



**The Last Duck Standing  
Intra-Squad Meet  
August 1, 2020  
SANCTION NO. VS-20-112C**

**Hosted by  
Hanover  
Aquatics**

*We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Atlee Recreation Association. 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 individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-112C</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Hanover Aquatics and Atlee Recreation Association (venue) shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> <li>• 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Atlee Recreation Association (venue) and Hanover Aquatics cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia 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/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• 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 VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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.</li> </ul>
<b>LOCATION:</b>	Atlee Recreation Association, 9411 Staple Lane, Mechanicsville, VA 23116, 804-746-2317
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 6 lane, 25 yard outdoor pool, ranging from 4 feet to 6 feet deep with non-turbulent lane lines.</li> <li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li> </ul>
<b>MEET DIRECTOR:</b>	Nikki Deal <a href="mailto:hvnrhurr@gmail.com">hvnrhurr@gmail.com</a> 804-267-9494
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all athletes on Hanover Aquatics who are registered with USA Swimming before the first day of the meet.</li> <li>• No on deck USA/VA swimming registration will be permitted.</li> <li>• 2017-2020 NAG time standards are in effect.</li> <li>• Age on August 1, 2020 will determine age for the entire meet.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>

<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All 13&amp;over swimmers will swim in the first session.</li> <li>All 12&amp;under swimmers will swim in the second session.</li> <li>All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>First sessions: Warm-ups at 6:30am; competition starts at 7:05.</li> <li>Second sessions: Warm-ups not before 9:30am; competition starts not before 10:05am.</li> <li>If the first session runs late, second session warm-ups will begin 45 minutes after the early morning session ends to allow for disinfection and cleaning between sessions.</li> <li>Warmup/Cool Down lanes will be provided after events #4, #8, #14, #16 during the 13&amp;over session. Each lane will be limited to 3 swimmers and Meet Marshalls will monitor number and flow of swimmers to ensure social distancing is being adhered too.</li> </ul>
<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Friday, July 24, 2020.</b></li> <li>Swimmers may enter a maximum of 4 <i>individual event(s)</i>.</li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li><b>No deck entries will be accepted.</b></li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>Meet Entry fee per swimmer: \$10</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>Swimmers will be called to the block after the start of each heat.</li> <li>All events will be pre-seeded.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>No awards will be given.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athlete competed in the incorrect age group.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li><b>Athletes must arrive in their racing suits. Locker rooms will not be available.</b></li> <li><b>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b></li> <li><b>Coaches, officials, and spectators must wear masks.</b></li> <li>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. 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.</li> <li>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 without written USA Swimming approval.</li> <li>Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization</li> </ul>

	<p>signed by a licensed healthcare provider.</p> <ul style="list-style-type: none"> <li>• In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Ralph Jones</b>  <b>Email: ralphvaswim@gmail.com</b>  <b>Phone: 804-559-1175</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• There will be an officials meeting approximately 30 minutes prior to the start of each session located by the diving board area.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Hanover parent volunteers will be providing timers for each session.</li> <li>• All timers must wear face masks.</li> <li>• 3 timers per lane, each using a stopwatch, with a clipboard and appropriate paperwork to record the times for each event. Due to stopwatch usage, we will be using lanes 2, 4 and 6 only in order to provide adequate space for timers to social distance.</li> <li>• Head timer will also be in place and will assign lanes at the timers meeting 20 minutes prior to start of the session.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat sheets will be emailed out to parents the day before the meet. They will be posted behind the blocks for swimmers to reference.</li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers, parents (limit 2 per swimmer), coaches, officials, and event staff only will be permitted access to the deck during warmups and competition. Families will be asked and monitored by Meet Marshalls to maintain at least 10 feet distance between groupings. There is also space on the grass between the clubhouse and the front parking lot for families to use. Swimmers will be asked to remain with parents at their seats unless they are competing or warming down. No groupings of families will be allowed.</li> <li>• Entering/exiting the pool area: parents and swimmers may enter/exit the pool via the gate to the left of the clubhouse or through the large gate to the right of the clubhouse (near the baby pool). See attached diagram for details.</li> <li>• <b>Spectator Viewing-</b> There will be no spectator seating. All viewing of races will be done at the far end of the pool opposite of the starting blocks. Parents may watch from their swimmers lane and maintain distance between other parents. Spectators are asked to watch their son/daughter race, and then to please return to their seating area.</li> <li>• Swimmers and parents are asked to bring their own chairs, no chairs will be provided.</li> <li>• Results will be emailed out to the team after the conclusion of the meet.</li> <li>• Snack Bar: There will be no concessions provided. Swimmers and parents may bring food and drinks with them but must clean up their "space" when session is completed.</li> <li>• Hospitality: Water will be provided for coaches, officials, and volunteers.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• No smoking is allowed.</li> <li>• All rules are posted pool side.</li> </ul>

**MEET TITLE  
ORDER OF EVENTS**

**Saturday, August 1st**

<b>First Session</b> <b>Warm-up: 6:30am; Start: 7:05am</b>			<b>Second Session</b> <b>Warm-up: not before 9:30am; Start: not before 10:05am</b> (Times are approximate)		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	13&Over 100 Free	2	21	12&Under 100 Free	22
3	13&Over 200 IM	4	23	12&Under 100 IM	24
5	13&Over 100 Breast	6	25	12&Under 50 Breast	26
7	13&Over 200 Breast	8	27	12&Under 100 Breast	28
9	13&Over 50 Free	10	29	12&Under 50 Free	30
11	13&Over 100 Back	12	31	12&Under 50 Back	32
13	13&Over 200 Back	14	33	12&Under 100 Back	34
15	13&Over 100 Fly	16	35	12&Under 50 Fly	36
17	13&Over 200 Fly	18	37	12&Under 100 Fly	38
19	13&Over 200 Free	20	39	12&Under 200 Free	40