

**RMY Winter Invitational**

**Hosted by RMY**

**January 8-9, 2022**

**Harrison Family YMCA, 1000 Independence Drive, Rocky Mount, NC 27804**

***Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
Sanction #22001***

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Kaila Billups <a href="mailto:kbillups@rmymca.org">kbillups@rmymca.org</a> 252-972-9622 x 235	Yvonne Wilkins <a href="mailto:rmycoachyvonne@gmail.com">rmycoachyvonne@gmail.com</a> 252-469-4701
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Richard Wilson <a href="mailto:dickwilson94@gmail.com">dickwilson94@gmail.com</a> 252-571-2227	Joy Morgan <a href="mailto:joymorgan06@gmail.com">joymorgan06@gmail.com</a> 252-822-2502

**CONDITION OF  
SANCTION**

As a condition of this sanction, RMY agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the RMY Meet Plan 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**

RMY 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**

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, NORTH CAROLINA SWIMMING, 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.

## RMY COVID-19 MEET PLAN

### NCS FACE COVERING STATEMENT

Following new CDC recommendations and the North Carolina Governor’s latest Executive Order issued May 14, 2021, North Carolina Swimming has revised guidance on the use of face coverings at USA Swimming activities as follows:

- North Carolina Swimming strongly recommends that partially vaccinated or unvaccinated individuals continue to wear face coverings and practice social distancing at all swimming activities.
- Other individuals are welcome to continue wearing face coverings for personal comfort.
- NCS clubs may require that participants wear face coverings and observe social distancing at meets that they host.
- NCS members are expected to comply with all COVID-19 safety guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, aquatic facilities, and member clubs.

### FACILITY and HOST TEAM REQUIREMENTS

RMY has discussed specific health and safety procedures with the venue management. At this time, the facility and HOST TEAM have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

### SPECTATOR LIMITATIONS and PROTOCOLS

There will be in person spectator viewing. Spectators will use restrooms in the lobby area adjacent to the pool or the “Men’s” and “Women’s” locker rooms. “Boy’s” and “Girl’s” locker rooms are strictly for use by athletes.

### FACILITY

**Pool: 25 yard, 8 lanes with non-turbulent lane ropes. The competition course has not been certified in accordance with 104.2.2C(4). Each lane is 7 feet wide. Depth at start end of pool is 9 feet, and 4 feet deep at the turn end with Spectrum Xcellerator starting blocks, Daktronics electronic timing system with 8 lane scoreboard. Timing system will include touch pads and two timers per lane, each operating both a button and a watch. Deck changing is prohibited in the facility.**

### MEET FORMAT

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

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00 AM	9:00 AM	10 & Under
2	Sunday	Not before noon	1:00 PM	11 & Over
3	Saturday	8:00AM	9:00 AM	10 & Under
4	Sunday	Not before noon	1:00 PM	11 & Over

### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, December 29, 2021	Midnight	Entry Deadline
Wednesday, January 5, 2022	8:00 PM via ZOOM	Coaches/General Meeting
Thursday, January 6, 2022	8:00 Via ZOOM	Officials Briefing
Sat/Sun January 8-9, 2022	15 minutes prior to each session	Timers Meeting

### 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&Us**

**Per USA Swimming Rule 102.8.1F, 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 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 without the use of a backstroke ledge. 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. 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.**

**MEMBERS WITH  
DISABILITIES  
OR MEDICAL CONDITIONS**

RMV welcomes 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 RMV’s ability to accommodate all requests.

**ENTRIES**

All entries will be submitted in Hy-Tek format. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline unless approved by meet host-i.e. check will be brought presented to the meet director prior to competing. A swimmer's age on the first day of the meet will determine their age for the entire meet. RMY entries will be entered first and 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 alternates must be listed and pay the NCS Travel Fund surcharge.**

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of 4 individual events plus 1 relay per day and a total of 8 individual events and 2 relays for the meet.

**ENTRY VERIFICATION**

An email will be sent to the person submitting the entry confirming receipt of their entry within 24 hours of receipt.

