

2020 Summer Splash
Hosted by Hickory Foundation YMCA Seahorse Swim Team
August 9, 2020
Held at Hickory Foundation YMCA, 701 First St NW, Hickory, NC 28601

**CONDITION OF
SANCTION**

As a condition of this sanction, the Hickory Foundation YMCA Seahorse 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 Hickory Foundation YMCA Seahorse 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 Hickory Foundation YMCA Seahorse 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 AND [THE LSC] 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.

Hickory Foundation YMCA Seahorse Swim Team COVID 19 MEET PLAN

FACE COVERINGS	<i>All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.</i>
LOCAL PROTOCOLS	<p><i>The deck of the outdoor pool at the Hickory Foundation YMCA is 9,000 square feet. There will be 3 Social distancing monitors. Coaches will be on the north side (tennis court side). Swimmers and parents will be on the south side (field side) and the grassy area at the east side. There are 25 designated 10 feet x 10 feet spaces for tents/spectator seating that are 10 feet apart on the south side (field side) on a first come, first serve basis. There are also 4 designated spaces on the grassy area at the east side. Once those spaces are occupied, all overflow will be on the outdoor fields on the south side of the pool. There will be 8 designated spectator spots on the south side (field side). The meet will be run at a slow pace. Parents can leave their designated space to go the viewing spots to watch their child swim, and then immediately return to their designated space.</i></p> <p><i>The clerk of course will be at the deep end of the pool. All ages will go through the clerk of course to ensure social distancing is taking place at all times. It will be staged with 3 heat positions. The heat that is getting ready to swim will be behind the blocks. The timers will be at the fence. The next 2 heats will be on the south side at the deep end in designated spots 6 feet apart. There will be a hook on the fence for swimmers to put their face coverings on while they race. Prior to the meet, there will be a zoom meeting for all swimmers and parents to go through the specific protocols that will be in place.</i></p> <p><i>Locker rooms will be limited to bathroom use only. Showers are closed, and swimmers will not be able to change in the locker rooms. Swimmers will be required to arrive and leave the meet in their swim suits. Swimmers whose coaches allow them to wear tech suits will abide by the same rule. Specifically, swimmers that will wear tech suits will not be able to warm up in a different suit and then change prior to the start of the meet.</i></p>
ENTRY & EXIT PROCEDURES	<i>The designated entrance for the meet will be through the Guard Building on the North side (tennis court side) and the designated exit will be through the Bathhouse on the East side. The designated entrance for the warm down pool will be through the deck doors to the indoor pool. The designated exit for the warm down pool will be the doors leading to the outside fields.</i>
SWIMMER LIMITATIONS	<i>There will be a maximum of 90 swimmers entered in the meet.</i>
SPECTATOR LIMITATIONS	<i>The Hickory Foundation YMCA outdoor pool has a set a capacity limit of 250 individuals inside the fenced in area around the pool. We expect to be nowhere close to 250 with the protocols mentioned above. Included in the total are a maximum of 90 swimmers, 90 parents (that number is based on no siblings, hence that number is high), 7 officials, 1 Colorado Timing operator, 6 lifeguards, 17 timers, 3 social distancing monitors, 2 clerk of course volunteers, and 8 coaches.</i>

**PARENTAL ACCESS
FOR SAFE SPORT**

A maximum of one parent per family will be allowed access to the pool area. Parents who are not able to be inside the pool area can view the meet through the fence from the outdoor fields. Siblings of swimmers who are not participating in the meet will not be allowed on the deck.

WARM UPS

Each team will have 45 minutes for warm ups. YSST will use the 8 lane indoor 25 yard pool. CVAC will use the 8 lane outdoor 50 meter pool. Each team will Split their warm ups as it sees fit, with no more than 4 swimmers in a lane.

Warm up/cool down will be available in the 8 lane indoor pool with no more than 4 swimmers per lane to be supervised by the lifeguards.

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC20104

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jon Jolley 828-381-8806 jonj@ymcacv.org	Jon Jolley 701 First St NW Hickory, NC 28601 828-381-8806 jonj@ymcacv.org
MEET REFEREE	MEET MARSHAL
Robert Dant 828-291-5404 robert@hickoryphotography.com	Hickory Foundation YMCA Lifeguards

FACILITY

50 meter, 8 lane pool (lanes are 6 feet wide), water depth from 3 ½ feet to 8 feet, with non-turbulent lane markers and KDI Paragon starting blocks. Colorado 6000 timing system will be used. **There is an additional 9,000 square feet of deck space at the facility.** Warm up/warm down space will be available during the meet at the 8 lane 25 yard indoor pool. **The competition course has not been certified in accordance with 104.2.2C(4).**

MEET FORMAT

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

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	7:00 AM	8:00 AM	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, July 31	11:00 PM	Entry deadline
Prior to meet	TBD	Coaches/General Meeting
Prior to meet	TBD	Official Briefing (Virtual)

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 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 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.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

The Hickory Foundation YMCA Seahorse 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 YSST'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. Payment in full must be received by the start of the meet. List swimmer's age as of August 9, 2020. The meet will be limited to 90 swimmers.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 individual events.

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 Friday, July 31st, 2020 by 11:00 pm. Late entries may be accepted at the discretion of the Meet Director.

ENTRY FEES

Make checks payable to: YSST; All fees are non-refundable	
Individual Surcharge	\$15 flat entry fee

SEEDING

The conforming time standard for this meet is long course meters. 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 will be no positive check-in events.

SCRATCHES

There will be no penalty for scratching pre-seeded events at the block.

SCORING	No team or individual scoring will be kept.
AWARDS	There will be no awards given.
RESULTS	Results will be posted on YSST's 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. YSST 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 area open to all coaches and officials. There will not be any concessions at this meet.
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 (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. YSST, Hickory Foundation YMCA, 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.

Warm-up: 7:00 AM Meet Start: 8:00 AM

Girls/Women	Event	Boys/Men
1	9 & over 200 IM	2
3	Open 50 Free	4
5	Open 100 Free	6
7	Open 200 Free	8
9	Open 50 Back	10
11	Open 100 Back	12
13	11 & over 200 Back	14
15	11 & over 400 Free	16
17	Open 50 Breast	18
19	Open 100 Breast	20
21	11 & over 200 Breast	22
23	Open 50 Fly	24
25	Open 100 Fly	26
27	11 & over 200 Fly	28

Meet Name
Summary of Fees/Release Form

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

YSST
701 First St NW
Hickory, NC 28601
Email to: jonj@ymcacv.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmers (Travel Fund & Facility Surcharge)		\$15 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. YSST, Hickory Foundation YMCA, 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