

YOTA Reindeer Games!

Hosted by YOTA Swim Team

December 11th, 2021

A.E. Finley YMCA: 9216 Baileywick Rd, Raleigh, NC, 27615

MEET DIRECTOR	MEET ENTRY COORDINATOR
Macy Blake Macy.Blake@ymcatriangle.org	David McDevitt David.McDevitt@ymcatriangle.org
MEET REFEREE	MEET MARSHAL
Roberta McDevitt swimwife@hotmail.com	Keaton Williams

CONDITION OF SANCTION	As a condition of this sanction, YOTA 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 YOTA 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	The YOTA 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 information. 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	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. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. 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 AND NC 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	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 COVID PROTOCOLS	Only Meet Volunteers, Officials, Swimmers and Coaches will be permitted on deck. Masks are required for all individuals in the facility. Masks are required for anyone on the pool deck unless swimming, exiting the water, or preparing to enter the water. These protocols will be adjusted to reflect the latest capacity allowed by the Governor's Executive Order in effect at the time of the meet.
LOCKER ROOMS/ CHANGING	<i>Athletes are encouraged to arrive and depart in swimsuits.</i> Locker room access will be limited.
ENTRY & EXIT PROCEDURES and ATHLETE SEATING	Swimmers should enter the building through the main entrance and proceed to their designated spot in the classroom. Swimmers will set up their chairs in a classroom. NO CHAIRS ON THE Competition POOL DECK. SWIMMERS SHOULD ONLY BE ON THE POOL DECK TO SWIM.
SWIMMER LIMITATIONS AND PROTOCOLS	Swimmers who are not in the pool swimming, in an event, must stay in their designated spots and wear face coverings. Swimmers will be lined up for their respective races in the classroom off the pool deck. 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 don them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times, including while warming up.
SPECTATOR LIMITATIONS	Spectators will be permitted and must wear a mask.
PARENTAL ACCESS FOR SAFE SPORT	Parents can watch their swimmer from the spectator area on the deck which will be limited. Should parents be unable to contact their child directly, they should seek assistance of the Meet Marshal located in the lobby or pool deck.

FACILITY	A.E. Finley YMCA. This facility is a 10 lane, 25-yard pool with depths ranging from 3.5 – 10 feet. We will be using KDI Paragon starting platforms and a Colorado semi-automatic timing system. The competition course has not been certified in accordance with 104.2.2C(4). There will be no changing rooms for competitors. Locker rooms are not allowed to be used for showering and changed. Per USA Swimming and Safe Sport Rules, ONLY USA Swimming registered athletes, current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. ALL coaches, officials, and meet personnel will be required to wear wristbands or lanyards on the pool deck. Please check-in at the clerk of course.
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MEET FORMAT	<p>8 & Under SHORT-COURSE YARDS MEET</p> <ul style="list-style-type: none"> ● Racing will be done in 5 out of the 10 total lanes. These are the lanes with starting blocks ● All events are TIMED FINALS ● The meet will be pre-seeded slow to fast and no deck entries will be allowed ● There will be no relays, awards, or scoring <p>IMPORTANT INFORMATION</p> <ul style="list-style-type: none"> ● Swimmers will be allowed in the building no more than 15 minutes prior to their warm-up time and must leave the building immediately after their last swim of the session ● Access to the deck will be the main lobby door only ● Only swimmers, coaches, and essential personnel will be allowed on deck. Swimmers will be able to exit via the main lobby doors if they need to see their parents. This door will be monitored ● There are 2 sets of locker room bathrooms on the pool deck that are to be used only for going to the bathroom
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Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	4:15 PM	5:00 PM	8 & Under

DEADLINE AND MEETING SUMMARY:		
Day, Date	Time	For:
Wednesday, December 1st	Midnight	Entry deadline
Thursday, December 10th	Virtual / Friday Morning	Coaches/General meeting
Saturday, December 11th	At 4:45	Briefing and timers meeting

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	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> ● 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	<p>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 the host team marshal.</p> <p>The 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.</p> <p>Deck changes are prohibited.</p>

	<p>Any swimmer entered in the meet who is unaccompanied by a USA Swimming member coach 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. 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 an 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.</p> <p>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.</p> <p>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.</p>
ELIGIBILITY	<p>All swimmers must be YOTA Swim Team members registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on-deck registration available at this meet.</p>
MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS	<p>YOTA Swim 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 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 The YOTA Swim Team's ability to accommodate all requests.</p>
ENTRIES	<p>Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries, however; disks are also acceptable. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. HOST TEAMS 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.</p>
ENTRY LIMITATIONS	<p>Swimmers may swim a maximum of 4 individual events. No relays at this meet.</p>
ENTRY VERIFICATION	<p>An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.</p>

ENTRY DEADLINES	The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on-deck entries OR late entries.
ENTRY FEES	No entries fees.
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
CHECK-IN	There are no positive check-in events in this meet.
SCRATCHES	There will be no penalty for scratching pre-seeded events at the block.
SCORING	This meet will not be scored.
AWARDS	There will be no awards at this meet.
RESULTS	Results will be posted within 24 hours of the conclusion of the meet. 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	There will be a need for officials. YOTA Swim Team welcomes and encourages anyone willing to volunteer. Volunteering Officials MUST contact the Meet Referee by email prior to the meet . 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. There will be no officials meeting at the meet, and assignments will be communicated electronically prior to each session. A virtual meeting may be held prior to the meet/session at the referee's discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before the session start, and bring a mask, your personal water bottle, a writing utensil, and a headset (if applicable).
HOSPITALITY/ CONCESSIONS	There will be no hospitality, only water/soda for essential personnel on deck.
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. 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 (if available). 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. YOTA Swim Team, YMCA of the Triangle, 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	Approved photographer(s) and videographers are 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 the 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

Event #	Event
1	Mixed 25 Fly
2	Mixed 25 Back
3	Mixed 25 Breast
4	Mixed 25 Free
5	25 Reindeer Paddle