

2021 EAC Piedmont Pentathlon

Hosted by the Enfinity Aquatic Team

September 24-25, 2021

Held at Greensboro Aquatic Center, 1921 West Gate City Blvd, Greensboro, NC 27403

SANCTION Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. **Sanction # NC21154**

MEET DIRECTOR	MEET ENTRY COORDINATOR
Korey McCulley kmcculley@enfinityfit.com 620-786-4971	Korey McCulley kmcculley@enfinityfit.com 620-786-4971
MEET REFEREE	MEET MARSHAL
Beth Burge bethburge@me.com 336-266-0810	Gunther Rodriguez grodriguez@enfinityfit.com 252-622-6745

CONDITION OF SANCTION As a condition of this sanction, Enfinity Aquatic Club 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 Enfinity Aquatic Club 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 Enfinity Aquatic Club 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.

EAC 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.

LOCAL PROTOCOLS

All meet participants – coaches, officials, administrators, spectators, vendors and athletes shall comply with the following facility and local protocols:

- *Masks are mandated in Guilford County so everyone will adhere to the mask mandate while they are inside the facility.*
- *One lane timer per lane will provide a semi-automatic and manual watch backup time, and there will be one head timer.*
- *Volunteers are responsible for clerk of course. Meet marshals are responsible for lockers rooms, grandstands and race ready area.*
- *Spectators will be allowed in the facility.*
- *Teams are assigned seating areas on deck.*
- *Restroom facilities will be available and monitored by Enfinity Aquatic Club.*
- *No chairs will be allowed in the facility and backpacks must remain on wall hooks and in the bleachers. No backpacks are allowed on deck.*

Warm-Ups

- *Warm-ups will begin at the times stated below, and will be assigned after entries close.*
- *Warm-ups will be limited to the eight/ten-lane competition pool.*
- *During the meet, warm-up/cool-down lanes will be available.*

**LOCKER ROOMS/
CHANGING**

Athletes may use the locker rooms. Deck changing is prohibited. Restrooms/Locker rooms will be monitored by Enfinity Aquatic Club. Separate restrooms will be available to the public. Meet volunteers, officials, and coaches will have access to designated restrooms during the meet. Athletes will use the locker room restrooms ONLY.

**ENTRY & EXIT PROCEDURES and
ATHLETE SEATING AREAS**

All athletes, coaches and volunteers will enter and exit the facility through the designated entrance. When entering the facility, all athletes and coaches will enter and proceed to their designated seating area. Designated seating will be on deck. No outside chairs are allowed in the facility. Volunteers should check in with the volunteer coordinator and proceed to the appropriately assigned area.

**SPECTATOR LIMITATIONS and
PROTOCOLS**

Spectators will be allowed. There will be no charge or marked seating for spectators. Social distancing is no longer required though spectators will be required to wear masks throughout the facility.

Additional Viewing Options:

The meet will be live streamed on the GAC Facebook page.

PARENTAL ACCESS

Parents needing access to their athlete during the meet can contact their children directly via cellphone and arrange to meet them at the outdoor drop-off area. Should parents be unable to contact their child directly, they should contact their coach, who can request assistance from the Meet Marshal. In the case of an emergency, please call and/or text the Meet Director at (620) 786-4971.

FACILITY

The GAC is a state-of-the-art indoor facility with three pools, which opened in August 2011. The main competition pool is 9-10 feet deep at both ends and can be configured into two 25-yard courses with up to twelve 7-foot wide lanes. This competition will use two short course competition venues that are 8 lanes and 10 lanes (depending on entries and communicated within three days of the entry deadline) with continuous warm-up and cool down lanes available throughout the meet. All lanes feature non-turbulent lane lines and KDI Paragon starting blocks. The Omega timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. At least three lanes will be open for continuous warm up and down. Seating for 1800 spectators is available. Parking will be available at the Coliseum for up to \$5 per day with unlimited entry and exit. Free parking will be provided for participating certified coaches and officials.

NO SPECTATORS ARE ALLOWED ON THE DECK AT ANY TIME.

