



2021 MOR Intrasquad Distance Meet

Hosted by Marlins Of Raleigh

January 24, 2021

Held at: Smithfield Recreation and Aquatics Center
 600 M Durwood Stephenson Parkway
 formerly 600 Booker Dairy Rd, Smithfield, NC, 27577

*Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
 Sanction #NC21014*

MEET DIRECTOR	MEET ENTRY COORDINATOR
<p>Cara Cameron Coachcara45@aol.com AO/ Entry Coordinator Pam Rocque mormeets@gmail.com</p>	<p>Cara Cameron 4904 Waters Edge Drive, Suite 295 Raleigh, NC 27606 (919) 851-3000 Coachcara45@aol.com</p>
MEET REFEREE	MEET MARSHAL
<p>Craig Whitaker Craig_whitaker@nc.rr.com</p>	<p>Billy Thorne</p>

CONDITION OF SANCTION

As a condition of this sanction, the MOR Swim Team 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 MOR Swim Team 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 MOR Swim Team 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.

MOR COVID-19 MEET PLAN

FACE COVERINGS All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.

LOCAL PROTOCOLS According to the Executive Order for Phase 3.0 operations, SRAC and MOR allow 32 athletes in the water at any time and an additional 50 per thousand sq. ft. on deck. The maximum number of swimmers, coaches, officials and other essential personnel in the facility per session, not including computer personnel or lifeguards, is 76, MOR is well below the maximum facility capacity of 396 and in compliance with all CDC, State and local government requirements.

Volunteer Check-In for the meet will be right inside the meet entrance at a time TBD and you may wait in the designated area (TBD) until 10 minutes before the start of session to enter.

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):

- **Four (4) Meet Marshals (MOR parents or coaches):** Three (3) individuals will be on deck and responsible for maintaining four (4) swimmers per lane for all warm-up/warm-down. The other individuals will be responsible for maintaining social distancing in the seating area and not permitted to enter the pool deck. Meet Marshals must be in position 15 minutes before the start of warmups and work the entire session.
- **Nine (9) timers (MOR parents):** One timer per lane with a button and watch and one (1) back-up timer. Timers should not enter the pool deck until five minutes prior to the start of the session (not the warm up). Timer may stand in the lobby area where they MUST also check in.
- **One (1) Announcer (MOR parent):** Act as Clerk of Course/help 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 warm up). They may collect their heat sheet upon checking in and waiting in the lobby area.

MOR Personnel for each session are as follows: (All MOR staff must wear face masks at all times)

- One (1) Supervisor
- One (1) Timing Operator
- One (1) Video Operator
- One (1) Meet Director
- SRAC Personnel for each session
- One Computer operator
- Lifeguards mandated by SRAC
- One Supervisor of SRAC

Officials' Meeting for all Sessions will be via Zoom on Thursday, January 21, 2021 at 6:45pm. It will be recorded for those who can't attend live and attendance will be monitored to ensure that all officials participate. Officials for each session are as follows:

- One (1) Meet Referee
- One (1) Deck Referee
- One (1) Starter
- One (1) Admin Official/ Computer Operator (Pam Rocque)
- Four (4) Stroke and Turn judges

Warm-Ups

A MAXIMUM of FOUR (4) SWIMMERS PER LANE FOR ALL WARMUPS AND WARMDOWNS.

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. Restrooms will be monitored by a meet marshal.

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS

Volunteer Check-In for the meet will be right inside the meet entrance at a time TBD and you may wait in the designated area (TBD) until 10 minutes before the start of session to enter.

Swimmers for each session will enter the building through the side entrance of the building and proceed to assigned area where they should practice social distancing throughout the entire seating area. Teams will be assigned specific areas. Swimmers, coaches, volunteers and officials will all wear masks upon entering the facility. EXIT will be at the front of the building directly off of the pool deck. A MOR volunteer will be outside monitoring the children coming out of the building and waiting for parents.

Swimmers will setup their spot in the seating area, Some swimmers will be assigned to bring their own chairs. Swimmers should only bring their towel and a water bottle/drink/cap/goggles/mask on deck unless instructed. Snacks and bags should remain in their spot in the seating area. When told to begin warm up, swimmers will enter the pool deck via the assigned flow of the building. Teams will be assigned warm up sessions.

SWIMMER LIMITATIONS and PROTOCOLS

The meet will be capped at 50 swimmers per session.

When entering the pool for a scheduled event, swimmers will be asked to line up on designated spaces in the seating area, maintaining social distancing protocol and will wait to be called down to the pool deck by the announcer. **SWIMMERS WILL WEAR MASKS AT ALL TIMES OTHER THAN WHEN THEY ARE IN THE POOL OR WAITING BEHIND THE BLOCKS.**

We ask that each family park and walk their swimmer to the entrance and wait with them until their temperature is taken and then return to their car.

