

CAROLINA AQUATIC TEAM'S

2022 Valentine Splash

February 12-13, 2022

Hillsborough Triangle Sportsplex

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

Sanction #NC22023

TIME TRIALS Sanction #NC22023TT

MEET DIRECTOR	MEET ENTRY COORDINATOR
Sandy Falise sandy.falise@gmail.com	Sandy Falise sandy.falise@gmail.com
MEET REFEREE	MEET MARSHALS
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CONDITION OF SANCTION

As a condition of this sanction, Carolina Aquatic Team (CAT) agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face mask, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the CAT 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

CAT 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. and Carolina Aquatic Team 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.

**NCS FACE
COVERING
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.

LOCAL PROTOCOLS

As a condition of sanction, all meet participants, coaches, officials, administrators, vendors, and athletes (when not in the pool) – must wear fabric or paper face coverings/masks that fit snugly against the face and simultaneously cover the nose and mouth to minimize the spread of respiratory droplets. All participants must also comply with mandated social distancing and mass gathering rules. Participants wishing to remove their face coverings for periods longer than 5 minutes to eat or drink must move and stay 10 feet away from others or exit the facility until their face coverings are back in proper position. Masks must:

- Be made with at least 2 layers of breathable material
 - Fully cover the nose and mouth and secure under the chin
 - Fit snugly but comfortably against the side of the face
 - Be secured with ties or ear loops and allow the guest to remain hands-free
- Warmup sessions will be made at the discretion of the Meet Director to provide appropriate space for each team to warmup.
 - All Meet Personnel **MUST** always wear masks indoor); Masks may be removed outdoors if social distancing is practiced.
 - Things can change based on Covid restrictions at any time. We will do our best to adapt and make things happen.

IMPORTANT INFORMATION:

- Swimmers will be allowed in the building no more than fifteen (15) minutes prior to their warm-up time and must leave the building immediately after their last swim of the session.
- Access to the building will be the front door.
- **Only swimmers and essential meet personnel will be allowed on deck. At this time there will be no spectators on deck.** Swimmers will be able to exit via the front door if they need to see their parents. Swimmers may only access the locker rooms to use the bathroom (no changing or showering).
- Sessions may need to be combined at the discretion of Meet Management.
- No parents allowed in the facility except for monitored use of the lobby bathrooms.
- Marshals will be monitoring the team spaces to ensure athletes are maintaining protocols.

FACE COVERINGS	All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face masks and comply with mandated social distancing and mass gathering rules.
LOCKER ROOMS/ CHANGING	Athletes must arrive and depart in their suits. Locker rooms are for restroom use only and must not be used for changing or showering. Deck changing is prohibited.
ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS	Entry will be through the front door of the Sportsplex unless communicated otherwise prior to the meet. Exits will be the back, double doors, or the emergency exit. Athletes will sit in designated team areas which will be monitored by parent volunteer and/or coaches.
SPECTATOR LIMITATIONS and PROTOCOLS	Live streaming will be available for parents to view the meet. Information on the livestream channel will be distributed to teams prior to the start of the meet.
PARENTAL ACCESS	Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them at the front door. Should parents be unable to contact their child directly, they should see the Meet Marshal or Meet Director.
HEALTH SCREENING	Ingress to the facility MAY require health screening questions/and or temperature checks before entering in accordance with CDC and local health department recommendation. Orange County Sportsplex may provide waiver forms and have a table set up to conduct temperature checks for meet personnel and athletes if the facility requires such at the time of the meet.
FACILITY	Orange County Sportsplex 1010 Meadowlands Dr. Hillsborough, NC 27278

The Sportsplex pool is an 10-lane, 25-yard course pool with non-turbulent lane markers and deck-anchored starting blocks. It is 6 feet deep at both the starting and turn ends. The Colorado Timing system with touchpads will be used along with buttons and watches in each of 10 eight-foot-wide lanes for competition. In addition to the competition pool, there is a warm-up/warm-down pool with 3 lanes for continuous use throughout the meet. Locker rooms for women and men are available. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, rest rooms, or locker rooms. The competition course has not been certified in accordance with 104.2.2C(4).

NO SPECTATORS ARE PERMITTED ON THE POOL DECK.

