



TYR Social Distance Meet

Hosted by SHARKS AQUATIC CLUB

September 18-20, 2020

Held at Shelby City Park Pool, 850 W. Sumter St., Shelby, NC 28150

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

Sanction #NC20118

CONDITION OF SANCTION

As a condition of this sanction, SHARKS AQUATIC CLUB 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 SHARKS AQUATIC CLUB Meet Plan detailed below.

ASSUMPTION OF RISK DISCLAIMER

SHARKS AQUATIC CLUB 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.

SHARKS AQUATIC CLUB COVID-19 MEET PLAN

FACE COVERINGS	<i>All meet participants – coaches, officials, administrators, spectators, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.</i>
LOCAL PROTOCOLS	<p><i>Each team will have its own seating area. Team members can bring their own tents to be setup in their respective team areas. SAC team area will be in the northwest corner of the pool deck. MSA team area will be in the northeast corner of the pool deck, behind the diving boards. TEAM team area will be on the east side of the pool deck, beside/around the small pool. NSS team area will be in the grass in the southeast corner of the pool area. GG team area will be in the grass in the southwest corner of the pool area. Tents and individual chairs will be setup 6 feet apart. At least one parent and/or coach from each team will monitor social distancing on deck.</i></p> <p><i>Each team's clerk of course will be run in its own area. 3 heat positions - 1. at the blocks, 2. 6 feet behind the blocks, 3. clerk of course. As a heat goes off the blocks and vacates position 1, position 2 moves into position 1, position 3 moves into position 2 and a new heat is lined up in position 3. Heats at clerk of course will be lined up with at least 6 feet between each swimmer.</i></p> <p><i>Locker rooms will be limited to bathroom use only. Showers are closed, and swimmers are asked to not change in the locker rooms.</i></p>
ENTRY & EXIT PROCEDURES	<i>Everyone will enter the pool through the building and exit through the front gate. There will be someone (gatekeeper) with the gate key to let folks out as needed. We do encourage people to wait until after the meet to leave. The gate must remain closed during the meet unless individuals need to leave.</i>
SWIMMER LIMITATIONS	<i>There will be a maximum of 500 athletes entered in the meet, with a maximum of 100 athletes per session so that the total number of individuals on deck at a time remains fewer than 140.</i>
SPECTATOR LIMITATIONS	<i>The Shelby Aquatic Center has set a capacity limit of 154 individuals inside the pool area. Sharks Aquatic Club has set a target of 142 individuals inside the pool area during the meet. To be included in the 142 are lifeguards (4), maintenance staff (4), officials (8) and coaches (10), timers (1 per lane), head timer (1), COVID monitors (4), gatekeepers (1), and athletes (100).</i>
PARENTAL ACCESS FOR SAFE SPORT	<i>No spectators will be allowed inside the fence. Parents will be able to view the pool and interact with their athletes from anywhere outside the fence. Coaches and volunteer COVID monitors will make sure that parents on deck are volunteering in some capacity.</i>
WARM-UPS	<p><i>General warm-ups will be split for every session, with a maximum of 6 swimmers per long course lane.</i></p> <p><i>In addition to general warm up, unused long course lanes will be available during the meet for warm up/cool down, with no more than 6 swimmers per long course lane to be supervised by COVID monitors and coaches.</i></p>

MEET DIRECTOR	MEET ENTRY COORDINATOR
David Messenger (704) 507-5457 damessenger21@yahoo.com	David Messenger (704) 507-5457 damessenger21@yahoo.com
MEET REFEREE	MEET MARSHAL
Jim Riggs 980-291-5003 Jsriggs1@bellsouth.net	Mark Wiebke (704) 813-3228 markwiebke@bellsouth.net

FACILITY

The ten lane 50 meter outdoor competition pool has eight-foot wide lanes equipped with 6 inch Competitor "Wave Eater" lane lines. The pool itself is a deck level design that allows for turbulence reduction in all lanes. Pool depth ranges from 4 feet to 13 feet deep. An adjacent outdoor, 3 lane 25-yard warm down pool, located approximately 20 feet from lane 1, will NOT be available during competition on either day. The competition course has not been certified in accordance with 104.2.2C(4). Colorado Electronic timing system will be used in conjunction with a Daktronics 10-Lane scoreboard. Stainless steel blocks are permanently mounted, 4 feet above the water line, in the shallow end of the pool. The pool has ample deck area for team tents and folding chairs and a covered concession and vendor area. In order to minimize use of locker rooms, swimmers are asked to come ready to swim. Deck changing is prohibited.

Smoking is strictly prohibited on deck, in the spectator areas, and areas adjacent to the pool area at all times during the event. Free parking is available in the lot in front of the facility, as well as the grass areas in front of the facility.

