



**Friday Night at the Races**

Hosted by STAR Aquatics

**October 1, 2021**

The Greensboro Aquatic Center  
 1921 W. Gate City Blvd., Greensboro, NC 27403

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

**NC21158**

MEET DIRECTOR	MEET REFEREE
<p>Jay Dodson            (336) 337-0169</p>	<p>Rob Stevens            (336) 686-4570  <a href="mailto:robstevens@triad.rr.com">robstevens@triad.rr.com</a></p>
<p>Taylor Mitchell            (336) 549-4682  <a href="mailto:taylor@staraquatics.net">taylor@staraquatics.net</a></p>	<p><b>MEET ENTRY COORDINATOR            ADMINISTRATIVE OFFICIAL</b></p> <p>Beth Williams            (336) 325-7226  <a href="mailto:bwilliams@loweandwilliams.com">bwilliams@loweandwilliams.com</a></p>

**CONDITION OF SANCTION**

As a condition of this sanction, STAR Aquatics 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 STAR Aquatics 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**

STAR Aquatics 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 AND 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.

**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**

STAR Aquatics has discussed specific health and safety procedures with the venue management.

The current Guilford County Mask Mandate requires all individuals ages 5 and older to wear a mask indoors in public facility regardless of vaccination status. Therefore, everyone ages 5 and older must wear a mask inside the Greensboro Aquatic Center, except while in the water.

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. The Greensboro Aquatic Center strongly encourages individuals who are not fully vaccinated to maintain distance whenever possible.

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

All athletes, coaches, and volunteers will enter and exit the facility through the designated entrance. Athletes will access the deck through the locker rooms. Coaches and volunteers will access the deck through Hospitality or the cut-through hallway. When entering the facility, all athletes and coaches will proceed to their designated seating area. Volunteers should check in and proceed to their assigned area.

Teams will be assigned seating on deck so they remain in pods to reduce exposure to other teams. Athletes must remain seated in their team area when not traveling to or from warm-up lanes or race-ready.

**No outside chairs are allowed in the facility.**

**SPECTATOR  
LIMITATIONS  
AND PROTOCOLS**

All spectators ages 5 and over must wear masks in the facility.

There will not be assigned or marked spectator seating for this meet.

**SWIMMER  
LIMITATIONS  
AND PROTOCOLS**

There will be a race-ready area for staging one heat. Swimmers should not report to the blocks until the previous heat is in the water.

Athletes should bring a plastic bag to the blocks identified with their name into which their mask can be placed. Plastic bags are the responsibility of the swimmers' teams.

After each race, athletes will exit the pool, put on their masks, and move from behind the blocks either to the warm-up lanes or their team seating area.

Swimmers, spectators, and coaches will be allowed in the building no more than fifteen (15) minutes prior to warm-ups.

***When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming, but must replace them once they exit the water.***

**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 in the concourse. Should parents be unable to contact their child directly in the case of an emergency they may call and/or text the meet director(s).

**FACILITY**

The Greensboro Aquatics Center is a 50 meter pool which can be broken into two short course venues with a separate diving well. This competition will use a short course competition venue that is 10 lanes or 8 lanes (depending on entries) with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 7'. An Omega timing system with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

No outside food or drink will be permitted. There is a spectator seating area with a capacity of 1850 persons. Spectators are not allowed on the deck at any time. The 650 bleacher seats on deck are reserved for swimmers only. **No outside chairs are permitted in the stands or on deck.**

**VENUE SHOPS** Food and drink may be purchased from the concession stand located in the facility. Augusta Swim Supply will be open in the Greensboro Aquatic Center during the meet.

**PARKING** Parking will be up to \$5.00 per day with re-entry allowed. Parking for Coaches and Officials will be provided.

**MEET FORMAT** There will be one timed final sessions with a total of 28 events as set forth in the Order of Events. STAR Aquatics reserves the right to limit any event to allow the meet to run in the allotted time.

The Meet Referee reserves the right to combine heats and/or events.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:45 pm	5:45 pm	All

**MEET SCHEDULE AND DEADLINES**

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

<b>Tuesday September 21, 2021</b>	<b>Time</b>
Entry Deadline	10:00 pm
General Coaches’ Meeting – via Zoom	TBD
<b>Friday October 1, 2021 Evening Timed Finals</b>	<b>Time</b>
<b>Warm-Up</b>	<b>4:45 pm</b>
<b>Meet Start</b>	<b>5:45 pm</b>

**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. NO running or horseplay will be tolerated.

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. All persons on-deck or behind the blocks must be USAS certified coaches, officials, registered swimmers, or meet volunteers.