Restroom facilities will be used for emergencies ONLY. Restrooms for Officials, Coaches and Volunteers will be in the main lobby of the building. A Marshal will be at the door to the hallway monitoring the locker rooms for restroom use. No swimmer will be allowed to take their swim bag into the locker room with them. All swimmers must come in their suit and leave in their suit.

SPECTATOR LIMITATIONS and PROTOCOLS

There will be no "In-Person" spectator viewing. The meet will be live-streamed via the Marlins of Raleigh Facebook page.

Spectators/Parents are required to wear a face covering at all times while attending, observing or meeting with their athletes at the meet whether inside the facility, in any adjacent viewing/gathering areas provided by the MOR Swim Team, or meeting with their swimmer in a designated facility location and are expected to comply with all mandated state/local/facility COVID-19 guidelines.

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 door. Should parents be unable to contact their child directly, they should see the Meet Marshal or the Meet Director. In the case of an emergency, please call and/or text the Meet Director.

HEALTH SCREENING

Ingress to the facility requires health screening questions and/or a temperature check before entering in accordance with CDC and local health department recommendation.

There will be two (2) MOR parents or coaches outside conducting temperature checks of all who enter the building for the meet. Individuals whose temperatures register above 99.3 degrees will not be allowed to enter.

LIVE STREAMING

We are happy to announce we will be live streaming the meet from our [Marlins of Raleigh Facebook Page](#).

How to watch:

1. Click on the link above which will take you to the Marlins Facebook page. That's it, that's how you watch it. :)
2. The live stream video will show at the top of the page when it is live
3. The live stream will cut off after each completion of an event
4. The live stream video will also be labeled according to the event it is showing to make it easier for you to find your swimmers race.
5. If you haven't already, go ahead and "Like" the page so that you get notifications of when the page goes Live. This will ensure you don't miss out on any of the action
6. You do NOT need to have a Facebook account to watch the stream as the page is public. However, logging in to an FB account will allow you to interact with the Live stream (i.e comment, react, share)

The live videos will be saved to the timeline so if you miss watching them live, you will be able to go back and rewatch. :)

IMPORTANT INFORMATION

Swimmers will be allowed in the building no more than 20 minutes prior to their warm-up time and should plan to leave the building immediately after their last swim of the session.

Swimmers will be able to exit if they need to see their parents. This door will be monitored.

Swimmers may only access the locker rooms to use the restroom (no changing or showering). The pool area will be cleared and completely sanitized within 20 minutes of the start of warm-ups for each session. We will use volunteer timers—one per lane with a button and a watch. Watches will be sanitized and placed in zip-lock bags (to be changed between every session). Timers must bring their own pencil/pen. Sessions may need to be combined at the discretion of Meet Management.

Coaches and Officials will have a designated restroom off of the pool deck for their use only. The restroom is for one person at a time. If at any time a break is needed for timers, officials, meet volunteers to use the restroom, a break will be added to the order of events if deemed necessary by meet management.

FACILITY

The Smithfield Recreation and Aquatics (SRAC) provides an eight-lane 25-yard competition pool with depth of four to nine feet. We can have up to 10 lanes for warm-up and cool-down. Paragon starting blocks will be used for the start of all events these have a maximum height of 30 inches from the pool deck. Competition lanes are a minimum of 5 feet wide. There is a Colorado System 6 with one scoreboard. The timing system includes touch pads and one timer per lane operating both a button and a watch. There are boy's and girl's locker rooms available for teams. There is also free WIFI available to spectators.

The aquatic facility is located just off of Hwy 70 East at the Smithfield Community Park. Spectator seating is located on the deck with 182 seats along with upstairs overview seating.

We have a 3,000 square foot splash park that will be used for spectator seating along with team areas and vendors.

PARKING

Parking in the SRAC will be for members, meet officials, and meet volunteers. Adjacent parking will be located at the Smithfield Community Park and Smithfield Selma High School. If you plan on staying and viewing the livestream, please move to the park while you view

MEET FORMAT

All events are timed finals. 10-under are allowed one event and 11-over two events. Sessions may be combined or split up at the discretion of Meet Management and

allowing for the allowances in numbers All events will be deck seeded. There will be no relays or scoring. Breaks may be added where needed.

MOR reserves the right to change the warm-up times once the entries have been received.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	5:45pm	6:40pm	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday, Jan 14, 2021	12:00 noon	Entry deadline
Wednesday, Jan 20, 2021	2:00 pm	Meet Mgmt – changes deadline
Thursday, Jan 21, 2021	6:45 pm	Officials Zoom Meeting
Thursday, Jan 21, 2021	12:30 pm	Coaches/General Meeting Zoom

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. All events are timed finals.

