

Queen City Dolphins Fall Invite

Hosted by Queen City Dolphins

Saturday, September 18, 2021

Held at Mecklenburg County Aquatic Center, 800 East Martin Luther King Jr. Blvd, Charlotte, NC 28202
704-336-3483

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

Sanction #NC21151

MEET DIRECTOR	MEET ENTRY COORDINATOR
Rodney Sellars 980-721-5164 sellarsrl@aol.com	Lisa Olack olack.lisa@gmail.com Entries sent to another individual may not be processed
MEET REFEREE	MEET MARSHAL
Tom Donahue 704-661-2584 tdonahue@pfgnc.com	Rodney Sellars 980-721-5164

CONDITION OF SANCTION As a condition of this sanction, Queen City Dolphins 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 Queen City Dolphin 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 Queen City Dolphin 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.

QCD 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

QCD has discussed specific health and safety procedures with venue management. 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. At this time, the facility and/or QCD have the following additional requirements.

- All meet participants – coaches, officials, administrators, volunteers, vendors, and athletes (when not in the pool) – must wear face coverings/masks that fit snugly against the face and simultaneously cover the nose and mouth at all times while in the facility to minimize the spread of respiratory droplets.
- The Mecklenburg County Aquatic Center has set a capacity limit of 500 individuals inside the facility, which represents 31% of building capacity. To be included in the 500 are lifeguards, maintenance staff, officials, coaches, timers, other volunteers/COVID monitors, athletes, etc. **No spectators are permitted.**
- There will be a maximum of 400 swimmers per session. This number may be adjusted lower as needed to keep the total number of individuals in the building fewer than 500 per facility guidelines for maximum occupancy.

WARM-UPS

- During warmups, MCAC will allow 8 swimmers per lane in the 25y competition course, providing over 9ft of social distancing.
- During warmups, as well as continuous warm-up and cool down during the meet, MCAC will allow 8 swimmers per lane in the warm pool, providing over 9ft of social distancing.
- A multi-period warmup may be utilized to comply with current COVID guidelines and if swimmer numbers warrant. Warmup assignments and procedures will be communicated prior to the meet.
- Teams will have assigned lanes throughout the duration of the swim meet.
- ONLY Swimmers participating in a session may warm-up for that session.

LOCKER ROOMS/ CHANGING

- Locker Rooms are to be used only by Swimmers
 - It is recommended that swimmers wear their suits to and from the pool.
 - Swimmers are allowed to change in the locker room, but the locker rooms are limited to 15 swimmers at a time.
- Locker Rooms and Restrooms will be monitored by SA Meet Management.

ENTRY/EXIT

- Everyone (athletes, coaches, officials, facility personnel, volunteers) will enter the building through the side hallway door.
- The main building entrance will be the exit for the facility.

TEAM SEATING

- Teams will be assigned certain sections of stadium seating with appropriate distancing to allow for keeping personal belongings.
- Teams will be asked to maintain 6 feet distancing in their assigned areas.
- Unvaccinated athletes must wear face coverings.

BLEACHERS

- The bleachers behind the blocks will not be pulled out, to allow social distancing behind the blocks for timers and meet officials.
- Sections of the bleachers in the deep end behind the diving boards will be pulled out.
- The mezzanine bleachers will be available for participants along with the other permanent seating.

STAGING

- All events will be staged and sequenced to promote social distancing. All athletes must report to the designated staging areas ready to swim 10 minutes prior their heat. Three heats will be staged at one time. Each heat will be designated as red, yellow, and green. A volunteer will instruct the swimmers when to proceed to the next area and ultimately behind the block.
- Using flyover starts, upon the start of a heat, the athletes in the heat in the water will exit the water after the start of the heat, redon their mask immediately upon exiting the pool and prior to proceeding towards the lane one side of the pool scoreboard end of the pool for warm down. The next up heat will be processed from the staging area to behind the blocks once the swimmers that were in the water have begun to clear the starting area.

SPECTATORS

There will be no "In-Person" spectator viewing.

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 at the designated exit of the building. Should parents be unable to contact their child directly, they should contact the coach, if the coach is unavailable/unreachable, see the Meet Marshal located at the athlete entrance. In the case of an emergency, please call and/or text the Meet Director listed above.

FACILITY

The competition pool is a 25-yard pool equipped with 8, 9-foot-wide lanes with non-turbulent lane lines and Paragon starting blocks which will be used for competition in accordance with USA Swimming diving depth guidelines. Minimum depth is 6.5 feet at the scoreboard end and 13 feet at the diving board end. Colorado 6000 electronic timing system with a full color scoreboard will be used. There will be six additional lanes available for continuous warm up and warm down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

MEET FORMAT

This is a timed final pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday, 9/18	1:00 PM	1:45 PM	12 & under
2	Saturday, 9/18	5:00 PM	6:00 PM	13 & over

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, 9/7	5:00 PM	Entry deadline
Friday, 9/17	8:00 PM	Virtual coaches meeting – please have at least one coach present
Saturday, 9/18	TBD	Official Briefing
Saturday, 9/18	5:30 PM	Positive check in for 500 Free

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. 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. All athletes 18 and older must complete Athlete Protection Training (APT).

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

Queen City Dolphins welcome 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 Queen City Dolphins' ability to accommodate all requests.

ENTRIES

Email is to be used for all entries. No telephone or fax entries will be accepted. Entries should be submitted using Hy-tek or compatible software. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Director by the entry deadline as stated in the Deadline and Meet Summary above. A swimmer's age on the first day of the meet will determine their age for the entire meet. Queen City Dolphins entries will be entered first and then accept teams/entries in the order received, until capacity or the four-hour rule is reached; whichever comes first. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS

Swimmers 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 above. 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: Queen City Dolphins, Inc.; All fees are non-refundable, except if rejected for non-compliance or meet has reached capacity	
Individual Event	\$5.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer
Late Entry Fee	Double the individual fees listed if accepted

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.

CHECK-IN	<p>A positive check-in will be required for the following events:</p> <ul style="list-style-type: none"> • Open 500 Free <p>Check in will be as stated in the Deadline and Meeting Summary above. Swimmers that fail to check in will be scratched from the event and not seeded. All deck seeded events listed above will swim slow to fast.</p>
SCRATCHES	There will be no penalty for scratching events at the block.
SCORING	There will be no scoring for this meet.
AWARDS	There will be no awards for this meet.
RESULTS	Results will be posted on North Carolina Swimming's website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-tec backups either on a memory stick or via email attachment.
COACHES	<p>All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a general meeting at the date and time listed in the Deadline and Meeting Summary above. Other meetings may be held at the meet referee's discretion. It is required that at least one coach representative from each team attend all coaches' meetings.</p>
OFFICIALS/ TIMERS/ VOLUNTEERS	<p>There will be a need for officials. Queen City Dolphins 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 the Meet Referee prior to the meet. There will be no officials meeting at the meet and assignments will be communicated via email. A mandatory official briefing will be held at the date and time listed in the Deadline and Meeting Summary above. Officials are strongly encouraged to complete a review of applicable USA-S rules for their assignment prior to the meet. Officials should report to their assigned position 10 minutes prior to session start, bring a mask, personal water bottle, and writing utensil.</p>
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. There will be no concessions.
WARM-UP	<p>In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. This will be announced at the general meeting. 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 six lanes available for continuous warm-up/down. Coaches will be responsible for monitoring his/her team's activities in this area. There is to be no diving or horseplay in this area.</p>
WAIVER/ RELEASE	<p>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. Queen City Dolphins, Mecklenburg County Parks and Recreation Department, 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</p>

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
Session 1 – 12 & Under
Saturday, September 18, 2021
Warm-up: 1:00 PM; Meet Start: 1:45 PM

Girls	Events	Boys
1	11-12 200 IM	2
3	10 & Under 100 IM	4
5	11-12 50 Free	6
7	8 & Under 25 Free	8
9	10 & Under 50 Free	10
11	11-12 50 Back	12
13	8 & Under 25 Back	14
15	10 & Under 50 Back	16
17	11-12 50 Breast	18
19	8 & Under 25 Breast	20
21	10 & Under 50 Breast	22
23	11-12 50 Fly	24
25	8 & Under 25 Fly	26
27	10 & Under 50 Fly	28
29	12 & Under 100 Free	30

Session 2 – 13 & Over
Saturday, September 18, 2021
Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls	Events	Boys
31	13-14 200 Free	32
33	Open 200 Free	34
35	13-14 100 Fly	36
37	Open 100 Fly	38
39	13-14 50 Free	40
41	Open 50 Free	42
43	13-14 100 Back	44
45	Open 100 Back	46
47	13-14 200 IM	48
49	Open 200 IM	50
51	13-14 100 Free	52
53	Open 100 Free	54
55	13-14 100 Breast	56
57	Open 100 Breast	58
59	Open 500 Free*	60

***Positive check-in is required as stated in the Deadline and Meeting Summary above.**

**Queen City Dolphins Fall Invite
Summary of Fees/Release Form**

Complete and mail this form along with entry fees to (checks payable to Queen City Dolphins, Inc.):
Queen City Dolphins
ATTN: Rodney Sellars

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$5.00 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 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. Queen City Dolphins, Mecklenburg County Parks and Recreation Dept., 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