

YOTA Intrasquad Championship Meet

Hosted by YOTA Swim Team

August 2nd, 2020

Held at Southeast Raleigh YMCA, 1436 Rock Quarry Rd, Raleigh, NC 27610

CONDITION OF SANCTION

As a condition of this sanction, YOTA 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 YOTA 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 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 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

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 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 Swim Team COVID 19 MEET PLAN

FACE COVERINGS	<i>All meet participants – coaches, officials, administrators, spectators, and athletes (between events) must complete a COVID Screening, wear face coverings, and comply with mandated social distancing and mass gathering rules.</i>
ENTRY & EXIT PROCEDURES	<i>Swimmers for each session will enter the building through the main entrance and proceed to their designated spot on the pool deck. Swimmers will setup their chairs up either just outside the fence or behind the leisure pool. NO CHAIRS ON THE Competition POOL DECK. SWIMMERS SHOULD ONLY BRING THEIR TOWEL AND A WATER BOTTLE/DRINK ON Competition DECK. SNACKS SHOULD REMAIN IN THEIR SPOT.</i>
SWIMMER LIMITATIONS	<i>A maximum of four (4) Swimmer per lane for all warmups and warm downs. Swimmers who are not in the pool swimming, in an event, or warming up or warming down, must stay in their designated spots and wear face coverings.</i> <i>* There are 2 single stall bathrooms on the pool deck that are to be used only for going to the bathroom</i>
SPECTATOR LIMITATIONS	<i>There will be no spectators on deck during the meet. Spectators can view the meet outside the fence adjacent to the pool, maintaining social distancing and gathering guidelines.</i>
PARENTAL ACCESS FOR SAFE SPORT	<i>Meet personnel for each session are as follows:</i> <ul style="list-style-type: none"><i>• Four (4) Meet Marshals (YOTA Parents): The individuals will be responsible for maintaining social distancing on deck. Meet Marshals must be in position 15 minutes before the start of warmups and work through the entire session.</i><i>• Seventeen (17) Timers (YOTA Parents): Two Timers per lane with one (1) head Timer. These timers will be responsible for one (1) dolphin stopwatch and one (1) stopwatch with one (1) backup timer. Timers should not enter the pool deck until five minutes prior to the start of the session (not the warmup). Timers meeting will happen 15 minutes prior to the start of session outside the facility. Each Timer will be pre-screened and ask to wear a mask throughout the session. Timers will remain under the blue covered shaded area and maintain social distancing.</i> <i>YOTA Personnel for each session are as follows (All YOTA Staff MUST wear masks at all times with lifeguards on stand as the exception):</i> <ul style="list-style-type: none"><i>• Two (2) Lifeguards</i><i>• Twelve (12) Coaches.</i> <i>Officials for each session are as follows:</i> <ul style="list-style-type: none"><i>• One (1) Meet Ref</i><i>• One (1) Deck Ref</i><i>• One (1) Starter</i><i>• One (1) AO</i>

- *One (1) Stroke and Turn*

Day before meet, know officials who are coming to check OTS for certifications, or ask officials to send Deck Pass Screen shot.

No officials meeting.

Communicate positions and responsibilities electronically; report to position 10 minutes before session.

Instruct officials to bring a mask, headset, and a writing utensil.

Conduct coaches meeting electronically before arrival or send pertinent information the day before.

This will total 40 Meet personal and 24 Athletes in the ready area located on the competition pool deck. According to the Executive Order for Phase 2 operations, YOTA is allowed to have 72 swimmers in the water at any time and an additional 341 people on deck. This leaves plenty of capacity for coaching, staff, swimmers, and meet personal. YOTA will have 34 boys competing in session one and 46 girls competing in session 2.

**The pool area will be cleared and completely sanitized within 30 minutes of the start of warm-ups.*

**We will also sanitize all touch points on the deck in-between breaks of the session.*

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jerry Foley (704) 221-5352 Jerry.Foley@YMCATriangle.org	John Newell 801 Corporate Center Drive, Suite 200 Raleigh, NC 27607 (919)- 582- 9341 John.Newell@ymcatriangle.org
MEET REFEREE	MEET MARSHAL
Derek Speerschneider despeers@yahoo.com	Jamie Bloom Jamie.Bloom@ymcatriangle.org

FACILITY

Southeast Raleigh YMCA. This facility is an 8 lane, 25-yard pool with depths ranging from 3.5 – 7 feet. We will be using KDI Paragon starting platforms and a Colorado Timing Dolphin semi-automatic starting 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.

MEET FORMAT

SENIOR SHORT-COURSE YARDS MEET

*All events are TIMED FINALS – 2 Session. All Male swimmers session 1 and all female swimmers session 2.

*The meet will be pre-seeded slow to fast and no deck entries will be allowed

*The 500 Free will be at the discretion of the Meet Director to finish the meet within designated timeslot.

*There will be no relays, awards or scoring

*Swimmers will do a 25 yard cool down at the conclusion of their race. 15-minute breaks will be placed after the 50 Free and 200 Breast to allow athletes to cool down with MAX 4 swimmers per lane for social distancing.

IMPORTANT INFORMATION

*Swimmers will be allowed on the deck no more than 15 minutes prior to their warm-up time and must leave the deck immediately after their last swim of the session

*Access to the deck will be the front door only

*Only swimmers, coaches, and essential personnel will be allowed on deck. Swimmers will be able to exit via the front door if they need to see their parents. This door will be monitored

* There are 2 single stall bathrooms on the pool deck that are to be used only for going to the bathroom

*The pool area will be cleared and completely sanitized within 30 minutes of the start of warm-ups of each session

*No parents allowed in the facility with the exception of monitored use of the bathrooms and meet personal.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	6:10 AM	7:00 AM	Open Men
2	Saturday	8:50 AM	9:40 AM	Open Women

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, July 29 th	Midnight	Entry deadline
Saturday, August 1 st	Virtual / Saturday Afternoon	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. If following the NCS Scratch Rule: The NCS Scratch Rule is in effect for this meet. Include the scratch rule (on separate page) and any penalties that may be accessed.

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. 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 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 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 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 entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet. Include any minimum/maximum time standards for qualification to enter the event, team affiliations, etc.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

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.

ENTRIES	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. YOTA Swim Team 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.
ENTRY LIMITATIONS	Swimmers may swim a maximum of 3 individual events. No relays at this 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. 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. If following the NCS Scratch Rule: The NCS Scratch Rule is in effect for this meet. Include the scratch rule (on a separate page) and any penalties that may be accessed.
SCORING	This meet will not be scored.
AWARDS	There will be no awards at this meet.
RESULTS	Results will be posted on the YOTA Swim Team 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

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 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

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

Sunday, August 2nd, 2020

Warm-up: 6:30 AM; Meet Start: 7:15 AM

Session 1

	<u>Events</u>	<u>Male</u>
	Open 200 Free	12
	Open 100 Back	13
	Open 100 Breast	14
	Open 200 Fly	15
	Open 50 Free	16
	Break	
	Open 200 Back	17
	Open 100 Free	18
	Open 200 Breast	19
	Break	
	Open 100 Fly	20
	Open 200 IM	21
	Open 500 Free	22

Sunday, August 2nd, 2020

Warm-up: 9:10 AM; Meet Start: 10:00 AM

Session 2

<u>Female</u>	<u>Events</u>	
1	Open 200 Free	
2	Open 100 Back	
3	Open 100 Breast	
4	Open 200 Fly	
5	Open 50 Free	
	Break	
6	Open 200 Back	
7	Open 100 Free	
8	Open 200 Breast	
	Break	
9	Open 100 Fly	
10	Open 200 IM	
11	Open 500 Free	



SE Raleigh

Athlete Seating

Spectator Area

Coaches Area

Post-Race Feedback



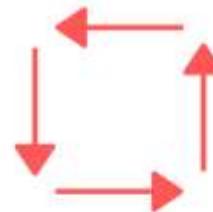
Heat 3



Heat 2



Heat 1



**Counter Clock Wise
Traffic Flow**

Timers will stand back behind the first heat of swimmers
under the shaded canopy.