

**YOTA Senior Summer Splash 2023**  
**Hosted by YOTA**  
**April 29, 2023**  
**Held at NC State University – Willis Casey Natatorium**

***Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc.***  
***Approval #23118AP***

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Jamie Bloom 413-335-4764 Jamie.Bloom@ymcatriangle.org	David McDevitt 336-343-7559 <a href="mailto:David.mcdevitt@ymcatriangle.org">David.mcdevitt@ymcatriangle.org</a>
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Jean Trowbridge trowbridgejean67@gmail.com	George Vlahos & Rachel Muller George.Vlahos@ymcatriangle.org rachel.muller@ymcatriangle.org

**CONDITION OF Approval**

As a condition of this approval, **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** 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.

**YOTA COVID-19 MEET PLAN**

**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

**FACILITY and YOTA REQUIREMENTS** *YOTA has discussed specific health and safety procedures with the venue management. At this time, the facility and YOTA have no additional requirements. 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.*

**FACILITY** Willis Casey Natatorium located within Carmichael Gymnasium This facility is an 8 lane, 50 meter pool with depths ranging from 4 – 8 feet. We will be using KDI Paragon starting platforms and a Colorado Timing System. The competition course has not been certified in accordance with 104.2.2C(4). There will be changing rooms for all competitors and ample seating for spectators.

**MEET FORMAT** This is a timed final, Age Group pre-seeded meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	10:30 AM	11:00 AM	All

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Tuesday 4/26	Midnight	Entry deadline
TBD	Virtual	Official Briefings
TBD	Virtual	Coaches/General 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** 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 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 MAAPP 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 YOTA 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**

This is a closed YMCA meet. All participants must be members of their home YMCA. As an approved meet, both USA Swimming members and non-USA Swimming members may compete. 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.**

#### **MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

**YOTA** 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 **YOTA's** ability to accommodate all requests.

#### **ENTRIES**

Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries. A swimmer's age on the first day of the meet will determine their age for the entire meet. YOTA entries will be entered until the four/eight-hour rule is reached. Entries received thereafter will be returned immediately.

#### **ENTRY LIMITATIONS**

Swimmers may swim a maximum of 2 individual events for the meet.

#### **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.**

## ENTRY FEES

Make checks payable to: <b>YOTA</b> ; All fees are non-refundable	
Individual Event	N/A
Relays	N/A
NCS Travel Fund	N/A
Facility Surcharge	\$25.00
Late Entry Fee	N/A

- 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** All events will be pre-seeded and there will be no positive check-in.
- SCRATCHES** There will be no penalty for scratching pre-seeded events at the block.
- SCORING** No team or individual scoring will be kept.
- AWARDS** No Awards will be given at this meet
- RESULTS** Results will be sent to participating teams & NCS within 24 hours of the meet's conclusion.
- 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** welcomes and encourages anyone willing to volunteer. Volunteering Officials should 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 a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil.
- HOSPITALITY/  
CONCESSIONS** There will be no hospitality.
- 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.
- 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, NC State University**, 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 YOTA 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 YOTA 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, April 29, 2023**

**Warm-up: 10:30 AM; Meet Start: 11:00 AM**

#	Event
<b>1</b>	<b>Open Mixed 100 Fly</b>
<b>2</b>	<b>Open Mixed 100 Back</b>
<b>3</b>	<b>Open Mixed 200 Individual Medley</b>
<b>4</b>	<b>Open Mixed 100 Breast</b>
<b>5</b>	<b>Open Mixed 100 Free</b>