

**ATOM Summer Speed**  
**Hosted by ATOM**  
**July 26-27, 2022**  
**MCAC, 800 E. MLK Jr Blvd, Charlotte, NC 28202**

***Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.***  
***Sanction #NC22125***

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Shaynah Jerrell 919.360.3075 coachshaynah@gmail.com	Shaynah Jerrell 1310 Charter Pl Charlotte, NC, 28211 919.360.0375 coachshaynah@gmail.com
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Jeff Foltz 919.523.9540 jholtz@msn.com	Stephanie Toth 336.906.1611 coachstephanie28@gmail.com

**CONDITION OF  
SANCTION**

As a condition of this sanction, ATOM 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 ATOM 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**

ATOM 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.

### **ATOM's COVID-19 MEET PLAN**

#### **NCS FACE COVERING STATEMENT**

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

#### **FACILITY and HOST TEAM REQUIREMENTS**

Spectators will be allowed. Facility is limited to 1000 people.

## 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. The minimum depth ranges for any configuration utilized is from 6.5 feet. There will be 4 additional lanes available for continuous warm up and warm down. Timing system will include pads and two timers per lane, each operating a button and a watch. Spectator seating in bleachers only. No chairs permitted on deck for spectators. There is ample parking within 100 yards of the facility. Smoking is not permitted inside the building. Absolutely no glass bottles will be allowed on the pool deck. Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck. Deck changing is not permitted

**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, pre-seeded short course meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Tuesday	4:00 PM	5:00 PM	Open
2	Wednesday	4:00 PM	5:00 PM	Open

## DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, July 19, 2022	6:00 PM	Entry deadline
Tuesday, July 26, 2022	4:30 PM	Official Briefings
Tuesday, July 26, 2022	4:45 PM	Coaches/General Meeting
Tuesday, July 26, 2022	4:30 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. 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

ATOM 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 ATOM'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 or before the start of the first race. A swimmer's age on the first day of the meet will determine their age for the entire meet. ATOM's 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. **All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.**

#### ENTRY LIMITATIONS

Swimmers may swim a maximum of **3** individual events plus **2** relays per day and a total of **6** individual events and **4** relays for the meet.

#### 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. There will be no on deck entries. Late entries may be accepted at the discretion of the Meet Referee.

**ENTRY FEES**

Make checks payable to: <b>ATOM</b> ; All fees are non-refundable	
Individual Event	\$4 per event; see NCS rules for any restrictions
Relays	\$12 per relay; see NCS rules for any restrictions
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$12 per athlete
Late Entry Fee	\$8 per individual event; \$16 per relay event

**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**

There will be no scoring

**AWARDS**

No awards will be given

**RESULTS**

Results will be emailed out to teams within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.

**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. **ATOM** welcomes and encourages anyone willing to volunteer. Volunteering Officials should 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 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.

**HOSPITALITY/  
CONCESSIONS**

There will be limited hospitality available for coaches and officials. There will be no concessions.

**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. ATOM, MCAC, 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

**Tuesday, July 26, 2022**

**Warm-up: 4:00 PM; Meet Start: 5:00 PM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
<b>1</b>	<b>Open 400 Medley Relay</b>	<b>2</b>
<b>3</b>	<b>Open 200 IM</b>	<b>4</b>
<b>5</b>	<b>Open 100 Breast</b>	<b>6</b>
<b>7</b>	<b>Open 50 Breast</b>	<b>8</b>
<b>9</b>	<b>Open 200 Back</b>	<b>10</b>
<b>11</b>	<b>Open 100 Free</b>	<b>12</b>
<b>13</b>	<b>Open 50 Fly</b>	<b>14</b>
<b>15</b>	<b>Open 200 Fly</b>	<b>16</b>
<b>17</b>	<b>Open 200 Free Relay</b>	<b>18</b>

**Wednesday, July 27, 2022**

**Warm-up: 4:00 PM; Meet Start: 5:00 PM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
<b>19</b>	<b>Open 400 Free Relay</b>	<b>20</b>
<b>21</b>	<b>Open 100 IM</b>	<b>22</b>
<b>23</b>	<b>Open 200 Free</b>	<b>24</b>
<b>25</b>	<b>Open 100 Back</b>	<b>26</b>
<b>27</b>	<b>Open 50 Breast</b>	<b>28</b>
<b>29</b>	<b>Open 200 Breast</b>	<b>30</b>
<b>31</b>	<b>Open 50 Free</b>	<b>32</b>
<b>33</b>	<b>Open 100 Fly</b>	<b>34</b>
<b>35</b>	<b>Open 200 Medley Relay</b>	<b>36</b>

**ATOM Summer Speed**  
**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to:

ATOM

ATTN: Shaynah Jerrell

1310 Charter Pl

Charlotte, NC 28211

Email to: coachshaynah@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$4 per event	
Relay Entries		\$12 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$15 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. ATOM, MCAC, 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