



## GCY Intrasquad Meet #2

Hosted by GCY Swim Team

September 26, 2020

Held at Greensboro Aquatic Center  
1921 West Gate City Blvd, Greensboro, NC 27403



Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
**Sanction #NC20124**

### **CONDITION OF SANCTION**

As a condition of this sanction, GCY 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 GCY 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 Greensboro Community YMCA 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.

## COVID-19 MEET PLAN

### **FACE COVERINGS**

All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (when not swimming) must wear face coverings and comply with mandated social distancing and mass gathering rules.

### **LOCAL PROTOCOLS**

It is the responsibility of GCY and swimmers' parents to screen athletes for potential exposure to COVID-19 during the week prior to the meet. By entering this meet, swimmers, as well as their coaches and families, agree that they will not attend the meet (including as spectator) if any of the following are true: the athlete or person who resides in the home of the athlete tests positive for COVID-19, is awaiting results from a COVID-19 test, exhibits symptoms of COVID-19, believes he/she has COVID-19, has travelled to a COVID-19 "hotspot" in the prior two weeks, has travelled internationally in the prior two weeks, or has come into close contact with someone with COVID-19. Symptoms of COVID-19 include: fever within the past three (3) days; runny nose, cough, shortness of breath or difficulty breathing; chills; diarrhea; vomiting; nausea; headache; loss of taste and/or smell; other flulike symptoms. Temperature checks will be performed by GCY on all coaches, officials, and volunteers before they are allowed on deck.

There will be one timer per lane with one head timer.

Shared items such as watches, clipboards, writing utensils, starting equipment, etc., will be sanitized before and after each session by GCY. The facility staff will also be sanitizing the pool deck and any other high touch areas between sessions.

To enter the pool deck there will be a designated entrance and exit. This will be a one-way loop. The entrance to the pool deck will be through the locker room for athletes and through the hospitality room for volunteers. The exit will be through the hallway to the training pool.

The total facility capacity allowed under COVID-19 regulations is 264.

The following personnel will be allowed in the facility per session:

- 3 coaches
- 1 meet director
- 4 marshals (taking temperatures, pool deck staging, locker rooms, etc.)
- 1 volunteer co-ordinator
- 12 facility personnel
- 7 officials (1 referee, 1 starter, 4 stroke & turn judges, 1 administrative official)
- 60 athletes
- 9 timers

#### Warm-Ups

All warm ups must be supervised by team coaches or designated team volunteers to assure safe distancing layout with a maximum of 3 swimmers per lane and to ensure 6' social distancing during sprints.

Warm up/down lanes will be available during each session and will be monitored by meet marshals.

### **LOCKER ROOMS/ CHANGING**

Athletes must arrive and depart in their suits. Deck changing is prohibited. Locker rooms will be limited to restroom use only and must not be used for changing or showering. The locker rooms will be monitored by marshals.

Marshals will remind athletes to social distance at all times. All athletes must use on-deck showers to rinse prior to entering the pool.

**ENTRY & EXIT  
PROCEDURES  
and  
ATHLETE  
SEATING  
AREAS**

All athletes, coaches and volunteers will enter and exit the facility through the box office doors. When entering the facility, all athletes and coaches will enter and proceed to their designated seating area. Designated seating area will be in the grandstand with social distancing markings on the seats. No outside chairs are allowed in the facility. Volunteers should check in with the volunteer coordinator and proceed to the appropriately assigned area.

**SWIMMER  
LIMITATIONS  
and  
PROTOCOLS**

The total number of athletes allowed is 60 per session.

There will be heat staging around the pool deck leading to the starting blocks. Swimmers should be in the staging area no more than 10 minutes prior to their races.

Athletes will follow signage around the pool deck from seating area to pool entry/exit.

Athletes will place their personal items in a lane basket behind the designated lane. Athlete masks should be placed in a plastic bag identified with their name. Plastic bags are the responsibility of GCY.

After each race athletes will exit the pool, replace their masks and continue to their coaches for feedback.

Swimmers will be allowed in the building no more than fifteen (15) minutes prior to their warm up times and must leave the building immediately after their last swim of the session.

***When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming but must replace them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times.***

**SPECTATOR  
LIMITATIONS  
and  
PROTOCOLS**

There will be no spectators allowed at this event.

**PARENTAL  
ACCESS**

*Parents needing access to their athlete(s) during the meet in a closed-deck environment may contact their athlete(s) directly via cellphone and arrange to meet them in the courtyard. In the event of an emergency, if parents are unable to contact their athlete(s) directly, they should call the Greensboro Aquatic Center front desk at 336-315-8498 and speak to an Event Manager.*

**HEALTH  
SCREENING**

*Ingress to the facility requires health screening questions and/or a temperature check before entering in accordance with CDC and local health department recommendation.*

Swimmers, coaches and volunteers must be screened by the team prior to entering. The Greensboro Aquatic Center staff will be temperature checked upon entry into the building daily.

<b>MEET DIRECTOR</b> Brad Herndon 336-478-9635 brad.herndon@ymcagreensboro.org	<b>MEET ENTRY COORDINATOR</b> Cynthia Shannon 501 West Market St. Greensboro, NC 27401 336-478-9631 <a href="mailto:Cynthia.shannon@ymcagreensboro.org">Cynthia.shannon@ymcagreensboro.org</a>
<b>MEET REFEREE</b> Cynthia Shannon 336-317-1769 <a href="mailto:cynthiaLshannon@gmail.com">cynthiaLshannon@gmail.com</a> <a href="mailto:Cynthia.shannon@ymcagreensboro.org">Cynthia.shannon@ymcagreensboro.org</a>	<b>MEET MARSHAL</b> Scott Bowser 336-380-4311 coachscottbowser@gmail.com

## **FACILITY**

The Greensboro Aquatic Center is a state-of-the-art indoor facility with four pools. The main competition pool is 9-10 feet deep at both ends and can be configured into two 25-yard courses with up to ten 7-foot wide lanes each. All lanes feature non-turbulent lane lines and KDI Paragon starting blocks. Up to ten lanes will be used for this competition. The Omega electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

## **MEET FORMAT**

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

<b>Session</b>	<b>Day</b>	<b>Building Entry</b>	<b>Warm-up</b>	<b>Meet Start</b>	<b>Age Group</b>
1	Saturday	8:45 a.m.	9:00 a.m.	9:30 a.m.	13 & Older
2	Saturday	12:00 p.m.	12:15 p.m.	12:45 p.m.	12 & Under

## **DEADLINE AND MEETING SUMMARY:**

<b>Day, Date</b>	<b>Time</b>	<b>For:</b>
Monday, Sept 21	Midnight	Entry deadline
Friday, Sept 25	3:00 p.m.	Official Briefings via Email
Friday, Sept 25	3:30 p.m.	Coaches/General Meeting
Saturday, Sept 26	30 minutes prior to each session	Timer Briefing

## **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 Rules, 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 GCY 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 North Carolina Swimming and USA Swimming, Inc. and be members of the Greensboro Community YMCA Swim Team. 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**

GCY 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 GCY'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. GCY entries will be entered first and then accept teams/entries in the order received, until 1½ hour session is reached. Entries received thereafter will be returned immediately.

**ENTRY  
LIMITATIONS**

Swimmers in session 1 may swim a maximum of 3 individual events; swimmers in session 2 may swim a maximum of 4 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 the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted.**

**ENTRY FEES**

<b>Make checks payable to: Bryan Family YMCA; all fees are non-refundable</b>	
Entry Fee per Swimmer	\$40.00/Swimmer (individual events + \$18.00 facility charge + \$3.00 NC Travel Fund Surcharge)

**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**

All events will be pre-seeded and there will be no positive check-in.

**SCRATCHES**

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

**SCORING**

This meet will not be scored.

**AWARDS**

There will be no awards for this meet.

**RESULTS**

Results will be posted on GCY's website within 24 hours of the meets conclusion.

**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. GCY 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, a personal water bottle and a writing utensil.

## **HOSPITALITY/ CONCESSIONS**

There will be no hospitality available.

## **WARM-UP**

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. At any time during the meet there should be no more than 3 swimmers per lane. 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. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the Greensboro 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 Greensboro Community YMCA Swim Team 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

### SESSION 1

Saturday, September 26, 2020

Warm-up: 9:00 a.m.; Meet Start: 9:30 a.m.

Mixed	Event
101	400 Individual Medley <sup>1</sup>
102	50 Freestyle
103	50 Freestyle
104	200 Backstroke
105	100 Freestyle
106	200 Breaststroke
107	200 Butterfly
108	1000 Freestyle <sup>2</sup>

<sup>1</sup>Limited to no more than 2 heats

<sup>2</sup>Limited to no more than 1 heat

### SESSION 2

Saturday, September 26, 2020

Warm-up: 12:15 p.m.; Meet Start: 12:45 p.m.

Mixed	Event
201	200 Freestyle
202	50 Butterfly
203	100 Backstroke
204	50 Breaststroke
205	100 Individual Medley
206	500 Freestyle <sup>3</sup>

<sup>3</sup>Limited to no more than 2 heats



**GCY Intersquad Meet #2**  
**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees

(checks payable to the **Bryan Family YMCA**) to:

GCY

ATTN: Cynthia Shannon

Bryan YMCA

501 W Market St

Greensboro, NC 27401

Email to: [cynthia.shannon@ymcagreensboro.org](mailto:cynthia.shannon@ymcagreensboro.org)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total Amount
Swimmers		\$40.00 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. The Greensboro Community YMCA Swim Team, the YMCA of Greensboro, Inc., the Greensboro 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