



November 12-14 (Thursday-Saturday)
HOSTED BY Greensboro Aquatic Center and SWIM GSA
This site will be capped at 90 female and 90 male swimmers per session.

Sanctioned by USA Swimming through North Carolina Swimming. In granting this sanction it is understood and agreed that USA Swimming and North Carolina Swimming, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
NORTH CAROLINA SANCTION #NC20144

The 2020 Toyota U.S. Open will be held at ~8-10 sites from November 12-14. Results from each site will be combined by USA Swimming and published in a comprehensive results report. The entry deadline for this competition is 11:59 p.m. Mountain Time Tuesday, November 3, 2020 or until the entry cap is reached. Please note that information in this document may be modified to meet current local, state, and federal protocols.

Location:	Greensboro Aquatic Center – 1921 W. Gate City Blvd, Greensboro, NC 27403 – 336-315-8498
Dates and Times:	Thursday, November 12 5:00 p.m. local time Friday, November 13 9:00 a.m. and 5:00 p.m. local time Saturday, November 14 9:00 a.m. local time
Format:	The Toyota U.S. Open Championships will consist of four timed finals sessions: Thursday evening; morning & evening on Friday; and morning on Saturday. (See Event Order on page 4.) All events will be swum in Long Course Meters (LCM).

Important Facts:	<ul style="list-style-type: none"> ➤ This competition may be conducted in two or more flights per session. This competition is open to all current Premium or Outreach USA Swimming member-athletes who have achieved the published time standards. ➤ The qualification period for this event is July 1, 2019 through the entry deadline. Enter the 2020 Toyota U.S. Open online at usaswimming.org/ome beginning Tuesday, October 20, 2020 and no later than 11:59 p.m. Mountain Time, Tuesday, November 3, 2020. ➤ Swims achieving a qualifying time standard for the first time from Wednesday, November 4, 2020, through Sunday, November 8, 2020, may enter the meet through OME under the title 2020 Toyota U.S. Open: New Qualifying Swims, provided the meet cap has not been reached. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 8, 2020, and cannot be used to improve the seed time of a prior entry unless the improvement achieves a new qualifying standard. Normal entry fees apply. ➤ All swimmers entered in the 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline to compete in the event. ➤ There will be bonus events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.
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COVID-19	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.
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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.

Every club planning to host or attend this competition must develop a "Return to Competition" plan, and hosts must include this plan with their sanction application. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult usaswimming.org and/or your LSC. To address circumstances related to COVID-19, the supplemental "Return to Competition" document to the meet sanction request must include:

- A. A statement of the local protocols and requirements;
- B. The plan for spectator ingress and egress;
- C. The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.;
- D. Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child; and
- E. An attestation statement in which the meet host attests that the conduct of the meet will adhere to local jurisdictional guidelines.

Safe Sport:

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at

uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before October 14, 2020, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before October 14, 2020, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshal, is harmful to others or to other’s property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

About the Facility:

The Greensboro Aquatic Center is an indoor 100,795 square foot facility with **two (2) 50-meter pools**, a dive well with seven (7) lanes and a recreation/teaching pool with five (5) 25 yard lanes. This competition will use the 50 meter, 8 lane long course set-up with continuous warm up in the adjacent 50 meter long course training pool. **The diving well is reserved for cool down only.** The competition pool depth is 9'-10' at the start and turn ends. Six (6") inch lane lines will be used to reduce turbulence. The lane width is 8'. An Omega automatic timing system with semi-automatic backup will be used. A Daktronics ProStar LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms and Omega backstroke ledges will be used.

HEALTH & SAFETY

Recent improvements to Greensboro Aquatic Center (GAC) have been implemented to create the safest possible environment to host championship swimming and diving events.

Global Plasma Solutions (GPS) cold plasma bipolar ionization system has been installed throughout the facility. The system works in conjunction with the GAC’s previously installed Paddock Evacuator air filtration system to deliver clean indoor air that is safe and healthy by

reducing chloramines and eliminating airborne particulates, odors and pathogens. GPS systems using similar technology have been installed in over 150,000 locations worldwide including The White House as well as hospitals and healthcare facilities and numerous colleges, universities and public schools.

Pool hours and warm-up procedures:

Thursday, November 12th – 7:30 am to 9:30am – Open warm up in main Competition Pool
9:30-3:45 Facility CLOSED for Set Up
3:45 pm – Doors open for evening session
4:00-4:45 pm – Women’s flight warm up in main Competition Pool
Men’s flight warm up in Training pool
*After Women’s Session – Men’s (30) minute warm up in main Competition Pool

Friday, November 13th – 7:45 am – Doors open for morning session
8:00-8:45 am – Women’s flight warm up in main Competition Pool
Men’s flight warm up in Training pool
*After Women’s Session – Men’s (30) minute warm up In main Competition Pool
3:45 pm – Doors open for evening session
4:00-4:45 pm- Women’s flight warm up in main Competition Pool
Men’s flight warm up in Training pool
* After Women’s Session – Men’s (30) minute warm up In main Competition Pool

Saturday, November 14th – 7:45 am – Doors open for morning session
8:00–8:45 am–Women’s flight warm up in main Competition Pool
Men’s flight warm up in Training pool
*After Women’s Session – Men’s (30) minute warm up in main Competition Pool

The Competition Pool deck will be cleared between each flight. The Facility will be cleared Between each session. There will be a maximum of six (6) swimmers per long course lane and four (4) per short course diving well lane. The pools close 15 minutes after the last race, and the building 30 minutes after last race.

Event Order:

Thursday, November 12 - 5:00pm*
800 Freestyle

Friday, November 13 - 9:00am*
400 Freestyle
200 Individual Medley
50 Freestyle

Friday, November 13 - 5:00pm*
400 Individual Medley
100 Butterfly
200 Freestyle
100 Breaststroke
100 Backstroke

Saturday, November 14 - 9:00am*
1500 Freestyle
200 Backstroke
100 Freestyle
200 Breaststroke
200 Butterfly

Meet Personnel:

Referee: Jay Thomas, jayfthomas@gmail.com
Admin. Referee: Lisa Olack, olack.lisa@gmail.com
Meet Director: Susan Braman, susan.braman@greensboro-nc.gov

Technical Meeting:

There will be no in-person technical meeting for this competition, however there will be a virtual technical meeting. Details will be sent to each coach. Additionally, information will be posted

online at usaswimming.org.

Meet Entries: All event entry questions should be directed to the Administrative Referee or Meet Director. Specific questions regarding OME can be addressed to Macie McNichols at mmcnichols@usaswimming.org (719-351-6511).

- Enter the 2020 Toyota U.S. Open online at usaswimming.org/ome beginning Tuesday, October 20, 2020 and no later than 11:59 p.m. Mountain Time, Tuesday, November 3, 2020 or until the entry cap is reached.
- You will be required to pay for the online entries with a Visa, MasterCard, American Express or Discover. Once entries are submitted through OME, refunds will not be provided. OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been paid for.
- Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet (just in case).
- COVID-19, USA Swimming Waiver and Release Forms, and Therapeutic Use Exemption Forms will automatically be sent to you via email after the entry deadline. Make copies as needed for each swimmer. Additionally, a parent or legal guardian must sign form if swimmer is under the age of majority in his/her home state. Please complete these forms and email to the Meet Director (*i.e. do not mail to USA Swimming*).

Qualifying Period: The qualification period for this event is July 1, 2019, through the entry deadline.

Event Limit A swimmer may only swim six (6) events per day. A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.

Bonus Events: There will be bonus events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.

Entry Fees: \$20.00 per individual event + \$20.00 COVID/Facility surcharge per swimmer + \$3.00 North Carolina Swimming travel fund surcharge.

New Qualifying Swims: Swims achieving a qualifying time standard for the first time from Wednesday, November 4, 2020, through Sunday, November 8, 2020, may enter the meet through OME under the title 2020 Toyota U.S. Open: New Qualifying Swims. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 8, 2020, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.

Late Entries: Any team or athlete missing the entry deadline will be permitted to enter late provided the entry cap has not been reached and subject to the following requirements:

- A. Late entries must be submitted through the Online Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 8, 2020;
- C. The team or athlete must pay a one-time processing fee of \$150.00 *and* pay entry fees of \$40 per event.

Secondary Club Recognition:	The online entry form contains a space for secondary “club recognition.” You may enter a second club for each of your athletes if you wish. The secondary club will be listed in the psych sheet, meet roster and heat sheets, if space is available. Each athlete will have only 16 characters for both his/her club and his/her secondary club. The club does not need to be a USA Swimming member club. It may be any club that your athlete wishes to recognize. Listing this club is for recognition purposes only. Listing this club has nothing to do with representation, team scoring or credentials.
Rules:	USA Swimming Rules and Regulations will govern the conduct of this competition. It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all information contained in this meet information book. No swimmer will be permitted to compete unless he/she is a member as provided in Article 302. This event is held under the sanction of USA Swimming through the Local Swimming Committee (LSC). It is understood and agreed that USA Swimming and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
Membership Requirement:	All participants should be prepared to show a current USA Swimming membership card. Information regarding the APT course and the background check can be found online at usaswimming.org/protect . Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents and must have successfully passed the required background check and APT Course.
SWIMS Database and Proof of Time:	Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets. <ul style="list-style-type: none"> A. USA Swimming Sanctioned Competitions B. USA Swimming Approved Competitions - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS. USA Swimming Observed Swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
Entering Official Times:	All entry times must be made prior to the entry deadline and must be proven by Thursday, November 12 at 3:00 PM for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. USA Swimming reserves the right to challenge any submitted time.
Responsibility Clause:	The coach, swimmer or swimmer representative who completes a USA Swimming entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the Corporation for each such time entered, unless absolved of the fine by USA Swimming or its designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming. Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database. Appeal of fines are to be made to USA Swimming or its designee and/or Board of Review. Any appeal of the decision shall be in accordance with the provisions of Part Four, specifically Article 407.
Automatic Proven Times:	If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by Thursday, November 12 at 3:00 PM for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations. Times from all college dual, invitational and conference

meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

Seeding: For this competition, the seeding order is:
1. Long Course Meters (LCM)
2. Short Course Yards (SCY)
All events will be pre-seeded except the distance freestyle events (800 & 1500) which are positive check-in events. Pre-seeding for all events except the 1500 will be on Thursday, November 12 at 4:00 PM.

Positive: Check-In: The deadlines for distance events positive check-in are as follows:
 800 Freestyle: 3:00 PM on Thursday, November 12
 1500 Freestyle: 4:00 PM on Friday, November 13
Positive check-in should be sent before these deadlines to Lisa Olack either via text (704-577-5002) or by email (olack.lisa@gmail.com).

Ready Room: Report to the event check in area (Listen for announcements). From there the first heat will be directed to the race ready/next heat staging area. *See deck map. Be mindful of social distancing with official's ad timers in the area.

The competition pool decks should remain clear of swimmers except for those in the current event. See page 8 for additional information.

Distance Freestyle:

- A. Distance Entry - Any swimmer who qualifies for the 800 or 1500 freestyle events may enter at their fastest time or at the qualifying time standard if entered in two or more events on the day of the event.
- B. All swimmers entered in the 800 or 1500 Freestyle events must be positively checked-in by the scratch deadline in order to compete in the event.
- C. Distance events will swim fastest to slowest.

Meet Scoring and Awards: There will be no scoring or awards at this competition, however eligible athletes will receive \$1,500 for each first-place finish, \$1,000 for each second-place finish, and \$500 for each third-place finish based on the aggregate results.

Results: USA Swimming will compile and display results on Monday, November 16, 2020.

Broadcast Statement and Image Authorization: All photographs, videotapes or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming. This meet may be covered by the media and/or professional photographers taking photographs, video, web casting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact. All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming

competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

Swimmers with Disabilities: Please inform the Meet Referee of any swimmers needing additional accommodations prior to the start of each session.

Spectator Info: **Spectators are not allowed at this time.** A video stream of the meet is provided via the GAC Facebook page and will be shown on a large TV monitor in the GAC courtyard. Safe distance seating will be managed by staff. *Minimizing the number of people in the facility at any time is imperative for protecting the health of our swimmers, coaches, staff, families and community. Mass gatherings outside are capped at 50 persons. **Masks are required.**

Safety Plan: **Greensboro Coliseum Complex** and the **Greensboro Aquatic Center** are taking enhanced health and safety measures—for patrons, teams and staff. You must follow all posted instructions while visiting our facilities: **COVID-19 WARNING:** 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 guests with underlying medical conditions are especially vulnerable. By visiting the Greensboro Coliseum Complex and the Greensboro Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19. Please keep each other healthy and safe.

Additional Information: **Masks** will be required for entry and exit of the facility and at all times moving throughout the building. Swimmers will remove their masks for warm ups but must wear them to check in and walk to blocks. Baskets will be available for masks behind the blocks. All Staff, Officials, Volunteers and Coaches must wear a mask at all times. **Locker rooms** will be available but capacity is greatly reduced. Swimmers are encouraged to arrive in bathing suits and minimize locker room use and follows all distancing signage. There will be no deck seating for swimmers. GAC grandstands will be marked and socially distanced and provide the seating for all swimmers when not warming up, cooling down or competing. **First Aid** (see deck map). GAC lifeguards are first responders. EMT will be called if deemed necessary by response team. Coaches will be notified immediately. Masks must be worn when first aid is required.

Hospitality/Concessions. There will be limited hospitality for coaches consisting of grab and go snacks and drinks. There will not be concessions. Athletes may bring snacks/beverages that fit in their backpacks. No coolers permitted.

Credentials- To help keep within interim capacities, restricted access to the facility will be strictly enforced. **Credentials for coaches shall be limited and only issued to those persons listed on the submitted team entry forms**, according to the following formula. 1-3 swimmers: 1 deck pass. 4- or more swimmers; 2 deck passes. There is no charge for the coach's deck pass.

Athletes entered in the meet will receive a deck pass as part of their entry fees

Hotel Information:

Sheraton Greensboro at Four Seasons

Call 800-242-6556 and mention the Toyota US Open or click the link below
<https://book.passkey.com/e/50145299>

DoubleTree by Hilton Greensboro

Call 336-292-4004 **Group Name:** TOYOTA US OPEN **Group Code:** TUO

Or use this link:

https://secure3.hilton.com/en_US/dt/reservation/book.htm?inputModule=HOTEL&cityhcn=GSPHPDT&groupCode=CDTTUO&arrival=20201109&departure=20201117&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT

Doping Control:

The 2020 Toyota U.S. Open Championships are subject to Doping Control. All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit [usada.org/athletes/antidoping101/](https://www.usada.org/athletes/antidoping101/) for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 21 days.

What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency [Prohibited List](#). It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." [Read the Athlete Guide to the WADA Prohibited List](#)

What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

The [USADA wallet card](#) also provides information on the most commonly ingested medications. If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the [Therapeutic Use Exemption](#) process. *Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider.* It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411 resource](#).

Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

Understand the Sample Collection Process:

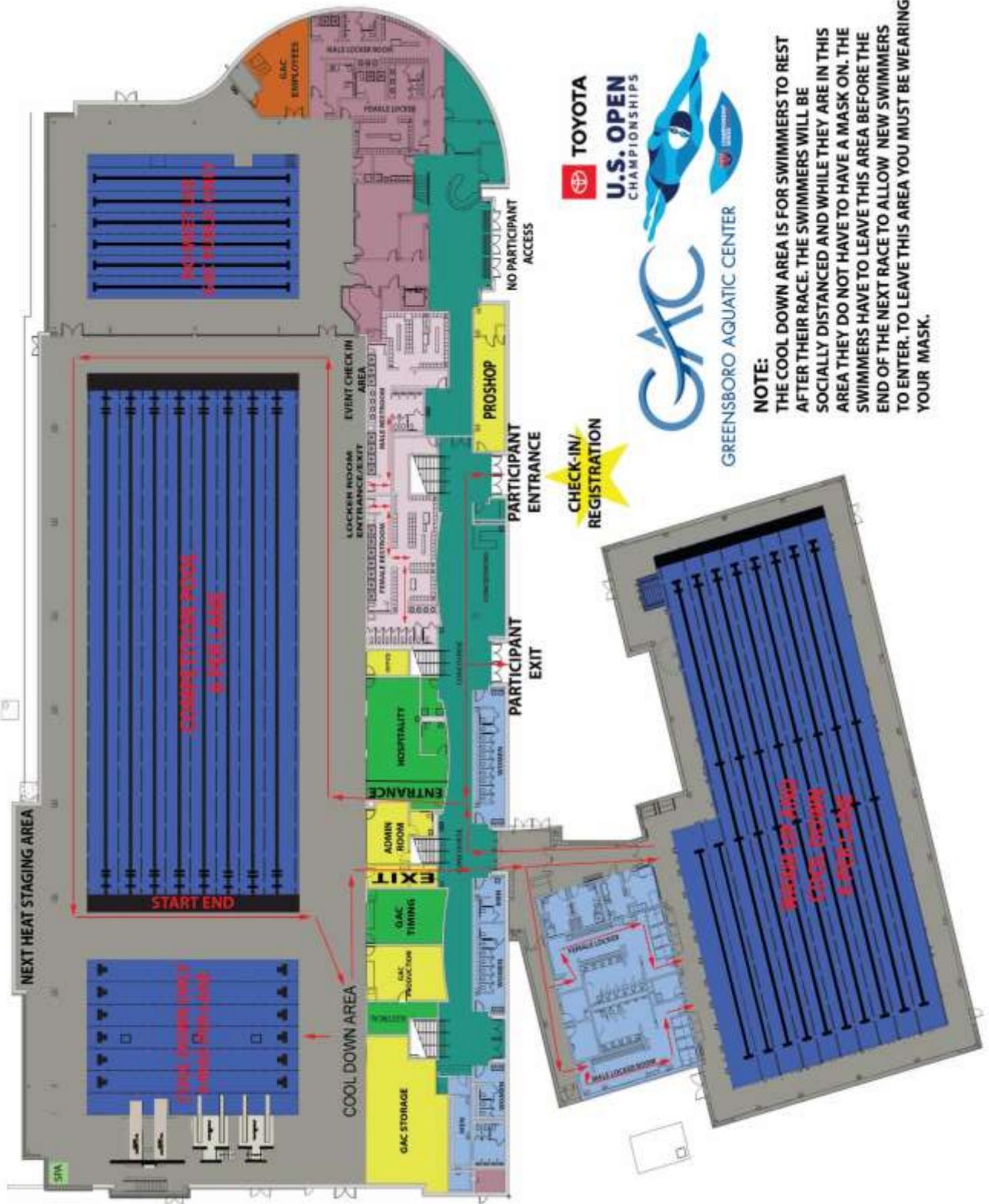
Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#)." NOTE: Minor athlete should always have a representative with them in doping control.

Per established doping control testing protocol, a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.

Doping Control rule for athletes previously eligible for out of competition drug testing: Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during

this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Master's and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.





