entering the pool for a scheduled event, swimmers will be asked to line up on designated spaces behind the dive tank, maintaining social distancing protocol and will wait to be released to the start area by the Meet Marshal.
- Restroom facilities in the Aquaventure lobby are for parents and officials only. Locker room restrooms are for swimmers only. All restrooms will be closely monitored and sanitized by Aquaventure staff.
- Three (3) Meet Marshals (Parent Volunteers): Two(2) individuals will be designated to maintain the event staging area at the dive tank. One (1) Meet Marshal will patrol the pool deck and enforce safety protocols. Meet Marshals must be in position 15 minutes before the start of meet and work through the entire session.
- Eighteen (18) Timers (Parent Volunteers): Three timers per lane, one with a stopwatch and clipboard, two with single stopwatches. For each race a swimmer should produce three (3) times for scoring. Timers should not enter the pool deck until five minutes prior to the start of the session (not the warm up).
- One (1) Announcer: Act as Clerk of Course to announce when swimmers should be entering the pool deck. Announcer should not enter the pool deck until five minutes prior to the start of the session (not the warmup).

Aquaventure Personnel for each session are as follows:

- One (1) Facility Supervisor/ Meet Director
- One (1) Lifeguard
- One (1) Front Desk Staff
- Two (2) Locker Room/ Restroom Supervisors

Officials for each session are as follows:

- Meet Referee
- Starter
- Admin Officials
- Stroke and Turn Judges

LOCKER ROOMS/ CHANGING

Locker rooms will be available for use by athletes only. Deck changing is prohibited. Restrooms will be monitored by Aquaventure Staff and space maximums will be observed. Locker rooms and restrooms will be routinely sanitized throughout this event.

**SWIMMER
LIMITATIONS and
PROTOCOLS**

Swimmers must observe the following protocols while participating in this event:

- Swimmers should remain in their team assigned areas until their event. Swimmers will exit the team area and report to the staging area on the far side of the dive tank. The staging Meet Marshal will check-in the next heat of swimmers.
- When lining up in the staging area, swimmers should report to the lane number designation for their heat. The Meet Marshal in this area will assist to ensure swimmers are reporting to the correct heat and lane.
- Once the race has concluded, swimmers will exit the pool at their lane. They will exit the start area on the opposite side from which they entered. Swimmers will walk around the pool turn side and back to their team assigned area or to the warm down pool.
- Swimmers may arrive at the Aquaventure facility no earlier than 30 minutes prior to warm-up's.

When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming but must don them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times.

**SPECTATOR
LIMITATIONS and
PROTOCOLS**

There will be in person spectator viewing. Spectators will use restrooms in the lobby area. Locker rooms are strictly for use by athletes.

FACILITY

Pool: 25 yards, 8 lanes with non-turbulent lane ropes. Each lane is 6 feet wide. Depth at starting end of pool is 5 feet and 3 ½ feet at the turn end with Paddock Starting Platforms, Colorado Infinity Start System. All starts from the turn end, including relay starts, must begin from within the pool. Manual timing system will be used for this meet, three stopwatches per lane. The competition course has not been certified in accordance with 104.2.2C(4).

Dive Tank: 20 yards, 5 lanes, ranging from 9 feet to 12 feet. The Dive Tank will be open for continuous warm up/down. There is no diving allowed in the dive tank.

MEET FORMAT

This is a timed final Age Group/Senior Open meet, pre-seeded meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	1:00 PM	2:00 PM	All Ages

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Sunday, December 5, 2021	Midnight	Entry Deadline
Saturday, December 11, 2021	1:30 PM	Officials Meeting
Thursday, December 9, 2021	TBD	Coaches/General Meeting (Virtual)
Saturday, December 11, 2021	1:45 PM	Timer Briefings

SAFETY

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

TECHNICAL SUIT BAN FOR 12&U's

Per NCS Rule 210.12, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet who is 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. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and be members of USA Swimming. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet.

SWIMMERS WITH DISABILITIES

Riptides welcome all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the Riptides' ability to accommodate all requests.