MEET FORMAT

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

Session	Day	Warm-Up	Meet Start	Age Groups
1	Friday	3:30 pm	5:00 pm	12&U/13&O
2	Saturday	7:30 am	9:00 am	13&O
3	Saturday	12:30 pm	2:00 pm	12&U

**DEADLINES &
MEETING
SCHEDULE**

- **Officials meetings will be 45 minutes prior to the start of all sessions.**

Day	Time	For
Monday, Sept. 13 th , 2021	NOON	Entry Deadline
Friday, Sept. 24 th , 2021	5:00 pm	Coaches Meeting located in Hospitality

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. Swimmers are not permitted in storage rooms, meeting rooms, or control rooms. **Only feet first entry into warm-up/warm-down lanes at all times except during specific warm-up periods while under direct supervision of a certified coach.**

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 Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks. Flash photography of any kind at the start of a race is prohibited.

Deck changes are prohibited.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc., prior to the entry deadline and all Adult Athletes must hold current APT certification to compete. Entries listed as "Registration Applied For" will not be accepted. **THERE WILL BE NO ON DECK REGISTRATION AVAILABLE AT THIS MEET.**

**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.

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.

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.

**SWIMMERS
WITH
DISABILITIES**

Enfinity 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 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 EAC's ability to accommodate all requests.

**TIME
STANDARDS**

There are no minimum qualifying time standards for this meet.

ENTRIES

Entries will not be accepted after Monday, September 13th, 2021 at NOON.

Please email entries in Hy-Tek format via email. List all swimmers' ages as of September 24, 2021. Entries must show the swimmer's USA ID. Enter SHORT COURSE YARDS times only. NT entries will not be accepted. Please make sure the times entered are close approximations to times that can be achieved.

ENTRY LIMITATIONS

13 & Over swimmers are limited to 5 individual events for the meet.

12 & Under swimmers are limited to 5 individual events for the meet.

Entries will close with the team that puts the total number of entries over the timeline.

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 NOON, Monday, September 13, 2021. Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There will be **NO ON DECK ENTRIES OR CHANGES ACCEPTED.**

ENTRY FEES

Make checks payable to: Enfinity Aquatic Club	
Individual Events (5 Events)	\$25.00 (Flat Fee)
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest. Non-conforming times will be seeded last (SCY-LCM-SCM). No conversions.

SCRATCHES

There will be no penalty for scratching any event at the block

SCORING

No scoring will be kept.

AWARDS

Trophies will be given to the top 3 finishers in each age group

RESULTS

Results will be posted on EAC's website within 48 hours of the meet's conclusion. At the conclusion of the meet, results will be sent to each team 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 showing 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. EAC welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. 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. Any official's assistance will be greatly appreciated and will help to insure a great meet for the swimmers. Official briefings will be held on deck 45 minutes

prior to the start of the session.

**HOSPITALITY/
CONCESSIONS** There will be a hospitality area 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 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 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. Enfinity Aquatic Club, Greensboro 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. 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.

Friday, September 24
12&U/13&O Time Final Session
Warm-up: 3:30 pm; Meet Start: 5:00 pm

Girls:	Event	Boys:
1	8 & U 25 Fly	2
3	9-10 50 Fly	4
5	11-12 50 Fly	6
7	13 & Over 100 Fly	8
9	8 & U 25 Free	10
11	9-10 50 Free	12
13	11-12 50 Free	14
15	13 & Over 100 Free	16

Saturday, September 25
13&O Time Final Session
Warm-up: 7:30 am; Meet Start: 9:00 am

Girls:	Event	Boys:
17	13 & Over 100 Back	18
19	13 & Over 100 Breast	20
21	13 & Over 200IM	22

Saturday, September 25
12&U Time Final Session
Warm-up: 12:30 pm; Meet Start: 2:00 pm

Girls:	Event	Boys:
23	8 & U 25 Back	24
25	9-10 50 Back	26
27	11-12 50 Back	28
28	8 & U 25 Breast	30
29	9-10 50 Breast	32
31	11-12 50 Breast	34
33	8 & U 100 IM	36
35	9-10 100 IM	38
37	11-12 100IM	40

**2021 Piedmont Pentathlon
Summary of Fees/Release Form**

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

ENFINITY AQUATIC CLUB

ATTN: TIM HILLEN

3271 POLO ROAD

WINSTON SALEM, NC 27106

Email to: kmmccullevgso@enfinityfit.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmers (Flat Fee)		\$25.00 per swimmer	
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. Enfinity Aquatic Club, Greensboro 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE