

PAC Season Opener

A Closed Intrasquad Meet

Hosted by Piedmont Aquatic Club (PAC)

September 18, 2021

Held at the Edward M. Armfield Civic Center, 873 W 52 Bypass, Pilot Mountain, NC 27041

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

Sanction #NC21147

MEET DIRECTOR	MEET ENTRY COORDINATOR
Leah Tunstall (336) 429-8209 swim4pac@gmail.com	Leah Tunstall 459 Welch Rd. Mount Airy, NC 27030 (336) 429-8209 swim4pac@gmail.com
MEET REFEREE	MEET MARSHALL
Jeff Tunstall (336) 401-3049 jeffrey.tunstall@gmail.com	Leah Tunstall (336) 429-8209 swim4pac@gmail.com

CONDITION OF SANCTION

As a condition of this sanction, Piedmont Aquatic Club 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 Piedmont Aquatic Club 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

Piedmont 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

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.

Piedmont Aquatic Club 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 REQUIREMENTS

- The Total Facility Capacity in the pool area will be limited to 80 athletes, coaches, meet volunteers, and facility employees. The facility capacity will be enforced by the Edward M. Armfield Civic Center staff.
- The Edward M. Armfield Civic Center will provide a lifeguard and a staff member designated for cleaning duties related to Covid-19 protocols.
- There will be five officials in the session: one meet/deck referee, one starter. Two stroke and turn officials, and an administrative official.
- One timer per lane will be used as the secondary backup timing system. The host team will provide all timers. Each lane timer will operate both a button and a watch and a head timer will be provided.
- Additional volunteers will be allowed on deck for the specific duties of athlete supervision, equipment cleaning, and clerk of course. The Edward M. Armfield Civic Center will provide monitors for the locker rooms.
- Restrooms will be available for athletes in the locker rooms; and for coaches, officials, and volunteers in the family changing room according to MAAPP guidelines.
- Watches, clipboards, writing utensils, and starting equipment will be sanitized at the beginning of the session (or when a different volunteer performs a duty with the equipment).

Warm-Ups

- Athletes will be assigned designated lanes for warm-up by the coaching staff with each lane not to exceed four swimmers at a time. Coaches and the meet marshall will monitor warm-ups.
- The maximum in-water capacity at any time during warm-ups will be 32 swimmers with an on-deck capacity of 80 participants, coaches, facility employees, and volunteers. Coaches may divide warm-up time in their assigned lanes to accommodate their team and the 32-swimmer in-water maximum.

LOCKER ROOMS/ CHANGING

Locker rooms are for athlete use only. Deck changing is prohibited. Restrooms will be monitored by an employee of the Edward M. Armfield Civic and Recreation Center.

ENTRY & EXIT PROCEDURES and ATHLETE SEATING AREAS

- All athletes, coaches, and meet volunteers should enter the facility through the main entrance.
- Only Athletes, Coaches, Officials, Facility Personnel, and Registered Volunteers will be permitted on deck. All participants and volunteers will enter the pool only through the single door located near the lane 8 starting block and will exit through the double

doors adjacent to the lane 1 starting block. A facility staff member will monitor the entry.

- Coaches should bring their own chairs. and areas will be designated for each participating team. All chairs should be six feet apart.

SWIMMER LIMITATIONS and PROTOCOLS

- Each session is limited to 50 total swimmers.
- Swimmers must report to the clerk of course staging area prior to their event and will be notified of upcoming events via loudspeaker.
- One heat at a time will exit the staging area to the blocks as led by a meet volunteer on the lane 1 side of the pool.
- Swimmers should be ready to swim (cap/goggles on) upon departing the staging area.
- A designated basket will be available behind each block for athletes to put personal items (mask, towels, etc.) during competition.
- Athletes will exit the pool toward the lane 8 side and return to their seats. Meet officials will direct/monitor this process.
- Swimmers may talk to coaches either before or after a race provided that masks are worn, and social distancing protocols are followed.
- Athletes should plan to arrive at the facility no earlier than 15 minutes before their designated warm-up time and will be allowed to stay until the last event 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 don 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 "In-Person" spectator viewing. Spectators may not enter the facility except use the restrooms located to the right of the front desk in the main foyer.

When entering the facility to use the restroom, Spectators/Parents are required to comply with all mandated state/local/facility COVID-19 guidelines.

PARENTAL ACCESS

Parents needing access to their athlete during the meet can contact their children directly via cellphone and arrange to meet them in the front lobby. Should parents be unable to contact their child directly, they should see the front desk attendant. In the case of an emergency, please call or text Meet Director Leah Tunstall at 336-429-8209 or call the Facility at 336-368-2012.

FACILITY	The Edward M. Armfield Civic Center has an eight-lane 25-yard indoor pool with 7ft. wide non-turbulent lanes, a Daktronics timing system complete with eight lane scoreboard and touch pads. The automatic timing system uses touch pads and one timer per lane, each operating a button and a stopwatch. The pool is equipped with Paragon starting platforms and is 8 ft. deep at the start end and 4 ft. deep at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). Free parking for the meet is available in the gravel parking lot behind the facility.
MEET FORMAT	This is a single-session, closed team, Age Group intrasquad competition.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:00-9:00 AM	9:10 AM	all

**Note: The meet host reserves the right to adjust the warm-up and session start times to accommodate the number of entries.*

DEADLINE AND MEETING SUMMARY

Day, Date	Time	For:
Thursday, September 10, 2021	5:00 PM	Entry Deadline
Saturday, September 18, 2021	8:10 AM	Officials 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&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 the Piedmont Aquatic Club. Swimmers must be registered prior to the entry deadline. There will be no on deck registration available at this meet.

**MEMBERS WITH
DISABILITIES OR
MEDICAL CONDITIONS**

Piedmont 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 Piedmont Aquatic Club's ability to accommodate all requests.

ENTRIES

All entries for the meet will be hand entered by the coaching staff today into Hy-Tek by the meet entry deadline. A swimmer's age on the first day of the meet will determine his/her age for the entire meet. All must be listed and pay the NCS Travel Fund surcharge.

ENTRY LIMITATIONS

Swimmers may enter 5 individual events per day. Relays will not be conducted.

ENTRY VERIFICATION

An email will be sent to the team confirming entry within 48 hours of the deadline.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by Thursday, September 10, 2021 at 5:00 PM. Late entries may be accepted at the discretion of the Meet Director.

ENTRY FEES

\$20.00 entry fee per swimmer payable to Piedmont Aquatic Club. Entry fees are non-refundable. There is no facility fee, and the \$20 per swimmer fee includes the \$3/swimmer NCS 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.

AWARDS

Individual Events - Ribbons 1st through 8th place.

RESULTS

At the conclusion of the meet, results will be posted on the team website.

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

**OFFICIALS/
TIMERS/
VOLUNTEERS**

There will be a need for officials. Piedmont 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, and a writing utensil.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

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. Piedmont Aquatic Club, The Edward M. Armfield Civic and Recreation 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

1	Girls 10&UN 100 IM	25	Girls 13-14 100 breast
2	Boys 10&UN 100 IM	26	Boys 13-14 100 breast
3	Girls 11-12 100 IM	27	Girls Senior 100 breast
4	Boys 11-12 100 IM	28	Boys Senior 100 breast
5	Girls 13-14 200 IM	29	Girls 8&UN 25 back
6	Boys 13-14 200 IM	30	Boys 8&UN 25 back
7	Girls Senior 200 IM	31	Girls 9-10 50 back
8	Boys Senior 200 IM	32	Boys 9-10 50 back
9	Girls 8&UN 25 free	33	Girls 11-12 50 back
10	Boys 8&UN 25 free	34	Boys 11-12 50 back
11	Girls 9-10 50 free	35	Girls 13-14 100 back
12	Boys 9-10 50 free	36	Boys 13-14 100 back
13	Girls 11-12 50 free	37	Girls Senior 100 back
14	Boys 11-12 50 free	38	Boys Senior 100 back
15	Girls 13-14 100 free	39	Girls 8&UN 25 fly
16	Boys 13-14 100 free	40	Boys 8&UN 25 fly
17	Girls Senior 100 free	41	Girls 9-10 50 fly
18	Boys Senior 100 free	42	Boys 9-10 50 fly
19	Girls 8&UN 25 breast	43	Girls 11-12 50 fly
20	Boys 8&UN 25 breast	44	Boys 11-12 50 fly
21	Girls 9-10 50 breast	45	Girls 13-14 100 fly
22	Boys 9-10 50 breast	46	Boys 13-14 100 fly
23	Girls 11-12 50 breast	47	Girls Senior 100 fly
24	Boys 11-12 50 breast	48	Boys Senior 100 fly