



2020 RSA Put the Drills to Work
Hosted by RALEIGH SWIMMING ASSOCIATION (RSA)
August 22 – 23, 2020
Held at Sonner Aquatic Facility
1013 Jones Franklin Rd.
Raleigh, NC 27606



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

Sanction #NC20106

CONDITION OF SANCTION

As a condition of this sanction, RSA 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 RSA 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

RSA 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 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

RSA COVID-19 MEET PLAN

FACE COVERINGS

All meet participants – coaches, officials, administrators, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.

LOCAL PROTOCOLS

- Facility limits for the warm-up pool deck are 221, with 20 swimmers in the water. The limit for the competition pool deck is 221, with 33 swimmers in the water.
- Four Meet Marshals will be responsible for ensuring capacity limits and proper distancing is enforced in (1) warm-up pool, (2) on the facility grounds, (3) inside the main pool house, and (4) the competition pool deck.
- Personnel on deck:
 - Lifeguard (2)
 - Meet referee (1)
 - Starter (1)
 - AO (1)
 - Timing operator (1)
 - S&T official (1)
 - Lane timers (6)
 - Head/relief timers (2)
 - Meet marshals (2)
 - Clerk of course/kid pushers (2)
 - Coaches who have swimmers that are swimming (or are about to)
 - Swimmers in the current and next heat (6)
- Warm-up pool max capacity: 2 swimmers per lane
- Restrooms for officials and parents are in the Gym only. No congregating in the Gym is permitted.
- In the case of inclement weather, If safe, all personnel should return to their cars to wait. Otherwise:
 - Individuals from the competition pool will go to the gym.
 - Individuals in the warm-up pool will go to the main hallway of the pool house.
- The referee will use an electronic whistle to signal the events
- Shared items will be sanitized between sessions, including clipboards, Dolphin units, and counter boards.
- Volunteers and officials must bring their own writing utensils.

ENTRY & EXIT PROCEDURES

- Access to warm-up/down pool:
 - If coming from the parking lot (warm-up), access will be via the instructional pool gate
 - If coming from the competition pool (warm-down), swimmers are to walk along the gutter-side of the competition pool and enter the warm-up/down pool from the mulch side of the blocks.
 - Swimmers always exit the warm-up/down pool via the firepad gate to the parking lot. Once in the parking lot, they should return to their vehicle, or, if within 5 heats of their next race, they may go directly to the staging tent.
- Event entry/exit
 - A meet marshal in the parking lot will announce the events via bullhorn.
 - Swimmers should line up in the staging tent when called. From there, swimmers will enter the competition pool via the side gate to line up behind the blocks.

- Only 1 heat of swimmers will be behind the blocks at a time. They should stand on the marked locations until called to the blocks via the whistle.
- The pool will be cleared between heats to minimize contact between swimmers.
- Having finished their race, swimmers will follow the above described path to the warm-up/down pool (and exit).
- The only personnel permitted to use the deck door between the pools are coaches and lifeguards.

SWIMMER LIMITATIONS

- Swimmers must stay at their vehicles until called.
- Athletes must arrive and depart in their suits. Locker room restrooms are available for swimmers, but they must not be used for changing or showering.
- Athletes must wait in their vehicle when not swimming or in the warm-up/down pool. No congregating around either pool or in the parking lot. Athletes are expected to maintain proper distancing at all times.
- Athletes must wear masks onto the pool deck. They should bring a Ziploc bag, and place their mask inside it while swimming (warm-up/down or racing). They should don their mask again once they exit the water.

SPECTATOR LIMITATIONS / PARENTAL ACCESS FOR SAFESPORT

- There will not be in-person spectator viewing. The meet will be streamed via YouTube.
- No parents will be permitted in any buildings. However, if necessary, parents may use the restrooms located in the gym.

MEET DIRECTOR	MEET ENTRY COORDINATOR
John Strunk (919) 386-9313 john.strunk@gmail.com	John Strunk (919) 386-9313 john.strunk@gmail.com
MEET REFEREE	MEET MARSHAL
Michael Ivy (919) 649-6588 mwivy64@gmail.com	John Pierce (919) 592-5800 john.p.pierce@mac.com

FACILITY

Competition Pool: The Sonner Aquatic Facility is a 6-lane, 25-yard course with non-turbulent lane markers, deck-anchored starting blocks, and a 12-foot depth at the starting end and 3.5-foot depth at return end.

Swimmers will be seeded into only 3 of the 6 lanes for competition to allow for sufficient distancing. The primary timing system for each lane will be 2 semi-automatic Dolphin units with 2 manual watches for backup.

Warm-up/Warm-down Pool: In addition to the competition pool, an adjacent 6 lane, 20-yard diving well will be available for warm-up/warm-down use throughout the meet with a maximum of 2 swimmers per lane.

Other Site Information: There is no in-person spectator viewing. Events will be live-streamed via YouTube.

The competition course has not been certified in accordance with 104.2.2C(4).

