



### **Return to Competition Intrasquad**

Hosted by New Wave Swim Team

August 14-15, 2020

Held at North Raleigh Christian Academy, 7300 Perry Creek Road, Raleigh, NC 27616

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

**Sanction #NC20105**

#### **CONDITION OF SANCTION**

As a condition of this sanction, New Wave 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 New Wave 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 New Wave 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, New Wave Swim Team and North Raleigh Christian Academy 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.

## NEW WAVE SWIM TEAM COVID-19 MEET PLAN

<b>FACE COVERINGS</b>	<i>All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings.</i>
<b>LOCAL PROTOCOLS</b>	<ul style="list-style-type: none"><li>- We will utilize the grass field for athletes between swims. In event of inclement weather, the gym will be utilized for athletes between swims.</li><li>- Meet personnel for each session are as follows (All Meet Personnel MUST wear masks at all times):<ul style="list-style-type: none"><li>- No more than eight (8) coaches on deck at any time. Coaches will utilize both sides of the pool to split the staff in half.</li><li>- Seven (7) timers. One timer per lane with a button and watch and one (1) head backup timer. Timers should not enter the pool deck until five minutes prior to the start of the session (not the warmup).</li><li>- One (1) Meet Referee</li><li>- One (1) Deck Referee</li><li>- One (1) Starter</li><li>- One (1) Admin Official</li><li>- Two (2) Stroke and Turn Judges</li></ul></li><li>- According to the Executive Order for Phase 2 operations, NRCA is allowed to have 30 swimmers in the water at any time and 188 on the pool deck. With session coaching staffs and the meet personnel, WAVE is in compliance with all CDC, State and local government requirements. Volunteer Check-in for the meet will be outside the NRCA back entrance.</li><li>- We will have one heat at the blocks or in the water. When that heat finishes, they will swim a 25 easy exit the pool area through the back door and the next heat will come to the blocks. The next 2 heats will be staged on the bleachers with at least 6 feet of distance between athletes.</li><li>- Time permitting there will be breaks between events for warm up and warm down. All athletes must maintain proper separation during these periods, or they will be canceled.</li><li>- Locker rooms will be for emergency bathroom use only, just as they are at practice. There will be no changing in locker rooms and there should be only one person using a locker room at a time.</li><li>- Each athlete should bring sufficient water or other hydration and snacks for themselves. There should be no sharing or food or liquids. Water fountains are off limits.</li><li>- We will be grouping sessions by training groups so that there is limited interaction with swimmers from groups that you have not already been training with.</li></ul>
<b>ENTRY &amp; EXIT PROCEDURES</b>	Swimmers will enter the facility through the door by the carpool area. They will place any towels or gear on the designated chair at the far end of the pool, and go to the designated area on the bleachers for their heat. Swimmers will swim a 25 easy after their race and exit the facility through the back door to the pool.
<b>SWIMMER LIMITATIONS</b>	There will be a maximum of 60 swimmers per session. There will be no more than 30 swimmers in the pool for a warm-up session.
<b>SPECTATOR LIMITATIONS</b>	Due to limited space, spectators will not be allowed in the pool area. They may watch from outside while maintaining proper protocols for distance and face coverings.
<b>PARENTAL ACCESS FOR SAFE SPORT</b>	New Wave Swim Team always strives to provide an open, observable and interruptible environment for our practice and competitions. If you feel that you need to interrupt a situation for your child's safety, you may enter the pool area.

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
John Roy 919-906-7946 coachjohn@bellsouth.net	John Roy PO Box 181012 Raleigh, NC 27619 919-906-7946 coachjohn@bellsouth.net
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Ken Clark 919-630-7498 kennethdclark@bellsouth.net	Zach Murray 336-402-4337 zachrmurray@gmail.com

## **FACILITY**

North Raleigh Christian Academy  
7300 Perry Creek Road  
Raleigh, NC 27616

Competition Pool: The pool is a 6 lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 4-foot depth at the starting end. Daktronics OmniSport 2000 automatic timing system will be used.

Other Site Information: Boys' and girls' locker rooms are available. The competition course has not been certified in accordance with 104.2.2C(4).

Facility Rules: Please inform your families of the following rules.

- \* No smoking is allowed inside the facility.
- \* No glass containers are allowed inside the facility.
- \* Only meet volunteers, USA Swimming registered athletes and USA Swimming registered coaches and officials may be on deck in the competition area (this includes behind the blocks).
- \* We are responsible for cleaning up the pool area

## **MEET FORMAT**

This will be a Timed Finals, Open Intrasquad meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	2:00 PM	3:00 PM	12 & Up
2	Friday	5:30 PM	6:30 PM	All Ages
3	Saturday	7:30 AM	8:30 AM	12 & Up
4	Saturday	11:00 AM	12:00 PM	All Ages
5	Saturday	2:00 PM	3:00 PM	12 & Up
6	Saturday	5:30 PM	6:30 PM	All Ages

## DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday 8/9	11:59 PM	Entry deadline
Thursday 8/14	7:00 PM over Zoom	Officials Briefing
Friday 8/14	2:30 PM	Coaches Meeting if necessary

### SAFETY

**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.**

Additionally, please see all COVID-19 Safety procedures listed above.

### RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.

### 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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, 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.

### 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.

### ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and members of New Wave Swim Team, 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.

### 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.

<b>MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS</b>	New Wave 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 New Wave Swim Team's ability to accommodate all requests.
<b>ENTRY LIMITATIONS</b>	Swimmers are limited to a maximum of 6 events per day and 4 per session. Each Session will be limited to a maximum of 60 participants.
<b>ENTRY VERIFICATION</b>	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
<b>ENTRY DEADLINES</b>	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.
<b>ENTRY FEES</b>	<b>There is a flat \$20 entry fee for this meet and a \$3.00/swimmer NCS Travel Fund surcharge.</b>
<b>SEEDING</b>	<ol style="list-style-type: none"> <li>1. All events will be swum as timed finals.</li> <li>2. All events will be swum combined women and men.</li> <li>3. The events will be swum slowest to fastest.</li> <li>4. Swimmers must provide a person to count laps.</li> </ol>
<b>CHECK-IN</b>	There will be no positive check-in.
<b>SCRATCHES</b>	No penalty.
<b>SCORING</b>	This meet will not be scored.
<b>AWARDS</b>	There will be no awards.
<b>RESULTS</b>	Results will be emailed to coaches within 24 hours of completion. Results will be available on the wall of the facility and via Meet Mobile.
<b>COACHES</b>	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. New Wave Swimming 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 limited hospitality provided to 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 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. No more than 30 athletes will warm up at one time.

**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. New Wave Swim Team, North Raleigh Christian Academy, 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, August 14, 2020**

**Session 1**

**Senior and Pre-Senior Groups**

**Warm-up: 2:00 PM Meet Start: 3:00 PM**

<b>Women &amp; Men</b>	<b>EVENT</b>
<b>1</b>	<b>1650 Free</b>
<b>2</b>	<b>100 Breast</b>
<b>3</b>	<b>50 Free</b>
<b>4</b>	<b>50 Back</b>
<b>5</b>	<b>200 Fly</b>
<b>6</b>	<b>100 IM</b>

**Friday, August 14, 2020**

**Session 2**

**Gold, Silver, Bronze, BC and varsity groups**

**Warm-up: 5:30 PM Meet Start: 6:30 PM**

<b>Women &amp; Men</b>	<b>EVENT</b>
<b>7</b>	<b>100 Breast</b>
<b>8</b>	<b>50 Free</b>
<b>9</b>	<b>50 Back</b>
<b>10</b>	<b>200 Fly</b>
<b>11</b>	<b>100 IM</b>

**Saturday, August 15, 2020**  
**Session 3**  
**Senior and Pre-Senior groups**  
**Warm-up: 7:30 AM; Meet Start: 8:30 AM**

<b>Women &amp; Men</b>	<b>EVENT</b>
<b>12</b>	<b>500 Free</b>
<b>13</b>	<b>200 Breast</b>
<b>14</b>	<b>100 Back</b>
<b>15</b>	<b>50 Fly</b>
<b>16</b>	<b>200 IM</b>
<b>17</b>	<b>100 Free</b>

**Saturday, August 15, 2020**  
**Session 4**  
**Gold, Silver Bronze, BC and Varsity groups**  
**Warm-up: 11:00 AM; Meet Start: 12:00 PM**

<b>Women &amp; Men</b>	<b>EVENT</b>
<b>18</b>	<b>500 Free</b>
<b>19</b>	<b>200 Breast</b>
<b>20</b>	<b>100 Back</b>
<b>21</b>	<b>50 Fly</b>
<b>22</b>	<b>200 IM</b>
<b>23</b>	<b>100 Free</b>



**Saturday, August 15, 2020**  
**Session 5**  
**Senior and Pre-Senior Groups**  
**Warm-up: 2:00 PM; Meet Start: 3:00 PM**

<b>Women &amp; Men</b>	<b>EVENT</b>
<b>24</b>	<b>200 Free</b>
<b>25</b>	<b>50 Breast</b>
<b>26</b>	<b>100 Fly</b>
<b>27</b>	<b>50 Free</b>
<b>28</b>	<b>200 Back</b>
<b>29</b>	<b>400 IM</b>

**Saturday, August 15, 2020**  
**Session 6**  
**Gold, Silver, Bronze, BC and Varsity Groups**  
**Warm-up: 5:30 PM; Meet Start: 6:30 PM**

<b>Women &amp; Men</b>	<b>EVENT</b>
<b>30</b>	<b>200 Free</b>
<b>31</b>	<b>50 Breast</b>
<b>32</b>	<b>100 Fly</b>
<b>33</b>	<b>50 Free</b>
<b>34</b>	<b>200 Back</b>
<b>35</b>	<b>400 IM</b>

## Return To Operations Intrasquad

### Summary of Fees/Release Form

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

New Wave Swim Team

ATTN: John Roy

PO Box 18012

Raleigh, NC 27619

Email to: coachjohn@bellsouth.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Flat entry fee for meet		\$20	
Swimmers (Travel Surcharge)		\$3 per swimmer	
<b>Total Fees Due</b>			

#### **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. New Wave Swim Team, The North Raleigh Christian Academy, 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE