

**SFSC Season Kick-off Meet**  
**Hosted by Swim Fanatics Swim Team**  
**September 10<sup>th</sup>, 2021**  
The Greensboro Aquatic Center  
1921 W. Gate City Blvd., Greensboro, NC 27403  
*Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.*  
**Sanction #NC21144**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Nathan Durrell 336-926-6903 Ndurrell1@gmail.com	Nathan Durrell 336-926-6903 Ndurrell1@gmail.com STREET CITY, STATE, ZIP
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Beth Burge Bethburge@me.com	Sasha Kuznezov 607-742-8056 coachsasha@swimfanatics.com

**CONDITION OF  
SANCTION**

As a condition of this sanction, Swim Fanatics agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the Swim Fanatics Meet Plan 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 Swim Fanatics 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**

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, 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.

### Swim Fanatics COVID-19 MEET PLAN

#### NCS FACE COVERING STATEMENT

Following new CDC recommendations and the North Carolina Governor's latest Executive Order issued May 14, 2021, North Carolina Swimming has revised guidance on the use of face coverings at USA Swimming activities as follows:

- North Carolina Swimming strongly recommends that partially vaccinated or unvaccinated individuals continue to wear face coverings and practice social distancing at all swimming activities.
- Other individuals are welcome to continue wearing face coverings for personal comfort.
- NCS clubs may require that participants wear face coverings and observe social distancing at meets that they host.
- NCS members are expected to comply with all COVID-19 safety guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, aquatic facilities, and member clubs.

#### FACILITY and HOST TEAM REQUIREMENTS

Swim Fanatics has discussed specific health and safety procedures with the venue management. At this time, the facility and Swim Fanatics have additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet. The Greensboro Aquatic Center requires all individuals, vaccinated or unvaccinated, to wear a mask and maintain distance at all times (when not in the water).

It is the responsibility of each team 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. Each team must perform temperature checks on all their athletes, coaches and volunteers prior to entering the facility.

Shared items such as watches, clipboards, writing utensils, starting equipment, etc., will be sanitized before and after each session by Swim Fanatics. 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 and coaches. The exit will be through the hallway to the concourse.

#### Warm-Ups

All warm-ups must be supervised by team coaches or designated team volunteers to assure safe distancing layout with a maximum of 13 swimmers per lane in the competition pool and to ensure 6' social distancing during sprints.

Warm up/down lanes will be available during each session in the dive well. There is a maximum of 6 swimmers per lane in the dive well. This 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 and changing only and must not be used for showering. Signage will be placed throughout the locker rooms. Showers will be closed off to ensure social distancing. 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 designated entrance. When entering the facility, all athletes and coaches will enter and proceed to their designated seating area. Designated seating will be on deck. No outside chairs are allowed in the facility. Volunteers should check in with the volunteer coordinator and proceed to the appropriately assigned area.

Swimmers' backpacks must remain on wall hooks or bleachers. No backpacks are permitted on the deck.

## **SWIMMER LIMITATIONS and PROTOCOLS**

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.

Athletes should bring their own plastic bags to the blocks. Athlete masks should be placed in a plastic bag identified with their name. Plastic bags are the responsibility of the swimmers' teams.

After each race athletes will exit the pool, put on their masks and move to a post-race and cool-down area of the dive well.

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**

All spectators must wear a mask. "Face Covering" means a covering of the nose and mouth that is secured to the head with ties, straps, or loops over the ears and fits snugly against the side of a person's face. A Face Covering can be made of a variety of synthetic and natural fabrics, including cotton, silk, or linen. Face Coverings are most effective when they fit snugly against a person's face and have two (2) or more layers. This can be achieved by wearing a cloth Face Covering with two or more layers or by wearing one disposable mask underneath a cloth mask. A cloth Face Covering may be factory-made, sewn by hand, or can be improvised from household items such as scarfs, bandanas, t-shirts, sweatshirts, or towels. These Face Coverings are not intended for use by healthcare providers in the care of patients. Based on recommendations from the CDC: face shields do not meet the requirements for Face Coverings.

**PARENTAL ACCESS** 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 in the concourse. Should parents be unable to contact their child directly, in the case of an emergency, please call and/or text the meet director(s).

**FACILITY** The Greensboro Aquatics Center main competition pool is a 50-meter pool which can be broken into two short course venues with a separate diving well. This competition will use one or two short course competition venues that are 10 lanes or 8 lanes (depending on entries) with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 7'. An Omega timing system with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

No outside Food or Drink will be permitted. There is a spectator seating area with a capacity of 1850 persons. Spectators are not allowed on the deck at any time. The 650 bleacher seats on deck are reserved for swimmers only. No chairs are permitted in the stands or on deck.

Parking will be available for up to \$5.00 per vehicle

#### MEET FORMAT

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00 PM	5:00 PM	All

#### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, 9/3	12:00am	Entry deadline
Friday, 9/10	4:00pm	Official Briefings
Friday 9/10	3:45pm	Coaches/General Meeting
Friday 9/10	4:30pm	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.

**RACING STARTS**

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.

**ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. 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.

**MEMBERS WITH  
DISABILITIES OR  
MEDICAL CONDITIONS**

Swim Fanatics 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. Failure to provide advance notice may limit Swim Fanatics's ability to accommodate all requests.

**ENTRIES**

Please email entries to Ndurrell1@gmail.com using Hy-Tek Team Manager for entries. List all swimmers' ages as of September 9, 2021. Entries may be sent via email and must include the following:

- 1) A Hy-Tek compatible entry file
- 2) Team entry report
- 3) Financial report
- 4) A list of Coaches attending the meet.

A swimmer's age on the first day of the meet will determine his/her age for the entire meet. Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned.

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of 4 individual events plus 1 relays per day and a total of 4 individual events and 1 relays for the meet. Also include limitations on number of swimmers, event limitations, and team relay limitations, if applicable.

**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 10:00 pm Wednesday, September 1, 2021. Late entries may be accepted at the discretion of the Meet Director and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director and Meet Referee. Double fees will apply to all late entries and must be paid before entry can be processed on deck.

**ENTRY FEES**

Make checks payable to: Swim Fanatics; All fees are non-refundable	
Individual Event	\$5.00 per event
Relays	\$20.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$12.00
Late Entry Fee	\$10.00
Heat Sheet Fee	

**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.

**SCORING**

This meet will not be scored.

<b>AWARDS</b>	There will be no awards at this meet.
<b>RESULTS</b>	Live results will be posted on Swim Fanatics' website. At the conclusion of the meet, results will be sent to each team via email attachment.
<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.
<b>OFFICIALS/TIMERS/ VOLUNTEERS</b>	There will be a need for officials. Swim Fanatics welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email <b><u>prior to the meet.</u></b> 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 a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil.
<b>HOSPITALITY</b>	There will be a hospitality area open to all coaches and officials.
<b>WARM-UP</b>	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). <b>There is to be no diving or horseplay in this area.</b>
<b>WAIVER/RELEASE</b>	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. SWIM FANATICS, 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.
<b>IMAGE RELEASE</b>	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 10th  
Warm-up: 4pm; Meet Start: 5pm

Girls/Women	Event	Boys/Men
1	8 & Under 25 Butterfly	2
3	12 & Under 50 Butterfly	4
5	13 & Up 100 Butterfly	6
7	8 & Under 25 Backstroke	8
9	12 & Under 50 Backstroke	10
11	13 & Up 100 Backstroke	12
13	8 & Under 25 Breaststroke	14
15	12 & Under 50 Breaststroke	16
17	13 & Up 100 Breaststroke	18
19	8 & Under 25 Freestyle	20
21	12 & Under 50 Freestyle	22
23	13 & Up 100 Freestyle	24
25	10 & Under 100 IM	26
27	11 & Up 200 IM	28
29	8 & under 100 Free Relay	30
31	12 & under 200 Free Relay	32
33	13 & up 200 Free Relay	34



**SFSC Season Kick-off Meet  
Summary of Fees/Release Form**

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

SFSC  
ATTN: Sasha Kuznezov  
307 Turnstone Trail  
Greensboro, NC 27455  
Email to: Ndurrell1@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$5.00 per event	
Relay Entries		\$20.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$15.00 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. SWIM FANATICS, 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE