



**Marlins in the race mode
Intra-Squad Meet
Date Saturday, July 25th, 2020
SANCTION NO. 20-109C**



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 the Hargrave Military school pool. 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.

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| SANCTION: | <ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-109C • USA Swimming, Inc., Virginia Swimming, Inc., Hargrave Military Academy and CCA Marlins, 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. • 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. • USA Swimming, Inc., Virginia Swimming, Inc., Hargrave Military Academy and CCA MARLINS 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. • 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. |
| LOCATION: | Hargrave Military Academy, 200 Military Drive, Chatham VA 2453, (434) 432-2881 |
| FACILITY: | <ul style="list-style-type: none"> • LCM, 50 meters, Depth. 16 feet to 4.5 feet. Starter blocks are in the deep end., 8 lanes, with non-turbulent lane lines, Colorado Timing system. Indoor pool. This is a LCM meet • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). • Hargrave Military Academy 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. |
| MEET DIRECTOR: | Name: Kathy Callis Phone: (540)5218213 Email: kathycallis477@gmail.com |
| ELIGIBILITY: | <ul style="list-style-type: none"> • Open to all athletes on CCA Marlins who are registered with USA Swimming before the first day of the meet. • Age on July 25, 2020 will determine age for the entire meet. |
| DISABILITY | <ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. |

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| SWIMMERS: | <ul style="list-style-type: none"> The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. |
| FORMAT: | <ul style="list-style-type: none"> All age swimmers will swim in the AM session. All events will be pre-seeded and timed finals, swimming slowest to fastest. Swimmers recovery breaks will be added as needed, All Events will be mixed gender, All swimmers will report behind the block, with one heat at a time, |
| WARM-UP: | <ul style="list-style-type: none"> Morning sessions: Warm-ups at 8 am; competition starts at 9:30am. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Friday July 17th,2020</p> <ul style="list-style-type: none"> Swimmers may enter a maximum of 4 individual event(s). Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. No deck entries will be accepted. |
| FEES: | <p>Individual events: \$4.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> |
| SEEDING: | <ul style="list-style-type: none"> Only one heat of swimmers can be standing behind the starting heat, keeping 10 feet apart, there will be a heat coordinator to help place the swimmers, All events will be pre-seeded. All Events will be swum slowest to fastest |
| AWARDS: | <ul style="list-style-type: none"> No awards will be given. |
| PENALTIES: | <ul style="list-style-type: none"> 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"> Entries using fraudulent or non-verifiable times. Athlete competed in the incorrect age group. Athlete is not registered with USA Swimming prior to the first day of the meet. 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. Any event in which an athlete participated illegally will be rescored and re-awarded. |
| RULES: | <ul style="list-style-type: none"> Athletes must arrive in their suits. Locker rooms will not be available, besides for bathroom usage Prior to entering the facility, all individuals will be expected to answer Virginia Department of Health screening questions to include temperature screening. Coaches, officials, and spectators must wear masks. The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. 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. 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. 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. 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>. 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. 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 |

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| | <p>athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</p> <ul style="list-style-type: none"> 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. |
| OFFICIALS: | <p>Meet Referee: Name Susan Munson Email: susamun@cox.net Phone: (540) 314 5723</p> <ul style="list-style-type: none"> Officials will be needed for all positions during that one session for this meet. Please send your availability to Douglas Mc Laughlin at dmclaughlin628@yahoo.com no later than Tuesday, July 14, 2020 There will be a timer meeting at 9:00AM on the starting end of the pool deck. Officials meeting will be at 8:30am at the hospitality room. |
| SAFETY: | Virginia Swimming Meet Safety Procedures will be in effect. |
| TIMERS: | <ul style="list-style-type: none"> We will need parents for timing, please contact Kathy Callis if available to time. |
| GENERAL: | There will be a breakfast available at the hospitality room for coaches and officials, there will be a concession store available as well, heat sheets will be sent digitally, there will be no paper copy during the meet. |
| FACILITY RULES: | <p>Phase 3 guidelines:</p> <ul style="list-style-type: none"> Everyone over 4 years old must wear a mask while in the facility. No mask. No entry. No exceptions. Athletes should remove their masks just prior to reporting for their next event. Everyone must complete all COVID and membership paperwork before using the facilities; Everyone must maintain 10 feet social distancing, including in the water and on the bleachers; There will be no showers available; no locker room changing during swim meets. Thank you all for your patience and understanding as we continue to adjust to the COVID restrictions. |
| DIRECTIONS: | Address: 200 Military Dr, Chatham, VA 24531 |

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ORDER OF EVENTS

| Saturday, July 25th, 2020 | | |
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| Morning Session | | |
| Warm-up: 8:00 am; Start: 9:30am | | |
| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
| <u>1</u> | Open 200 IM | <u>1</u> |
| 2 | Open 200 Fly | 2 |
| 3 | 12 & under 50 Bk | 3 |
| 4 | Open 100 Breast | 4 |
| 5 | Open 200 Fr | 5 |
| 6 | 12&under 50 Fly | 6 |
| 7 | 13 & over 50 Fr | 7 |
| 8 | Open 400 IM | 8 |
| 9 | Open 200 Bk | 9 |
| 10 | 12 & under 50 Fr | 10 |
| 11 | Open 100 Fr | 11 |
| 12 | Open 100 Back | 12 |
| 13 | 12 & under 50 Breast | 13 |
| 14 | Open 100 Fly | 14 |
| 15 | Open 200 Breast | 15 |
| 16 | Open 400 free | 16 |