ENTRIES

ENTRIES will not be accepted before Wednesday, December 1, 2021 at 8:00 AM and not after Sunday, December 5, 2021 at midnight.

Submit entries in HY3 zip file via email to mgodwin@aquaventurenc.com. A completed and signed Entry Summary Sheet (included in the announcement) must accompany entries and payment in full must be received by the Meet Entry Coordinator prior to meet start time. A swimmer's age on the first day of the meet will determine their age for the entire meet. Riptides entries will be entered first then accept teams/entries in the order received until the four/eight hour rule is reached. Entries received thereafter will be returned immediately. All relay only swimmers including their alternates must be listed and pay the NCS Travel Fund surcharge.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 5 individual events. Meet management reserves the right to combine sessions and heats based on the number of swimmer entries.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

Make checks payable to: Aquaventure; All fees are non-refundable	
Individual Event	\$4.00 per event; see NCS rules for any restrictions
Relays	\$10.00 Per Relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10.00 per swimmer
Late Entry Fee	Up to double the IE fees listed

SEEDING	The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.
SCRATCHES	There will be no penalty for scratching pre-seeded events at the block. The NCS Scratch Rule is in effect for this meet. (NCS Swimming Rules and Regulations 208.3)
SCORING	No individual or team scoring will be kept.
AWARDS	Heat winner awards will be available on the pool deck.
RESULTS	At the conclusion of the meet, results and Hy-tek back-ups will be sent via email.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. Meet Management requests that at least one coach representative from each team attend all coaches' meetings. There will be no coaches meeting at the meet. A virtual meeting will be held on <u>Thursday, December 9, 2021 at TBD.</u>
OFFICIALS/TIMERS/ VOLUNTEERS	There will be a need for officials. Aquaventure Riptides welcomes and encourages anyone willing to volunteer. Volunteering Officials MUST contact the Meet Referee via email by <u>December 9, 2021.</u> All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. Officials should report to their assigned position 10 minutes before session start, and bring the appropriate equipment to carry out your responsibilities.
HOSPITALITY/ CONCESSIONS	There will be a hospitality area, which will be located in the multipurpose room adjacent to the dive tank, which is open to all coaches and officials. Refreshments and light snacks will also be available for sale at the Front Desk.
WARM-UP	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, the dive tank will be available for continuous warm-up/down. There is to be no diving or horseplay in this area.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. Riptides, Aquaventure Aquatics Campus, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Saturday, December 11, 2021
Warm-up: 1:00pm; Meet Start: 2:00pm

Girls/Women	Event	Boys/Men
1	8 & Under 100Y Individual Medley	2
3	10 & Under 200Y Individual Medley	4
5	11-12 200Y Individual Medley	6
7	13-18 400Y Individual Medley	8
9	10 & Under 50Y Backstroke	10
11	11-12 50Y Backstroke	12
13	13-18 100Y Backstroke	14
15	11 & Up 50Y Freestyle	16
17	10 & Under 50Y Breaststroke	18
19	11-12 50Y Breaststroke	20
21	13-18 100Y Breaststroke	22
23	8 & Under 25Y Butterfly	24
25	10 & Under 50Y Butterfly	26
27	11-12 50Y Butterfly	28
29	13-18 100Y Butterfly	30
31	10 & Under 50Y Freestyle	32
33	11-12 100Y Freestyle	34
35	13-18 100Y Freestyle	36
37	10 & Under 200Y Freestyle Relay	38
39	12 & Under 200Y Freestyle Relay	40
41	18 & Under 400Y Freestyle Relay	42

**AQUA ColdSnap Swim Meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to:

Aquaventure Riptides
ATTN: Mike Godwin
214-A Beacon Dr.
Winterville, NC 28590

Email to: mgodwin@aquaventurenc.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$4.00 per event	
Relays		\$10.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$13.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Riptides, Aquaventure Aquatic Campus, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE

NORTH CAROLINA SCRATCH RULE

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
 - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
 - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
 - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
 - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C. The swimmer was not named in any finals heat during the initial announcement of results
 - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.