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

- The facility does allow coolers and outside food or beverages.
- No smoking is allowed on the grounds of the facility or 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.
- Swimmers should park in the RSA parking lot so they can hear the events being called. Volunteers, officials, and coaches should park on the right side of the lower lot.
- Athletes use the restrooms within the main pool house. Restrooms within the gym are only for non-swimmers.

MEET FORMAT

- All events will be conducted on a pre-seeded, timed finals basis.
- There will be one competition pool for the meet. Meet management reserves the right to adjust session start times, combine sessions, or move and combine events and heats based on the number of entries received.

Session	Day	Warm-up	Meet Start	Age Group
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1	Saturday	7:00 AM	8:00 AM	Ages 9 – 12
2	Saturday	10:30 AM	11:30 AM	Ages 9 – 12
3	Saturday	2:00 PM	3:00 PM	Ages 9 – 12
4	Sunday	7:00 AM	8:00 AM	Ages 9 – 12
5	Sunday	10:30 AM	11:30 AM	Ages 9 – 12
6	Sunday	2:00 PM	3:00 PM	Ages 9 – 12

Note: Swimmers are limited to 1 session/day

DEADLINE AND MEETING SUMMARY

Day, Date	Time	For
Friday, Aug 14	6:00 PM	Entry deadline
Wednesday, Aug 19	7:30 PM	Officials meeting (on-line)
Saturday, Aug 22	7:30 AM	Coaches/general meeting
Saturday, Aug 22	7:30 AM	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 & UNDER SWIMMERS

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

This is an RSA intrasquad meet, open to RSA swimmers ages 9 – 12. All swimmers must be registered with RSA and 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.

SWIMMERS WITH DISABILITIES OR MEDICAL CONDITIONS

RSA 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 RSA's ability to accommodate all requests.

ENTRIES

Please email entries using Hy-Tek Team Manager. Entries may be sent via email and must include a Hy-Tek compatible entry file, team entry report and financial report. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.

Please note the following entry rules will be strictly enforced by the Meet Directors:

- Payment must be received by the entry deadline in order to be seeded into the heat sheet.
- Please list the swimmer's age as of August 22, 2020.

ENTRY LIMITATIONS

Swimmers are limited to a maximum of 3 individual events per day and 5 individual events throughout the meet. Swimmers may participate in no more than 1 session per day.

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.

ENTRY FEES

Make checks payable to: RSA; All fees are non-refundable	
Individual Event	\$0 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$0 per swimmer

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

No events require 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 provided.

RESULTS

Results will be posted on RSA's website within 48 hours of the meet's conclusion. Forty-eight hours following the meet, teams may obtain Hy-Tek backups 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

RSA welcomes and encourages anyone willing to volunteer. **Volunteering Officials MUST contact the Meet Director 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, and a writing utensil.**

HOSPITALITY/CONCESSIONS

There will be no hospitality area or concessions available at the 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 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. Raleigh Swimming Association (RSA), Sonner Aquatic Facility, 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

Saturday, August 22, 2020 – Session 1
Warm-up: 7:00 AM; Meet Start: 8:00 AM

Girls/Women	Event	Boys/Men
101	12 & Under 200 yd Free	102
103	12 & Under 50 yd Fly	104
105	12 & Under 100 yd Back	106
107	12 & Under 50 yd Breast	108
109	12 & Under 100 yd Free	110
111	12 & Under 100 yd IM	112

Saturday, August 22, 2020 – Session 2
Warm-up: 10:30 AM; Meet Start: 11:30 AM

Girls/Women	Event	Boys/Men
121-131	Same events/order as Session 1	122-132

Saturday, August 22, 2020 – Session 3
Warm-up: 2:00 PM; Meet Start: 3:00 PM

Girls/Women	Event	Boys/Men
141-151	Same events/order as Session 1	142-152

Sunday, August 23, 2020 – Session 4
Warm-up: 7:00 AM; Meet Start: 8:00 AM

Girls/Women	Event	Boys/Men
201	12 & Under 200 yd IM	202
203	12 & Under 50 yd Back	204
205	12 & Under 100 yd Breast	206
207	12 & Under 50 yd Free	208
209	12 & Under 100 yd Fly	210

Sunday August 23, 2020 – Session 5
Warm-up: 10:30 AM; Meet Start: 11:30 AM

Girls/Women	Event	Boys/Men
221-229	Same events/order as Session 4	222-230

Sunday August 23, 2020 – Session 6
Warm-up: 2:00 PM; Meet Start: 3:00 PM

Girls/Women	Event	Boys/Men
241-249	Same events/order as Session 4	242-250

Note: Based on the number of entrants, meet management reserves the right to combine events, reduce the number of heats, or add breaks to provide rest for the athletes.

2020 RSA Put the Drills to Work**Summary of Fees/Release Form**

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

RSA

ATTN: Laura Hubbard

1013 Jones Franklin Rd

Raleigh, NC 27606

Email to: finances@swimrsa.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$0 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$3.00 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. RSA, Sonner Aquatic Facility, 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