MEET FORMAT

This is a timed finals meet. **Final start times for afternoon sessions will be determined after entries are submitted and distanced warm-ups can be ensured.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday Timed Finals	7:00 AM	8:00 AM	10 & U, 11-12 Boys
2	Saturday Timed Finals	12:30 PM	*1:30 PM	11-12 Girls, 13 & Over
3	Sunday Timed Finals	7:00 AM	8:00 AM	10 & U, 11-12 Boys
4	Sunday Timed Finals	12:30 PM	*1:30 PM	11-12 Girls, 13 & Over

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Friday, January 15, 2022	8:00 PM	Intention to Enter
Wednesday, February 2, 2022	6:00 PM	Entry deadline
Saturday, February 12, 2022	6:45 AM	Coaches Meeting – Hospitality
Saturday, February 12, 2022	30 minutes before PM session ends	Time Trial Signups End
Saturday, February 12, 2022	30 Min. Before Start of Saturday PM Session	1650 Free Positive Check In Closes
Sunday, February 13, 2022	7:30 AM	10&U, 11-12 Boys 500 Free Positive Check In Closes
Sunday, February 13, 2022	30 Min. Before Start of Sunday PM session	11-12 Girls, 13&O 500 Free Positive Check In Closes
Sunday, February 13, 2022	30 min before PM session ends	Time Trial Sign Up Ends

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-high 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 and always supervise their swimmers. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in workout 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. 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

Carolina Aquatic Team 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. Members who are unable to

wear face masks because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit CAT's ability to accommodate all requests.

ENTRIES

1. Entries must be submitted via e-mail to Sandy Falise using Hy-Tek Team Manager, and it is recommended that hard copy Hy-Tek printout be sent as a backup. Electronic entries will take precedence over printed copy in case of discrepancies. Any e-mail entry received will be acknowledged by a confirmation e-mail. If you do not get a confirmation e-mail, your entry has not been processed.
 2. Entries must show swimmer's USA ID and actual age of swimmer as of Saturday February 12, 2022.
 3. Entry fees must be received no later than the first session of the meet. Make checks payable to Carolina Aquatic Team.
 4. Swimmers ages 18 and over must have completed the USA Swimming Athlete Protection Training required by the MAAPP at least two days prior to the meet start date, otherwise those swimmers could be removed from the meet.
- A swimmer's age on the first day of the meet will determine their age for the entire meet. CAT's 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 are limited to 5 individual entries per day not to exceed a max of 10 individual events for the meet.
Meet management reserves the right to limit team entries in order to manage the timeline. Any team affected will be notified by telephone or e-mail and entry fees will be refunded. These are the only fees that will be refunded.

ENTRY DEADLINES

Entries must be received by 6pm Wednesday, February 2, 2022. Telephone entries will not be accepted. Late entries may be accepted on deck at the discretion of the Meet Referee if empty lanes are available. Fax entries will not be accepted. There will be no on deck entries.

ENTRY FEES

Individual Event	\$5.00 per Individual Event (NCS Registered Swimmers)
Individual Event	\$5.75 per Individual Event (outside – NCS-LSC Swimmers)
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers

Facility Surcharge	\$10 per swimmer
Late Entry Fee	Double Listed Entry Fees
Time Trial Entry Fee	\$10 cash per event/\$15 cash per relay
Email Entries To: sandy.falise@gmail.com	

A late entry is any entry received on or after 6 PM Wednesday, February 2, 2022.

TIME TRIALS

Time Trials will be offered only after the afternoon Session both Saturday and Sunday depending on the timeline and at the discretion of the Meet Referee. Entrants in Time Trials must be entered in the meet. Distance Trials will only be offered after the session on Saturday Night. **Time Trials count toward a swimmer's individual events per day event limit.**

Sign up deadlines on days when Time Trials are offered will be 30 minutes before the session ends. The order in which time trial events will be conducted will follow National event order except for the Distance Events (e.g., that day's events, followed by next day, etc.).

Time Trial fees are \$10.00 per individual event and \$15.00 for relays payable in cash at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin immediately after the session conclusion, or at the discretion of the Meet Referee. USA Swimming rules will apply to Time Trials.

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. Carolina Aquatic Team reserves the right to combine heats and events at the discretion of the Meet Referee to comply with the four-hour rule. Additional breaks may be added at the discretion of the Meet Referee.

The Open 400Y IM and the 500Y Freestyle will be swum fastest to slowest in event order. The 1650 will be swum fastest to slowest, alternating women and men and may be limited to the fastest 30 of each gender. Positive check in by the deadline is required to ensure swimmers are seeded. Meet management reserves the right to limit entries to conform to timelines.

Swimmers will be required to provide their own counters and MAY be required to provide their own timers.

SCRATCHING	<p>There are no penalties for scratches or failing to compete in pre-seeded events at the block when swum.</p> <p>For Deck seeded Events, swimmers who are properly checked in and seeded but fail to compete and are not excused by the Meet Referee will be barred from their next individual event.</p>
CHECK-IN	<p>A positive check-in, located at clerk of course, will be required for the following events:</p> <ul style="list-style-type: none"> • 500Y Free • 1650Y Free <p>Swimmers that fail to check in will be scratched from the event and not seeded</p>
SCORING	<p>This meet will not be scored.</p>
AWARDS	<p>No awards will be given.</p>
RESULTS	<p>Results will be posted on Meet Mobile.</p>
COACHES	<p>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.</p> <p>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.</p>
OFFICIALS/TIMERS/ VOLUNTEERS	<p>There will be a need for officials. CAT welcomes and encourages anyone willing to volunteer. Volunteering Officials MUST contact the Meet Referee by email <u>prior to the meet</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 plan to arrive 30 minutes before the start of their session for the officials meeting that session unless otherwise communicated by the Meet Referee. Please bring a mask, your personal water bottle, a writing utensil, and a headset (if applicable).</p>
HOSPITALITY/ CONCESSIONS	<p>Hospitality will be limited to Coaches and Meet Officials only. This may change at the Meet Directors discretion.</p>
WARM-UP	<p>In accordance with USA Swimming and COVID-19 guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet.</p>

The Marshal 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. 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 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. CAT, Orange County Sportsplex, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from 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 CAT 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.

2022 Carolina Aquatic Team's Valentine Splash

Order of Events

Saturday Morning, February 12, 2022

10 & UNDER and 11-12 BOYS		
Warm-ups at 7:00 AM. Meet starts at 8:00 AM		
Girls	Event	Boys
	11-12 400 Yd IM	2
3	10&U 100 Yd IM	4
	11-12 100 Yd IM	6
7	10&U 100 Yd Backstroke	8
	11-12 100 Yd Backstroke	10
11	10&U 200 Yd Freestyle	12
	11-12 200 Yd Freestyle	14
15	10&U 100 Yd Butterfly	16
	11-12 100 Yd Butterfly	18
19	10&U 50 Yd Breaststroke	20
	11-12 50 Yd Breaststroke	22
	11-12 200 Yd Breaststroke	24
25	10&U 50 Yd Freestyle	26
	11-12 50 Yd Freestyle	28

*Deck seeded events with positive check-in required **by 8:00 AM**. Swimmers who have not been checked in will be scratched from the event. The 400 IM will be swum fastest to slowest, all women followed by all men.

Saturday Afternoon, February 12, 2022

11-12 GIRLS and 13 & Over		
Warm-ups at 12:30 PM. Meet starts 1:30 PM.		
Girls	Event	Boys
29	11-12 50 Yd Freestyle	
31	13&O 50 Yd Freestyle	32
33	11-12 100 Yd IM	
35	Open 400 Yd IM	36
37	11-12 100 Yd Backstroke	
39	13&O 100 Yd Backstroke	40
41	11-12 100 Yd Butterfly	
43	13&O 100 Yd Butterfly	44
45	11-12 50 Yd Breaststroke	
47	Open 200 Yd Breaststroke	48
49	11-12 200 Yd Freestyle	
51	13&O 200 Yd Freestyle	52
53	Open 1650 Yd Freestyle	54

Sunday Morning, February 13, 2022

10 & UNDER and 11-12 BOYS

Warm-ups at 7:00 AM. Meet starts at 8:00 AM

Girls	Event	Boys
*	11-12 200 Yd IM	56
57	10&U 200 Yd IM	58
*	11-12 100 Yd Freestyle	60
61	10&U 100 Yd Freestyle	62
*	11-12 200 Yd Butterfly	64
65	10&U 50 Yd Butterfly	66
*	11-12 50 Yd Butterfly	68
69	10&U 100 Yd Breaststroke	70
*	11-12 100 Yd Breaststroke	72
73	10&U 50 Yd Backstroke	74
*	11-12 50 Yd Backstroke	76
*	11-12 200 Yd Backstroke	78
79	12&U 500 Yd Freestyle	80

Sunday Afternoon, February 13, 2022

11-12 GIRLS and 13 & OVER

Warm-ups start at 12:30 PM. Meet starts at 1:30 PM

Girls	Event	Boys
81	13&O 200 Yd IM	82
83	11-12 200 Yd IM	
85	13&O 100 Yd Freestyle	86
87	11-12 100 Yd Freestyle	
89	Open 200 Yd Butterfly	90
91	11-12 50 Yd Butterfly	
93	13&O 100 Yd Breaststroke	94
95	11-12 100 Yd Breaststroke	
97	Open 200 Yd Backstroke	98
99	11-12 50 Yd Backstroke	
101	Open 500 Yd Freestyle	102

CAROLINA AQUATIC TEAM'S VALENTINE SPLASH

Summary of Fees/Release Form

Complete and email this form along with entry fees to:

Sandy Falise:

sandy.falise@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

MEET FEES	NCS TRAVEL FUND \$3 PER SWIMMER	FACILITY SURCHARGE \$10 PER SWIMMER		INDIVIDUAL ENTRIES \$5 NC \$5.75 Out of State		
TOTAL # SWIMMERS			TOTAL INDIVIDUAL ENTRIES			
ENTRY FEES DUE	\$	\$		\$		\$
			TOTAL ENTRY FEES DUE payable to "Carolina Aquatic Team"			\$

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. Carolina Aquatic Team, Triangle Sportsplex, 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.

Head Coach's Signature _____ Printed Name _____ E-Mail
 Address _____ Phone _____
 Club Name _____ Club Code _____
 Club Address _____
 City _____ State _____ Zip Code _____