



## Smoky Mountain Aquatic Club Intersquad Meet

Hosted by Smoky Mountain Aquatic Club

July 25th, 2020

Held at the Waynesville Rec Center

550 Vance St, Waynesville, NC 28806

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

**CONDITION OF SANCTION:** As a condition of this sanction, the Smoky Mountain Aquatic Club 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 SMAC Meet Plan below.

**ASSUMPTION OF RISK DISCLAIMER:** Smoky Mountain Aquatic Club, the Waynesville Rec Center, and WCAG have taken enhanced health and safety measures for athletes, coaches, officials, administrators, 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.

**COVID19 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 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.



### **SMAC COVID-19 General Meet Plan**

- All meet participants - coaches, officials, administrators, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.
- Swimmers for each session will enter the building through the main entrance and proceed to the pool where they must social distance throughout the entire venue. Swimmers will set up their spot on the bleachers.
- NO CHAIRS ON THE POOL DECK.
- SWIMMERS SHOULD ONLY BRING THEIR TOWEL AND A WATER BOTTLE/DRINK ON DECK.
- The event will consist of four different 40min sessions. Athletes will be assigned lanes for warm up and warm down prior to the event.
- There are NO SPECTATORS at this event.
- A MAXIMUM OF TWO (2) SWIMMERS PER LANE FOR ALL WARMUPS AND WARMDOWNS. Swimmers must start and end on opposite ends of the pool.
- Athletes will time for one another.

### **Meet Format changes due to COVID-19**

- The pool deck and pool area will be limited to 20 total people. 2 Coaches, 6 officials including admin and 12 athletes. Locker room use will be off limits except for emergencies. No spectators allowed. All coaches, officials, administrators, and athletes must remain 6ft apart at all times.
- Groups of 12 athletes will enter the pool deck at the top of each hour. Athletes are not to be early.
- Two heats of three events will be completed in 40 min, at the conclusion of which, athletes will promptly leave the deck. Each heat will have 6 swimmers.
- Athletes will have a 15 min warm up period upon arrival. Heat one of event one will start at minute marker 15:00. Heat two will begin immediately after. Following the conclusion of the second heat, there will be a brief warm down period between events.
- Heat one of event two will begin promptly at the 24:00min marker. At the conclusion of event two, there will be a brief warm down period.
- Heat one of event three will begin promptly at the 35:00min marker. At the conclusion of event three, athletes will have a brief warm down period and will leave the deck.
- Total athlete entry will not exceed 48 across a 4-hour period.
- No one with a fever or symptoms of COVID-19 will be allowed to participate in the meet. Temperatures will be taken prior to entering the Waynesville Rec Center.

**Meet personnel for each session are as follows (All Meet Personnel MUST wear masks at all times with the Announcer as the exception during the meet):**

- One Meet Ref, one starter and two stroke and turn judges.
- Athletes will time for one another, one timer per lane with a button and watch and one (1) backup timer.
- Two Coaches.
- Three Lifeguards

According to the Executive Order for Phase 2 operations, the Waynesville Rec Center is allowed to have 186 in the water at any time and an additional 33 per thousand sq. ft on deck. This leaves plenty of capacity for Coaching Staff.



<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Charlie McCanless 704-737-2333 coachmccanless@gmail.com	Scott Simmons 704-737-2333 smacwaynesville@gmail.com
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Matt Butler (828) 545-5446 <a href="mailto:butlerconinc@gmail.com">butlerconinc@gmail.com</a>	Charlie McCanless 704-737-2333 coachmccanless@gmail.com

**FACILITY:** The Waynesville Rec Center is a facility with ten (8) 25- yard lanes. Bleacher seating is available for up to 420 spectators along with deck space and bleacher seating for swimmers. The water depth of the competition pool (or course) is eight (8) feet deep at the starting end of the course and four feet six inches (3'6") at the turn end of the course. **The competition course has not yet been certified in accordance with 104.2.2C(4).**

**Timing System:** Colorado Timing Systems 6 Matrix Board.

Parking is available directly out front of the Rec Center. More detailed parking information will be released to teams after the registration deadline.

**Facility Rules:** No Spectators

\*NO smoking is allowed inside the facility.

\*NO coolers allowed inside the facility

\*NO glass containers allowed inside the facility

\*NO food or beverages allowed on deck, in the locker rooms or in spectator areas

**Meet Format:** This is a one-day, three forty min session, Timed Finals Meet. This meet is open to SMAC Athletes only.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday AM	8:00am	Event One: 8:15 Event Two: 8:25 Event Three: 8:35	13 and Over
2	Saturday AM	9:00am	Event One: 9:15 Event Two: 9:25 Event Three: 9:35	13 and Over
3	Saturday AM	10:00am	Event One: 10:15 Event Two: 10:25 Event Three: 10:35	12 and Under
4	Saturday AM	11:00am	Event One: 11:15 Event Two: 11:25 Event Three: 11:35	12 and Under



**ENTRY DEADLINE: Entries are due 07/15/2020 by 9pm.** Entries will not be accepted after 9pm on 07/15/2020.

**SAFETY:** 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.

### **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.

### **RACING STARTS**

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.

### **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. The NCS Scratch Rule is in effect for this meet.
- Athlete use of changing areas, rest rooms, behind the blocks, or locker rooms are prohibited. Restroom use is for coaches, administrators, and officials only.
- Deck changes are prohibited.
- 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.

### **TECHNICAL SUIT BAN for 12&Us**

Per NCS Rule 210.2, 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.

### **ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. and members of Smoky Mountain Aquatics, and 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. This meet is open to ALL USA Swimming registered athletes who are members of SMAC.



## SWIMMERS WITH DISABILITIES

Smoky Mountain Aquatic Club 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 and Meet Referee 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 SMAC's ability to accommodate all requests.

## ENTRIES

Please use the swimmer's full name, age, and sanctioned short course yard times or a no time. Entries via e-mail using SD3 format are strongly encouraged. Clubs or individuals not submitting entries electronically will be subject to a \$10.00 per swimmer entry surcharge. Go to [www.hy-tek.com](http://www.hy-tek.com) to download Team Manager II Lite if your club does not possess team management software. You must submit a paper back-up and your signed team summary sheet for verification.

## ENTRY LIMITATIONS

Swimmers may swim a maximum of 2 individual events. This meet is limited to 30 total athletes.

## 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: <b>Western Carolina Aquatic Group</b> ; All fees are non-refundable	
Individual Event	\$18 per swimmer
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$5 facility fee per swimmer
Late Entry Fee	\$12.00 per event

**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.

**SCORING and Awards:** No Scoring or Awards



**RESULTS:** Results will be emailed within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.

**HEAT SHEETS/MEET MOBILE:** The meet results will be published to Meet Mobile.

**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:** All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. A virtual officials' meeting will be held prior to the meet.

**HOSPITALITY/CONCESSIONS:** There will not be hospitality at this meet.

**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. During the meet, Meet Management reserves the right to change warm-up times according to the number of entries.

**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. Smoky Mountain Aquatic Club, the Waynesville Rec Center, 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, July 25th**

**Warm-up: 8am; Meet Start: 9:30am**

**Session One**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
Open 50 FR	1-2	Open 50 FR
Open 100 BK	3-4	Open 100 BK
Open 200 IM	5-6	Open 200 IM

**Saturday, July 25th**

**Warm-up: 9am; Meet Start: 9:15am**

**Session Two**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
Open 50 FR	1-2	Open 50 FR
Open 100 BK	3-4	Open 100 BK
Open 200 IM	5-6	Open 200 IM

**Saturday, July 25th**

**Warm-up: 10am; Meet Start: 10:15am**

**Session Three**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
12 and Under 50 FR	1-2	12 and Under 50 FR
12 and Under 100 IM	3-4	12 and Under 100 IM
12 and Under 50 BK	5-6	12 and Under 50 BK

**Saturday, July 25th**

**Warm-up: 10am; Meet Start: 10:15am**

**Session Three**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
12 and Under 50 FR	1-2	12 and Under 50 FR
12 and Under 100 IM	3-4	12 and Under 100 IM
12 and Under 50 BK	5-6	12 and Under 50 BK



### SMAC Intersquad Summary of Fees/Release Form

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

Smoky Mountain Aquatic Club

ATTN: Charlie McCanless, 210 Richland St.

Asheville, NC 28806

Email Entries to:

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Event Charge		\$18 per swimmer	
Facility Surcharge		\$5 per swimmer	
NCS Travel Fund		\$3.00 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. Smokey Mountain Aquatic Club, The Buncombe County Schools Aquatic Center, 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.

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SIGNATURE (Coach or Club Representative)

TITLE

DATE





## Smoky Mountain Aquatic Club Supporters

The Asheville School



The Waynesville Recreation Center



Speedo