**ENTRY DEADLINES**

**The Meet Entry Coordinator must receive entries by Wednesday, December 29, 2021. Late entries may be accepted at the discretion of the Meet Referee.**

**ENTRY FEES**

<b>Make checks payable to RMY All fees are non-refundable.</b>	
<b>Individual Event</b>	<b>\$4.00 per event</b>
<b>Relays</b>	<b>\$10.00 per event</b>
<b>NCS Travel Fund</b>	<b>\$3.00 per swimmer, including relay only swimmers</b>
<b>Facility Surcharge</b>	<b>\$8.00</b>
<b>Late entry fee</b>	<b>Double the IE and Relay fees listed.</b>

**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

**CHECK-IN**

All events will be pre-seeded, there will be no positive check-ins.

**SCRATCHES**

There will be no penalty for scratching pre-seeded events at the block.

**SCORING**

No team or individual scoring will be kept.

**AWARDS**

Ribbons will be awarded to the top 8 finishers in each individual events and the top 3 finishers in relays.

**RESULTS**

A TM results file will be sent to participating teams within 24 hours of the meets conclusion 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. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

**OFFICIALS/TIMERS/  
VOLUNTEERS**

There will be a need for officials. **RMY** welcomes and encourages anyone willing to volunteer. Volunteering Officials **MUST** contact the Meet Referee by email **prior to the meet**. 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. There will be no officials meeting at the meet,

and assignments will be communicated electronically prior to each session. A virtual meeting may be held prior to the meet/session at the referee's discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start and bring a mask, your personal water bottle, a writing utensil, and a headset (if applicable).

#### **HOSPITALITY/ CONCESSIONS**

There will be limited hospitality open to all coaches and officials. Refreshments will be available at the concession stand.

#### **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, there will be lanes available for continuous warm-up/down (if available). **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. RMY and the Harrison Family YMCA, 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, January 8, 2022

Warm-up: 8:00AM; Meet Start: 9:00AM

Girls/Women	Event	Boys/Men
1	8 & Under 100 Medley Relay	2
3	10 & Under 200 Medley Relay	4
5	8 & Under 25 Free	6
7	10 & Under 50 Free	8
9	8 & Under 50 Back	10
11	10 & Under 100 Back	12
13	8 & Under 25 Fly	14
15	10 & Under 50 Fly	16
17	8 & Under 50 Breast	18
19	10 & Under 100 Breast	20
21	8 & Under 100 Free	22
23	10 & Under 200 Free	24

Saturday, January 8, 2022

Warm-up: Not before 12:00PM; Meet Start: Not before 1:00PM

Girls/Women	Event	Boys/Men
25	11-12 200 Medley Relay	26
27	Open 200 Medley Relay	28
29	11-12 50 Free	30
31	Open 50 Free	32
33	11-12 100 Back	34
35	Open 200 Back	36
37	11-12 50 Fly	38
39	Open 100 Fly	40
41	11-12 100 Breast	42
43	Open 200 Breast	44
45	11-12 200 Free	46
47	Open 200 Free	48
49	Open 400 IM	50

**Sunday, January 9, 2022**  
**Warm-up: 8:00AM; Meet Start: 9:00AM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
51	8 & Under 100 Free Relay	52
53	10 & Under 200 Free Relay	54
55	8 & Under 50 Fly	56
57	10 & Under 100 Fly	58
59	8 & Under 100 IM	60
61	10 & Under 100 IM	62
63	8 & Under 25 Breast	64
65	10 & Under 50 Breast	66
67	8 & Under 50 Free	68
69	10 & Under 100 Free	70
71	8 & Under 25 Back	72
73	10 & Under 50 Back	74

**Sunday, January 9, 2022**  
**Warm-up: Not before 12:00PM; Meet Start: Not before 1:00PM**

75	11-12 200 Free Relay	76
77	Open 200 Free Relay	78
79	11-12 100 Fly	80
81	Open 200 Fly	82
83	11-12 200 IM	84
85	Open 200 IM	86
87	11-12 50 Breast	88
89	Open 100 Breast	90
91	11-12 100 Free	92
93	Open 100 Free	94
95	11-12 50 Back	96
97	Open 100 Back	98
99	Open 500 Free	100

**RMY WINTER Invitational  
Summary of Fees/Release Form**

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

RMY Racers

PO Box 4063

Rocky Mount, NC 27803

Email to: rmycoachyvonne@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$4.00 per event	
Relay Entries		\$10.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$11.00 per swimmer	
<b>Total Fees Due</b>			

**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. RMY Racers, Harrison Family YMCA, 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