**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.

**Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.**

**Deck changes are prohibited.**

**Neither photography nor video recording is permitted behind the blocks.**

**ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certifications 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.**

**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.

**SWIMMERS WITH DISABILITIES**

Star Aquatics 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 Star Aquatics’ ability to accommodate all requests.

**ENTRIES**

Please email entries to [entries@staraquatics.net](mailto:entries@staraquatics.net) using Hy-Tek Team Manager for entries. List all swimmers’ ages as of **October 1, 2021**. Entries may be sent via email and must include the following:

- 1) A Hy-Tek compatible entry file
- 2) Team entry report
- 3) Financial report
- 4) A list of Coaches attending the meet.

A swimmer’s age on the first day of the meet will determine his/her age for the entire meet.

Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned.

**ENTRY LIMITATIONS**

A swimmer may enter a maximum of four (4) individual events per day. Meet Management reserves the right to limit and/or eliminate events/heats to allow the meet to run in the allotted time.

**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 **10:00 pm Tuesday, September 21, 2021**. Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director and Meet Referee. **Double fees will apply to all late entries and must be paid before entry can be processed on deck.**

**ENTRY FEES**

<b>Make checks payable to: Star Aquatics; All fees are non-refundable</b>	
Individual Event	<b>\$4.00 per event</b>
NCS Travel Fund	<b>\$3.00 per swimmer</b>
Facility Surcharge	<b>\$10.00 per swimmer</b>
Late Event Fee	<b>\$8.00 per event</b>
Heat Sheet Fee	<b>\$3.00 per swimmer</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. All non-

conforming times will be seeded last in rank order. There will be no course conversion for this meet. The 200 IM may be limited at the discretion of the meet director to the top 24 swimmers per event in order to run the meet in the allotted time.

**SCRATCHES** There will be no penalty for scratches at this meet.

**SCORING** This meet will not be scored.

**AWARDS** There will be no awards for this meet.

**RESULTS** Live results will be posted on STAR Aquatics' website. 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** **All teams may be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed.**

There will be a need for officials. Star Aquatics welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet, sign up using the link on the meet page on the STAR Aquatics website ([www.staraquatics.net](http://www.staraquatics.net)), 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 showing 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 ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Meet Schedule and Deadlines table.

**HOSPITALITY** There will be a hospitality area open to all coaches and officials.

**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/cool-down. There is to be no diving or horseplay in this area. Only **feet-first** entry into the warm-up lanes is permitted.

**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. STAR Aquatics, 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.



## Order of Events

Friday October 1, 2021		
Timed Finals		
Warm-Ups: 4:45pm		Meet Start: 5:45 pm
Girls	Events	Boys
1	Open 50 Breaststroke	2
3	8 & Under 25 Freestyle	4
5	Open 100 Backstroke	6
7	8 & Under 25 Breaststroke	8
9	Open 50 Freestyle	10
11	Open 100 Breaststroke	12
13	8 & Under 25 Backstroke	14
15	Open 50 Butterfly	16
17	Open 100 Freestyle	18
19	8 & Under 25 Butterfly	20
21	Open 50 Backstroke	22
23	Open 100 Butterfly	24
25	Open 100 IM	26
27	Open 200 IM	28

**STAR Friday Night at the Races**  
**October 1, 2021**  
**Mail Meet Entry Form and Payment to:**  
**STAR Aquatics**  
**PO Box 16311**  
**High Point, NC 27261**

**Official Entry Information:**

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_ Zip \_\_\_\_\_

Head Coach \_\_\_\_\_ Home Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Work Phone \_\_\_\_\_

Assistant  
Coach \_\_\_\_\_

Assistant  
Coach \_\_\_\_\_

Assistant  
Coach \_\_\_\_\_

Assistant  
Coach \_\_\_\_\_

All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet and during the conduct of the event **October 1, 2021.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Release Statement:** USA Swimming, Inc., North Carolina Swimming, Inc., Star Aquatics, LLC, Greensboro Aquatic Center and all employees and representatives of these organizations 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 meet.

Signature \_\_\_\_\_ Date \_\_\_\_\_

<b># of Individual Entries</b>		<b>X \$4.00 each entry</b>	<b>\$</b>
<b>NCS Travel Fund (total swimmers)</b>		<b>X \$3.00 each swimmer</b>	<b>\$</b>
<b>Facility Charge (total swimmers)</b>		<b>X \$10.00 each swimmer</b>	<b>\$</b>
<b>Heat Sheet Fee (total swimmers)</b>		<b>X \$3.00 each swimmer</b>	
<b>Totals</b>			<b>\$</b>