



2020 WOW November Intrasquad Meet
Hosted by Waves of Wilmington (WOW)
11/19-20/2020
Held at UNCW

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC20158

**CONDITION OF
SANCTION**

As a condition of this sanction, WOW 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 WOW 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**

WOW 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.

WOW COVID-19 MEET PLAN

FACE COVERINGS 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.

LOCAL PROTOCOLS

- According to the Executive Order for Phase 2.5 operations, Hanover Hall Natatorium is allowed to have 200 people in the facility.
- Coaches=7, Meet management=0, Lifeguards=2
- 1 meet referee, 1 starter, 3 AO, 2 S&T
- 9 Timers, 1 head + 8 lane
- 2 additional volunteers for protocol enforcement (masks, social distancing, etc)

Warm-Ups

- 2 warm up sessions
- 24 swimmers in warm up pool at one time(4 swimmers/lane)

LOCKER ROOMS/ CHANGING *Athletes must arrive and depart in their suits. Locker rooms are for restroom use only and must not be used for changing or showering. Deck changing is prohibited. Restrooms will be monitored by Meet Marshall.*

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS

- Athletes, Coaches, Officials, Facility Personnel, and Volunteers will enter through the stairwell and exit through the locker room
- Seating will be both on deck and on the balcony bleachers. Swimmers will sit 6 feet apart at all times

SWIMMER LIMITATIONS and PROTOCOLS

- Total number of athletes allowed per session=170
- Athletes will be staged on far side of competition pool and moved along clerk of course style
- Athletes will exit the pool and proceed along the near side of the competition pool to the cool down pool

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 don them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times.

SPECTATOR LIMITATIONS and PROTOCOLS	<p><i>There will be no "In-Person" spectator viewing. We will attempt to live-stream the meet. Spectators may not enter the facility except use the restrooms located by Hanover Gym.</i></p> <p><i>Spectators/Parents are required to wear a face covering at all times while attending, observing or meeting with their athletes at the meet whether inside the facility, in any adjacent viewing/gathering areas provided by WOW, or meeting with their swimmer in a designated facility location and are expected to comply with all mandated state/local/facility COVID-19 guidelines.</i></p>
PARENTAL ACCESS	<p><i>Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them outside by the parking lot. Should parents be unable to contact their child directly, they should see the Meet Marshal located at UNCW. In the case of an emergency, please call and/or text Coach Dave.</i></p>
HEALTH SCREENING	<p><i>Ingress to the facility requires health screening questions and/or a temperature check before entering in accordance with CDC and local health department recommendation.</i></p>

MEET DIRECTOR		MEET ENTRY COORDINATOR	
David Sokolofsky 910-233-3389 davidsokolofsky@yahoo.com		David Sokolofsky 910-233-3389 davidsokolofsky@yahoo.com	
MEET REFEREE		MEET MARSHAL	
John Jewell 910-297-1640 jmjswim@gmail.com		David Sokolofsky 910-233-3389 davidsokolofsky@yahoo.com	
FACILITY	UNCW Natatorium, Wilmington, NC The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The competition pool is an 8-lane 25-yard pool with non-turbulent lane lines(7 ft. width) water depth at both ends is 4.5-5.5 feet. Colorado electric timing, scoreboard, and fixed starting blocks. There is an additional 6-lane 20 yard pool for continuous warm up and warm down.		
MEET FORMAT	Timed Finals. Intrasquad Meet. Open to: WOW		

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday	5:45 PM	6:45 PM	All
2	Friday	5:45 PM	6:45 PM	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, 11/10	11:59 PM	Entry deadline
Prior to meet	TBD	Virtual Briefing
Prior to meet	TBD	Virtual Coaches/General Meeting
Thursday, 11/19	6:30 PM	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 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 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 without the use of a backstroke ledge. When unaccompanied by a member -coach, 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 be members of WOW. 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**

WOW 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 WOW'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. 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. WOW entries will be entered first and then accept teams/entries in the order received, until the four/eight-hour rule is reached. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 2 individual events per session.

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. 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: WOW; All fees are non-refundable	
Individual Event	N/A
Relays	N/A
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10.00 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

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

No scoring

AWARDS

No awards.

RESULTS

Results will be emailed to each team at the conclusion of the meet.

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. WOW 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

No hospitality.

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. WOW, UNCW, 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

Thursday, 11/19

Warm-up: 5:45 PM; Meet Start: 6:45 PM

Mixed	Event	
1	12 & Under 50 Free	
2	13 & Over 50 Free	
3	Open 100 Breast	
4	12 & Under 50 Fly	
5	Open 200 Fly	
6	Open 100 Back	
7	12 & Under 100 IM	
8	Open 200 Free	

Friday, 11/20

Warm-up: 5:45 PM; Meet Start: 6:45 PM

Mixed	Event	
9	Open 100 Free	
10	12 & Under 50 Breast	
11	Open 200 Breast	
12	Open 100 Fly	
13	12 & Under 50 Back	
14	Open 200 Back	
15	Open 200 IM	
16	Open 500 Free	