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 the Marlins of Raleigh Swim Team. 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. The swimmer's age on the first day of the meet will determine their age for the whole competition. There will be no on deck registration available at this meet.

10-unders swimming the 500 Y Freestyle must have achieved the BB in the 200 Y Free to be eligible to swim the 500 Y Free.

11-overs swimming the 400 Y IM or the 1000 Y Free must be BB or faster swimmers.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

MOR 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 coverings 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 MOR's ability to accommodate all requests.

ENTRIES

Submit entries using Hy-Tek cl2 format. Email is the preferred method of sending entries, however disks are acceptable. The Hy-Tek order of events file can be found on the NCS website at www.ncswim.org or coaches may email Pam Rocque at mormeets@gmail.com to receive a copy. Entries submitted after the entry deadline should be emailed to the Meet Director. New entry files will not be accepted after the meet entry deadline, however new entries via Word files may be accepted at the discretion of the Meet Director.

Acceptance of entries cannot be guaranteed. Meet will be capped at 50 swimmers per session.

ENTRY LIMITATIONS

10-unders may swim one event. 11-over may swim two events.

ENTRY DEADLINES

Completed meet entries on Hy-Tek, Team Unify or similar team management software are due **by Thursday, January 14, 2021 at 12noon**. Entries will not be accepted without a completed Summary Sheet and payment of entry fees. Late entries, including adding additional events or switching events, may be accepted by the Meet Director but may not be seeded. **Double entry fees will be charged for all late or changed entries after the entry deadline**. Please direct all entry correspondence to both the Meet Director and the Meet Entry Coordinator (see first page for contact information).

ENTRY FEES

Make checks payable to: Marlins Of Raleigh Swim Team (MOR)	
Individual Event	\$8.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer

Entry fees must accompany entry and are non-refundable.

**MAIL ENTRY &
FEES TO:**

MOR DISTANCE Days

4904 Waters Edge Drive; Suite 295
Raleigh, NC 27606

Email Entries To: mormeets@gmail.com (Pam Rocque)
Coachcara45@aol.com (Cara Cameron)

Final entry must:

1. Include check payable to MOR for correct entry fees
2. Include properly completed Summary Form
3. Be received by the meet entry deadline
4. Not be sent in a manner requiring a signature for delivery.

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. MOR reserves the right to have breaks positioned into the meet (no longer than 10 minutes in length depending on the timeline after positive check-in).

CHECK-IN

A positive check-in is required for all events within 15 minutes after the start of warm-ups.

SCRATCHES

There will be no penalty for scratches.

SCORING

No team or individual scoring will be kept.

AWARDS

There will be no awards.

RESULTS

Results will be posted on MOR's website 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

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. Officials who would like to work at the meet should contact the Meet Referee prior to the meet. Officials briefings will be held via ZOOM meeting at the date and time listed on the Deadline and Meeting Summary.

**HOSPITALITY/
CONCESSIONS**

Drinks and bagged snacks will be available for coaches, volunteers and timers on deck. There will be no concessions offered.

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 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. **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. USA Swimming, Inc., North Carolina Swimming, Inc., Marlins of Raleigh, Inc., and SRAC, 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.

ENTRY SUMMARY SHEET 2021 MOR DISTANCE Days Intrasquad JANUARY 24, 2021

Use this form for a summary of entry fees.

AGE GROUP	NO. OF ATHLETES	PER ATHLETE FEES \$18 per athlete [\$3 NCS + \$15 Facility]	TOTAL ENTRIES	ENTRY FEE NC athletes \$8.00/event	TOTAL ENTRY FEES
GIRLS					
BOYS					
				TOTAL FEES	\$

TOTAL FEES

Return this summary sheet with entry fees, official rosters and entry forms to:

**MOR DISTANCE Days Intrasquad
4904 WATERS EDGE DRIVE; SUITE 295
RALEIGH, NC 27606**

USA Swimming, Inc., North Carolina Swimming, Inc., Marlins of Raleigh, Inc., and Ravenscroft School shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature (Coach): _____

Head Coach: _____

Approximate number of coaches who will be in attendance: _____

Club: _____ Club Code: _____

Club Address: _____

Work Phone: _____

E-Mail: _____

Please supply an address in which we can contact the appropriate coach in case of changes or in the case of needing more information:

Session #1 – Sunday

GIRLS EVENT #	EVENTS	BOYS EVENT #
1	11-over 400 Y IM	2
3	10-under 500 Y Free	4
5	11-over 1000 Y Free	6