TIME STANDARDS 2020

TOYOTA U.S. OPEN CHAMPIONSHIPS

Girls		EVENTS		Boys	
SCY	LCM		LCM	SCY	
22.79	26.59	50 Freestyle	23.99	20.49	
49.69	57.59	100 Freestyle	51.99	44.39	
1:47.39	2:04.29	200 Freestyle	1:54.29	1:38.39	
4:48.09	4:21.39	400/500 Freestyle	4:02.79	4:28.29	
9:56.79	8:58.69	800/1000 Freestyle	8:23.09	9:13.19	
16:32.59	17:11.29	1650/1500 Freestyle	16:05.09	15:34.19	
54.49	1:04.39	100 Backstroke	58.79	49.69	
1:57.69	2:18.29	200 Backstroke	2:06.99	1:47.99	
1:02.89	1:13.29	100 Breaststroke	1:06.09	55.79	
2:15.49	2:38.29	200 Breaststroke	2:23.29	2:01.19	
53.99	1:02.39	100 Butterfly	56.49	48.99	
1:59.39	2:16.99	200 Butterfly	2:05.09	1:47.89	
2:00.59	2:20.99	200 Individual Medley	2:08.29	1:48.89	
4:15.19	4:57.29	400 Individual Medley	4:33.09	3:52.69	

Girls		BONUS EVENT STANDARDS (18-UNDER ONLY)		Boys	
SCY	LCM		LCM	SCY	
23.49	26.99	50 Freestyle	24.39	20.99	
50.99	58.39	100 Freestyle	52.89	45.79	
1:49.79	2:05.39	200 Freestyle	1:56.29	1:40.29	
4:52.09	4:23.79	400/500 Freestyle	4:06.29	4:32.69	
10:03.59	9:03.49	800/1000 Freestyle	8:33.79	9:25.49	
16:46.19	17:20.49	1650/1500 Freestyle	16:14.99	15:46.99	
56.59	1:05.59	100 Backstroke	59.69	50.99	
2:01.29	2:20.69	200 Backstroke	2:09.59	1:50.69	
1:04.29	1:14.29	100 Breaststroke	1:07.59	57.69	
2:19.79	2:40.09	200 Breaststroke	2:27.19	2:05.89	
55.99	1:03.39	100 Butterfly	57.39	50.09	
2:03.29	2:19.59	200 Butterfly	2:08.19	1:51.59	
2:03.79	2:22.49	200 Individual Medley	2:10.49	1:52.49	
4:23.69	5:01.89	400 Individual Medley	4:38.39	4:00.19	

Qualification Period July 1, 2019, through the Entry Deadline



GREENSBORO AQUATIC CENTER

Return to Competition Plan
COVID-19
Event Procedures

Susan Braman, Manager

GREENSBORO AQUATIC CENTER First Edition September 26, 2020
1921 W Gate City Blvd, Greensboro, NC 27403 (336) 315-8498
<https://www.greensboroaquaticcenter.com>

STATE OF NORTH CAROLINA GOVERNOR ROY COOPER-EXECUTIVE ORDER NO. 141- May 20,

EASING RESTRICTIONS ON TRAVEL, BUSINESS OPERATIONS, AND MASS GATHERINGS: PHASE 2

Indoor and Outdoor Pools May Open. During the effective period of this Executive Order, indoor or outdoor pool facilities (whether stand-alone or part of other facilities) may operate, but must be in compliance with this Subsection.

2. Requirements. While this Executive Order is in effect, all open pool facilities must do all of the following:

a. Limit the user capacity in the pool to no more than 50% of maximum occupancy as determined by fire code (or, when fire code number is not known, thirty-three (33) people per one thousand (1000) square feet in deck areas, wading pools and splash pads), and a maximum occupancy in the water often (10) people per one thousand (1000) square feet. This user capacity is the Emergency Maximum Occupancy for the pool facility.

b. Follow the Core Signage, Screening, and Sanitation Requirements as defined in this Executive Order.

The following procedures are based on CDC recommendations, follow all State and local government and USA Swimming Safe Sport requirements.

GAC Capacity

1. GAC has 100,075 square feet of guest-accessible space and can provide 6 foot social distancing requirement (physical distance between people).
2. Per the NC Department of Health and Human Services Interim Guidance for Public Pools and Spas May 22nd, 2020, GAC has the ability to adhere and limit the user capacity in the pool to no more than 50% of maximum occupancy as determined by fire code AND a maximum occupancy in the water of 10 people per 1,000 square feet, AND ensure sufficient social distancing with at least 6-foot separation between family units.
3. GAC Fire code - Total occupancy (facility with grandstands minus training pool) is 2,915. **Our interim capacity is 1,457.** Additionally, for the training pool – the capacity is 248 and deck capacity is 309 = 557. **Our Interim capacity is half of this – 278.**
4. The 50M Competition Pool interim capacity is 125 – in water & 374 on deck (w/ Dive well deck space)
** See appendix A for each pool in water and on deck interim capacities.*

5. Separate entry and exit locations are established to ensure social distancing. Creating a flow around the deck from deck entry to staging /race ready and to cool down is implemented for each meet based on starting side and number of participants.
** See appendix B deck map with grandstand participant socially distanced seating areas*

6. ALL GAC MEETS ARE LIMITED TO A MAX OF 100 SWIMMERS PER SESSION

HEALTH & SAFETY

Recent improvements to Greensboro Aquatic Center (GAC) have been implemented to create the safest possible environment to host swimming and diving events. Global Plasma Solutions (GPS) cold plasma bipolar ionization system has been installed throughout the facility. The system works in conjunction with the GAC's previously installed Paddock Evacuator air filtration system to deliver clean indoor air that is safe and healthy by reducing chloramines and eliminating airborne particulates, odors and pathogens. GPS systems using similar technology have been installed in over 150,000 locations worldwide including The White House as well as hospitals and healthcare facilities and numerous colleges, universities and public schools.

COVID Waiver

Greensboro Coliseum Complex and the **Greensboro Aquatic Center** are taking enhanced health and safety measures—for patrons, teams and staff. You must follow all posted instructions while visiting our facilities:

COVID-19 WARNING: 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 guests with underlying medical conditions are especially vulnerable.

By visiting the Greensboro Coliseum Complex and the Greensboro Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19. Please keep each other healthy and safe.

Meet Structure and Guidelines

As of September 1st, 2020 local meets will be held in the Short Course, 10 lane course with west side starts (nearest dive well). The 12 lanes on the Scoreboard end of the comp pool will be included for warm up/cool down use. There will be no dive well usage.

HOST: The Meet information document must be pre-approved by GAC prior to circulating.

- A Walk thru is REQUIRED and must include a host designated meet safety person & GAC event coordinator. Date and time to be mutually arranged.
- Zoom or Teams call is REQUIRED with all coaches and GAC event coordinator. Date and time to be mutually agreed.
- Provide GAC with session reports (falling under max capacities and time) within 5 days prior to meet.
- NCLSC teams only (until further notice)
- EVERY swimmer and coach MUST wear mask on entry and exit, moving inside building and when less than 6' social distance occurs.
- All GAC staff and all officials must wear a mask at all times.
- COACHES PACKET- must be sent out ahead of time and CONTAIN:
 - Deck maps, grandstand assignment map, warm-up/cool down assignment lanes, spectator policy, and swimmers should arrive in their bathing suit.
- 3 per lane warm up maximum with a marshal assigned to cover warm up area.
- No banners or advertising signage.
- Coaches must keep teams separate from other teams at all times.
- Meet – T-shirt – Must be outside. Vendor must present social distancing plan prior to arrival for approval.

Volunteers:

- **Limit volunteers per session to 20 max** to include (9 timers, 4 heat stagers, 5 marshals for race ready, clerk of course, grandstands and locker rooms, 1 Admin Official, 1 Meet Referee).
- All volunteers must wear a mask at all times in the facility.
- Volunteer check-in – staggered arrival, socially distanced, pre-approved location.
- Disinfect all credentials (for pool access) routinely and following each session.
- Locker rooms may be used if host assigns vol. (pre-checked) male and female for counting/ensuring social distancing and max capacities.
- Host SAFETY person is responsible for ensuring policies followed, proper meet signage in place. Supervise and maintain the required 6' social distancing per the maps and area.
- Signage and communicate with volunteers and coaches to ensure compliance, enforce flow and traffic pattern (see deck map)

Hospitality:

- Host may stage and prep with 1 volunteer in room.
- No tables and chairs for seating/dining.
- Host in hospitality area must wear gloves/ mask at all times.
- No serving lines/buffets – only grab 'n go or individually wrapped items.
- No drink mix, jugs or similar. Bottled and canned drinks only. *All drinks must be purchased through Spectra catering.
- Hospitality host volunteer must monitor coach/official in and out to get drink or snack.
- *Max capacity in room is (8) including the hospitality volunteer.

Facility Policies

- Swimmers must use on deck showers prior to entering water and use hand sanitizing stations at clerk of course/race ready.
- Swimmers must wear their mask in order to be checked in at clerk of course.
- Signage will be throughout the locker rooms and some areas closed off to ensure social distancing.
- There will be no use of bleachers (until further notice)
- Single use restrooms for coach/officials will be in Classroom #1 (hospitality) and Classroom #2 (copy room)
- Hourly sanitation of all restrooms and door handles and all race equipment cleaned and sanitized between sessions.
- No spectators allowed. There will be an outside viewing area and streaming available on the GAC Facebook page.
- *Mass gatherings are limited to 50 outside.
- Back packs and personal belongings must remain in the grandstands.
- Host volunteers must help clear deck, stands & locker rooms after each session.
- Show Pro security staff to click attendance.
- Number of GAC employees at one time:
 - 1-2 Event managers, 2-3 meet techs, 2 Manager/Supervisors, 2 Lifeguards = 10 max GAC

Locker rooms:

- All Participants age 5 and over are required to wear a mask to use the locker rooms. Locker rooms will have a specific capacity based on the number of available amenities. During meets, the dedicated volunteer should be stationed at the entrance and allow/deny access based on max occupancy.
- Mask required for usage.
- (5) max at one time
- Entrance/Exit is via pool deck only – front hallway/lobby is prohibited.

Meet Options

Meets should be planned per below, are subject to change and will this document will be updated accordingly.

Step 1: Club teams who attended the GAC practice meets must first host a Saturday 2 SESSION 60 MAX SWIMMER MEET BEFORE HOSTING 80 SWIMMERS & 3 SESSION MEETS – as follows:

Sessions must follow the timelines below and have a minimum of 1 minute between heats & 1 ½ minutes for backstroke events plus for 13+ over if backstroke ledges are rented allow 5 minutes before and after these events for placement & removal

Session 1

Doors: 8:45am

Warm Ups: 9:00am - 9:25am

Meet: 9:30am -11:00am
Clear/Clean: 11:00am-12:00pm

Session 2

Doors: 12:00pm
Warm Ups: 12:15pm-12:40pm
Meet: 12:45pm-2:15pm
Move-out 2:15pm-2:30pm* over time rate applies beyond *this time

- *2 Session Meet Cost: Flat rate for rent/staff/set up: \$1,400 plus \$2.00 per participant *optional - backstroke ledges for 13+ add \$40.00*

Step 2: 100 Swimmer max participants per session. 3 session max * begins November 6

Two options:

- Friday pm 1 session & Saturday- 2 sessions as follows

Friday Session

Doors: 5:15pm
Warm Ups: 5:30pm- 5:55pm
Meet: 6:00pm - 8:00 pm
Move Out: 8:00pm - 8:15pm* overtime rate applies beyond *this time per contract

Saturday 2 sessions- SEE STEP 1 Session Times OR Saturday 3 sessions as follows:

Session 1

Doors: 7:00am
Warm Ups: 7:15am –7:40am
Meet: 7:45am - 9:45am
Clear/Clean: 9:45am- 10:45am

Session 2

Doors: 10:45am
Warm Ups: 11:00am-11:25am
Meet: 11:30am- 1:30pm
Clear/Clean: 1:30pm- 2:30pm

Session 3

Doors: 2:30pm
Warm Ups: 2:45pm – 3:10pm
Meet: 3:15pm - 5:15 pm
Clear/Clean: 1:30pm- 2:30pm
Move Out: 5:15pm-5:30pm* over time rate applies beyond *this time per contract

- 3-Session Meet EITHER OPTION - Flat rate \$2,400.00 plus \$2.00 per participant

Step 3: - 4 session meets 100 max participants * begins Friday November 13.

Session timelines mirror Step two combining Friday 1 session and Saturday 3 sessions

4 Session Meet cost to host: Flat rate for rent/staff/set up: \$3,200 plus \$2.50 per participant

7. Spectators are not allowed at this time. A Video stream of the meets is provided via the GAC Facebook page. Safe distance seating will be managed by employees.
 - a. Parents or other spectators are encouraged to remain outside the facility.
 - b. Minimizing the number of people in the facility at any time is imperative for protecting the health of our swimmers, coaches, staff, families and community.
8. For swim team practices (in Phase 2.5) swimmers are distanced three per lane with staggered entry.
9. See Appendix B for each pool interim capacities.

General Health and Safety

1. Frequent handwashing is essential and is the responsibility of all employees and guests. The GAC will remind everyone of the importance of frequently washing their hands with soap and water for 20 seconds.
 - a. Signage will be placed in all restrooms and entrances encouraging frequent washing of hand and best practices for doing so. See Appendix E.
 - b. Scoreboard to include the 3 W's of Wash, Wear, Wait and other health reminders.
 - c. Staff will require everyone to use hand sanitizer prior to entry to the facility.

Guest Responsibility

1. If you or any member of your party or family is not feeling well, don't visit. Plan to come when everyone is well.
2. You must wear a mask/face covering throughout your visit, except while in the water. This is for your own protection and for the protection of other guests and employees in the facility. Masks/face coverings can be purchased from various sources or homemade as long as they cover your nose and mouth.
3. You will be asked to apply hand sanitizer before entering the facility.
4. We have enhanced our already-stringent cleaning protocols considering the COVID-19 pandemic. We apologize if you experience any delays or inconvenience as a result of these procedures

Appendix A Pool interim Capacities On deck and In water

EMERGENCY MAXIMUM OCCUPANCY
FOR THIS BUSINESS IS

Competition Pool

IN WATER ENCLOSURE

123

264



EMERGENCY MAXIMUM OCCUPANCY
FOR THIS BUSINESS IS

Dive Well

IN WATER ENCLOSURE

40

110



EMERGENCY MAXIMUM OCCUPANCY
FOR THIS BUSINESS IS

RECREATION POOL

IN WATER ENCLOSURE

35

105



EMERGENCY MAXIMUM OCCUPANCY
FOR THIS BUSINESS IS

Training Pool

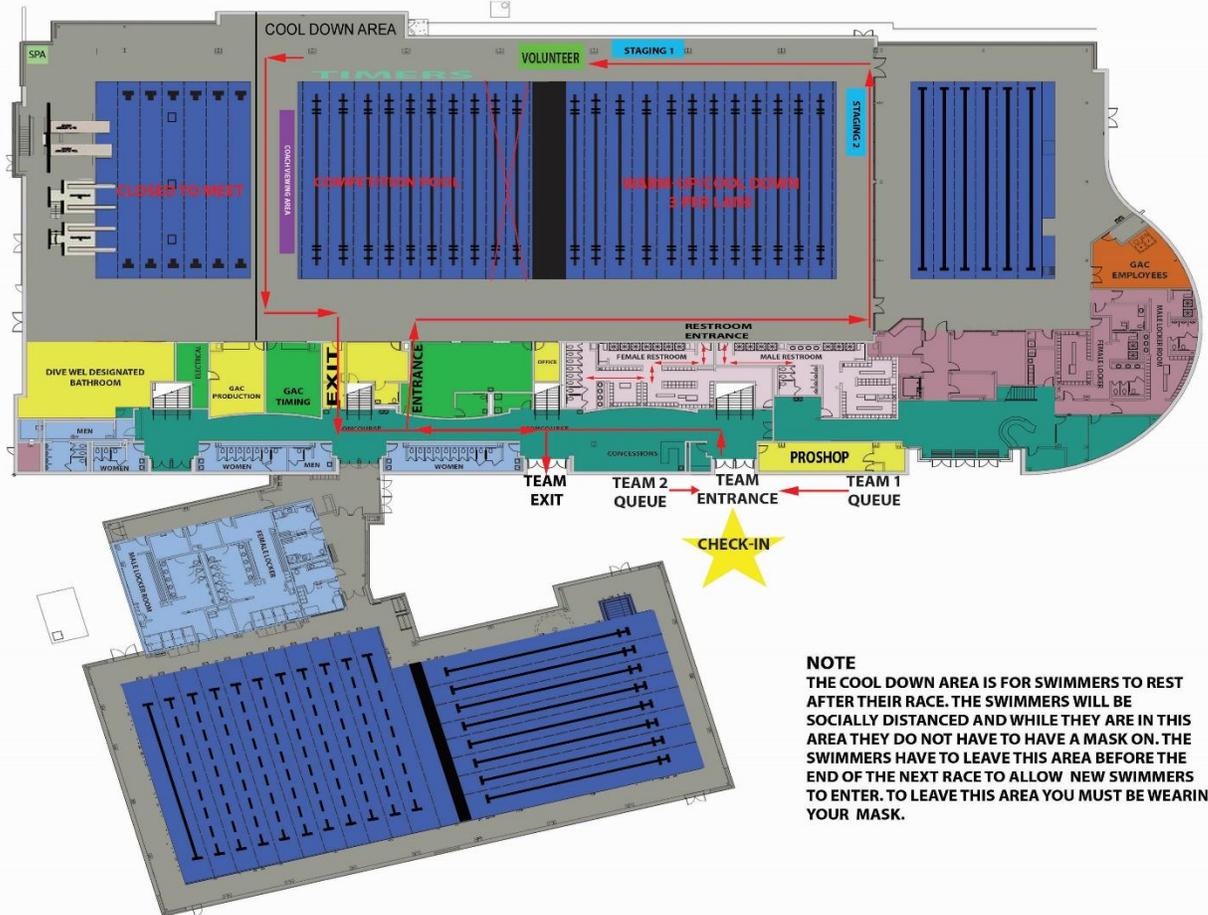
IN WATER ENCLOSURE

124

278



Appendix B – Non Spectator Event



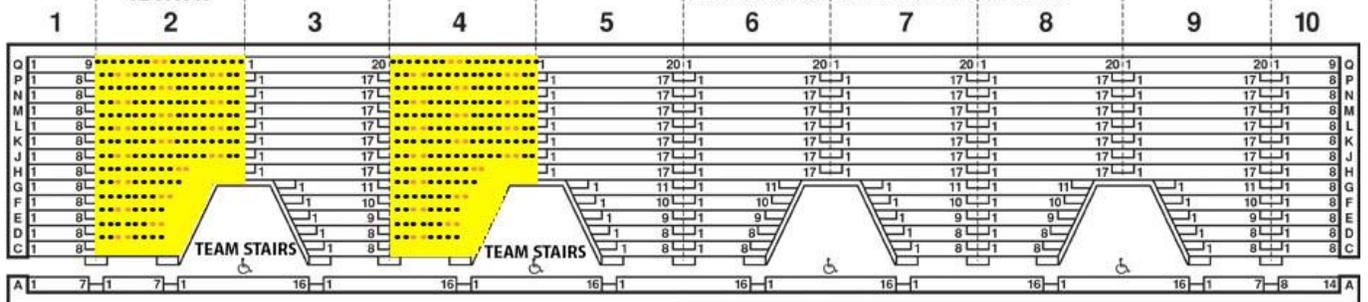
NOTE
 THE COOL DOWN AREA IS FOR SWIMMERS TO REST AFTER THEIR RACE. THE SWIMMERS WILL BE SOCIALLY DISTANCED AND WHILE THEY ARE IN THIS AREA THEY DO NOT HAVE TO HAVE A MASK ON. THE SWIMMERS HAVE TO LEAVE THIS AREA BEFORE THE END OF THE NEXT RACE TO ALLOW NEW SWIMMERS TO ENTER. TO LEAVE THIS AREA YOU MUST BE WEARING YOUR MASK.



TEAM 1 AREA
 33 SEATS IN THE SECTION

TEAM 2 AREA
 33 SEATS IN THE SECTION

ONLY ENTER AND EXIT THE GRANDSTAND IN YOUR TEAMS VOMITORY
 POOL ENTRANCE: HOSPITALITY ROOM
 POOL EXIT: CUT THROUGH
 BLACK: SEAT KILLS
 NO SPECTATORS ALLOWED INSIDE AT THIS EVENT



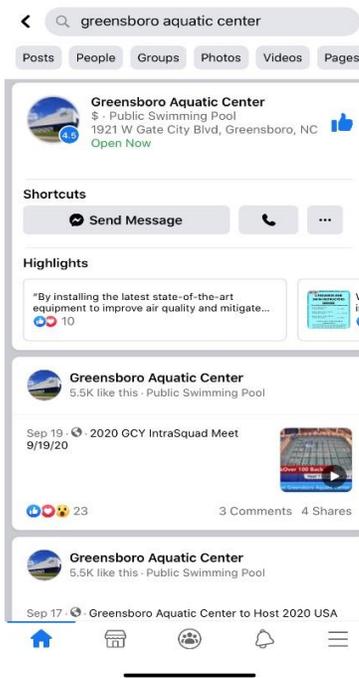
Appendix C – Streaming Information

A message to all GAC patrons, swimmers, and swim families:

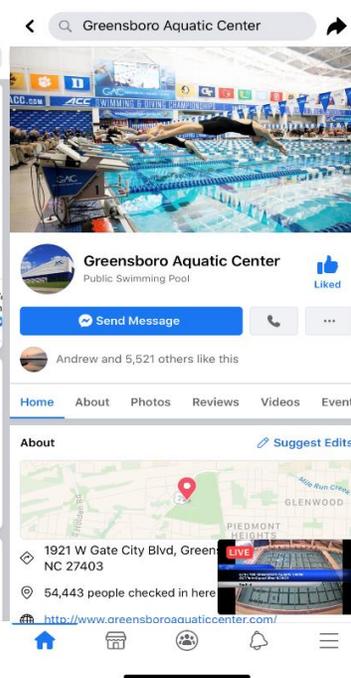
The GAC will now be offering live streaming services of all Meet Sessions in an effort to bring swim families as close to the action as possible in these uncertain times. This live feed will be available via the Greensboro Aquatic Center page on Facebook as we look to add a streaming option to our GAC website in the near future. This “LIVE” feed will be made available approximately 15 minutes before the beginning of the Session and will remain “LIVE” throughout the entirety of the Session. Meet Session streams will remain accessible for replay on our Greensboro Aquatic Center Facebook page via the “Videos” tab.

To access the “LIVE” stream via mobile device or computer, search “Greensboro Aquatic Center” and select our page (Step 1). When the video becomes available the feed will pop up as the “GAC is LIVE” with an embedded video as seen in the bottom right corner (Step 2). After the “LIVE” appears, click on the video window and you will be directed to a new page that will open up to a “LIVE” stream of the Competition Pool (Step 3).

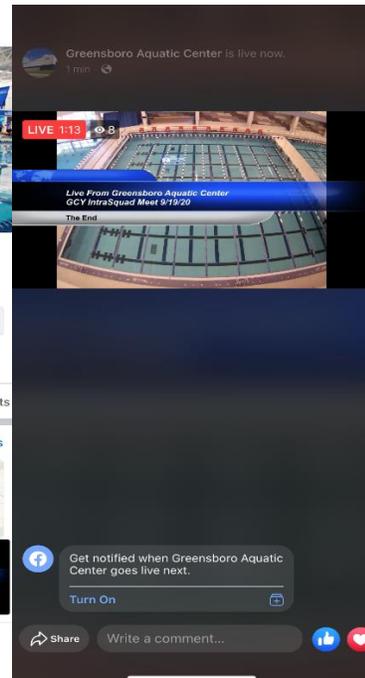
1) Step 1



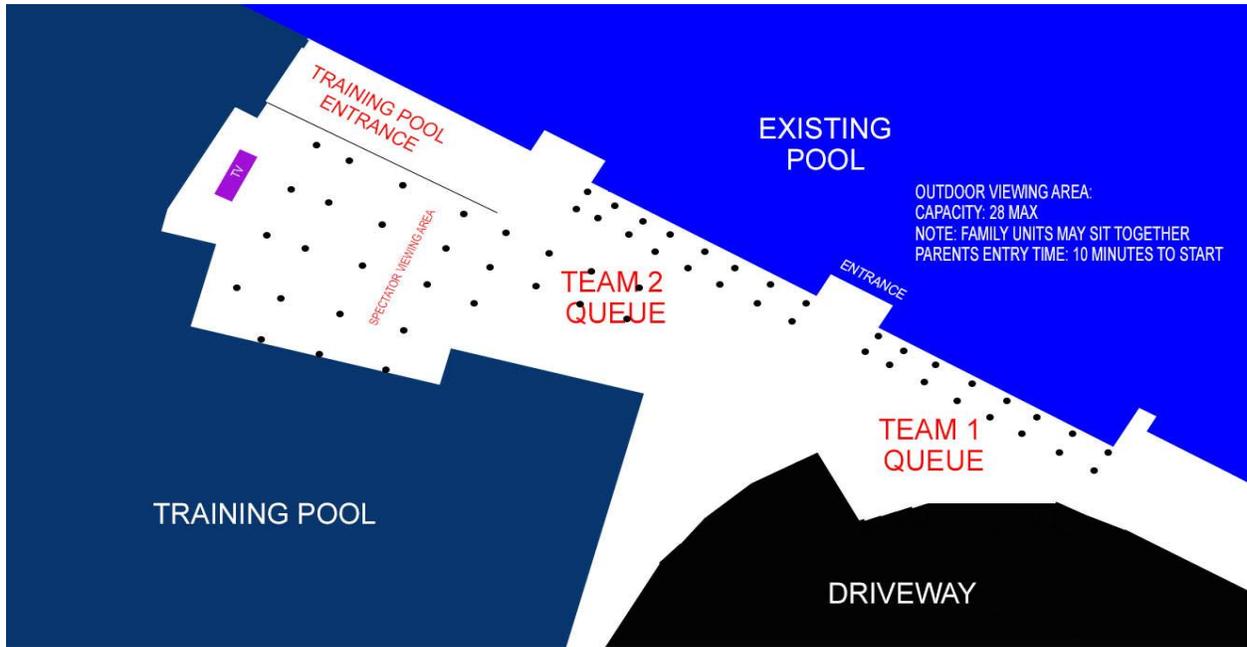
2) Step 2



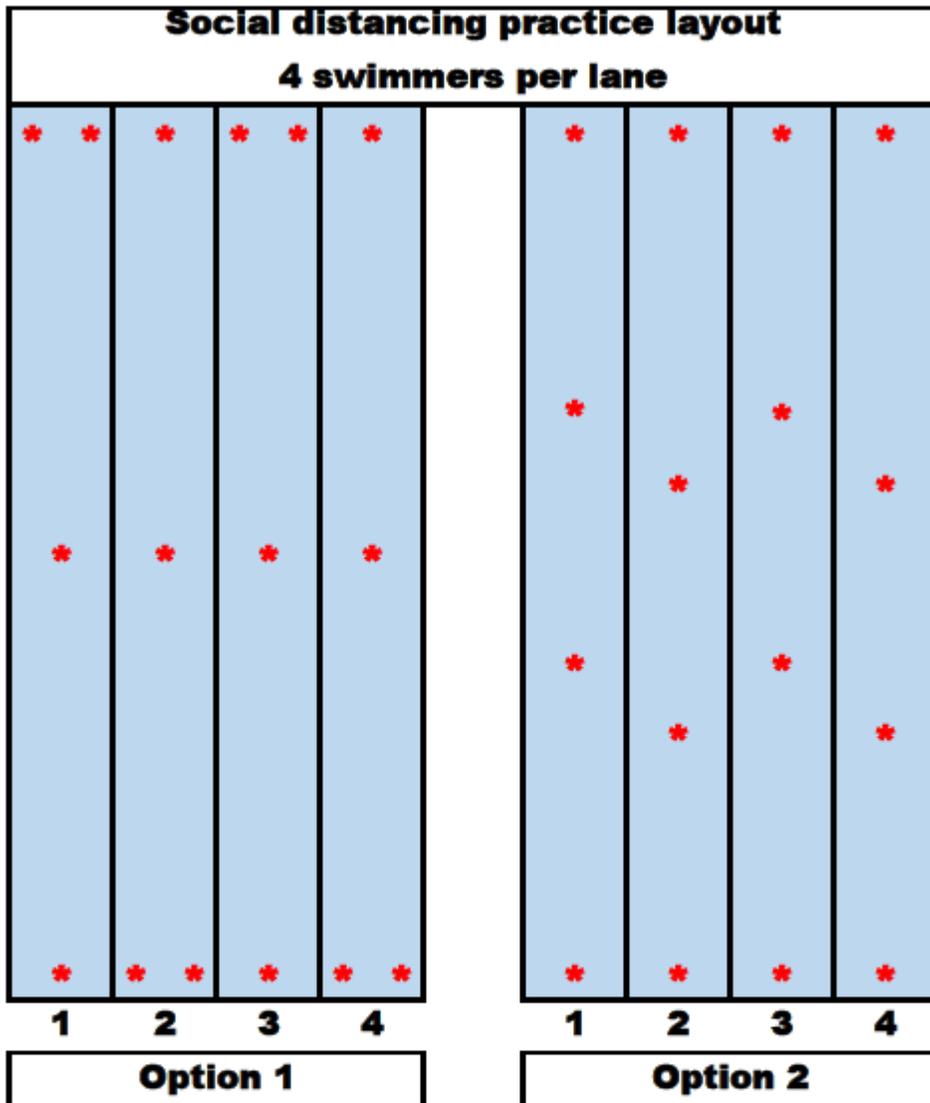
3) Step 3



Additionally, there will be a viewing area in the courtyard of the Training Pool on Meet days with designated seating locations for patrons on-site. As a reminder, this area will follow safe social distancing guidelines and may be altered as needed for inclement weather.



Appendix D -



*** denotes (1) swimmer**

Swimmers to be socially distanced throughout lanes.
Option 1 shows 2 swimmers on lines on wall with 1 swimmer in the middle and 4th swimmer on the wall at opposite end.
Option 2 shows 1 swimmer on each wall and 2 swimmers in the middle.



LIFEGUARD COVID EAP

1. RADIO MOD and HK.
2. Supervisor/Guard should arrive to every incident with crash bag.
3. Face shields and gloves are required until no temp or covid symptoms confirmed. Participant should be asked to wear one also.
4. **Primary assessment- Temp checked follow by ABC's.**
 - a. **If 100.4 or greater temperature/covid related symptoms are found, and participant is safe to move- they will be moved to the isolation areas below. If unable to be moved- staff will create isolation area around the patron. Areas possibly contaminated should be closed until disinfected.**
 - b. **If no covid related symptoms found, the participant may be treated on deck or at the general first aid room**

DESIGNATED SPECTATOR ISOLATION AREAS

Isolation area 1 (triage tent area on back patio at entrance 4)

Isolation area 2 (Family restroom at end of front hallway)

DESIGNATED ATHLETE/PARTICIPANT ISOLATION AREAS

Isolation area 1 (Storage room triage area)