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	Friday	4:30 PM	6:15 PM	Open
2	Saturday	8:00 AM	9:30 AM	12 & Under
3	Saturday	Not before 1:30 PM	Not before 3:15 PM	Open
4	Sunday	6:45 AM	8:30 AM	Open
5	Sunday	Not before 1:00 PM	Not before 2:45 PM	12 & Under

Meet Management reserves the right to limit entries, events and heats, and to adjust warm-up times and meet start times to optimize the schedule. All changes will be communicated via email to participating coaches by Wednesday September 16, 2020.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, September 16	11:00 PM	Entry deadline
Friday, September 18	6:00 PM	Coaches/General Meeting
Prior to meet	TBD	Officials 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 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 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 North Carolina Swimming, 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. Swimmers must be registered members of SAC, MSA, TEAM, GG or NSS. Athletes not registered with these teams will be accepted at the discretion of meet management, and subject to entry limits. **There will be no on deck registration available at this meet.** Sessions may be split based on time standards to be determined, in order to maintain 100 athletes per session.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

SHARKS AQUATIC CLUB 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 SHARKS AQUATIC CLUB ability to accommodate all requests.

ENTRIES

Email is preferred for electronic entries. However, you may also mail a printed hard copy of entries including the completed and signed Entry Summary Sheet (included in this announcement) and payment in full to have your entries considered complete. Late entries after the entry deadline may be accepted at the discretion of the Meet Director at double the entry fee.

Full payment and all required paperwork must accompany your entry to be accepted.

Questions, up to the entry deadline, can be addressed to the Meet Director. Teams should submit a single check for the entire team. Entries must be

submitted using USA Swimming Standard data Interchange (.sd3) or compatible format. Go to www.hy-tek ltd.com/downloads.html to download Team Manager II Lite if your club does not possess team management software. You must submit paper back-up and your signed team summary sheet for verification. Please email electronic entry to the Meet Director, David Messenger at (damesessenger21@yahoo.com). Sharks Aquatic Club is not responsible for lost or delayed entries.

ENTRY LIMITATIONS 13 & older swimmers may swim a maximum of 4 individual events per day.
12 & under swimmers may swim a maximum of 5 individual events 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. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

Make checks payable to: SHARKS AQUATIC CLUB ; All fees are non-refundable	
Individual Event	\$5.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer

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 Sharks Aquatic Club'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. **SHARKS AQUATIC CLUB** 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

Hospitality for coaches and officials may be offered at the discretion of meet management. There will not be concessions available 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/RELEASEE

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. SHARKS AQUATIC CLUB, SHELBY AQUATIC CENTER, 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, September 18****Warm-up: 4:30pm; Meet Start: 6:15pm**

Girls/Women	Event	Boys/Men
201	Open 200 fly	202
203	Open 200 back	204
205	Open 200 breast	206
1	Open 200 free	2
3	Open 400 IM	4
5	Open 800 free	6
7	Open 200 free	8
301	Open 200 fly	302
303	Open 200 back	304
305	Open 200 breast	306

Saturday, September 19
Warm-up: 8:00am; Meet Start: 9:30am

Girls/Women	Event	Boys/Men
9	12 & Under 200 free	10
11	12 & Under 50 fly	12
13	12 & Under 100 fly	14
15	12 & Under 50 back	16
17	12 & Under 100 back	18
19	12 & Under 50 breast	20
21	12 & Under 100 breast	22
23	12 & Under 50 free	24
25	12 & Under 100 free	26
27	12 & Under 200 IM	28

Saturday, September 19
Warm-up: 1:30pm; Meet Start: 3:15pm

Girls/Women	Event	Boys/Men
29	Open 200 free	30
31	Open 100 fly	32
33	Open 100 breast	34
35	Open 50 free	36
37	Open 200 IM	38
39	Open 400 free	40
41	Open 100 back	42
43	Open 100 free	44
45	Open 200 free	46
401	Open 200 fly	402
403	Open 200 back	404
405	Open 200 breast	406

Sunday, September 20
Warm-up: 6:45am; Meet Start: 8:30am

Girls/Women	Event	Boys/Men
101	Open 200 free	102
103	Open 100 fly	104
105	Open 100 breast	106
107	Open 50 free	108
109	Open 200 IM	110
111	Open 400 free	112
113	Open 100 back	114
115	Open 100 free	116
117	Open 200 free	118
501	Open 200 fly	502
503	Open 200 back	504
505	Open 200 breast	506

Sunday, September 20
Warm-ups: 1:00pm; Meet Start: 2:30

Girls/Women	Event	Boys/Men
119	12 & Under 200 free	120
121	12 & Under 50 fly	122
123	12 & Under 100 fly	124
125	12 & Under 50 back	126
127	12 & Under 100 back	128
129	12 & Under 50 breast	130
131	12 & Under 100 breast	132
133	12 & Under 50 free	134
135	12 & Under 100 free	136
137	12 & Under 200 IM	138

**TYR Social Distance Meet
Summary of Fees/Release Form**

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

Sharks Aquatic Club
ATTN: Sharks Aquatic Club
PO Box 2201
Shelby, NC 28151-2201
Email to: damessenger21@yahoo.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Event		\$5 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$18 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. SHARKS AQUATIC CLUB, SHELBY AQUATIC CENTER, 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