

**NORTHERN NEVADA AQUATICS
PACIFIC SWIMMING SHORT COURSE INTRACLUB SWIM MEET
NOVEMBER 1, 2020**



Events are held during the normal NNA 2.5 hour swim practice From 9:30am to 12:00pm

SANCTION: Held under USA/Pacific Swimming Sanction No. **20-059**

In granting this sanction it is understood and agreed that USA Swimming shall be free from any [liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

This sanctioned meet is limited only to NNA athletes and takes place on Sunday, November 1st, 2020. Unless specifications outlined in "Admissions" are not met, other than athletes, timers, and the required 6 USA Swimming certified officials, there will not be any additional personnel on deck. Timing will be automated with an NNA owned Colorado timing plunger system, with timers serving as backup watches. No touch pads will be used. Events will be broadcast over Zoom using a webcam positioned beside the pool to allow parents to view their children swimming. The facility and safety plans have been incorporated into the meet sheet.

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.

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 PACIFIC 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.

NOTICE: By entering this meet, the Athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet at www.northernnevadaaquatics.com**

USE OF AUDIO AND VISUAL: Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS:

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| Meet Referee: Kendra Follett | Head Starter: Ronald Harmon |
| Meet Marshal: Michelle Hall, Meagan Ballew | Admin Official: Veronica Harmon |
| Meet Director: Dan Landon | |

LOCATION: Northwest Pool, 2925 Apollo Way Reno, NV 89503

COURSE: INDOOR HEATED 8 LANE 25 YARD pool with 4-7 lanes available for competition. The number of lanes used for competition will be determined by number of entries so that the timeline below can be followed as closely as possible. An additional 1-4 lanes shall be available for warm-up/cool down during competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10' at the start end and 3' 6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified.

TIME: Meet shall begin at 10:00 AM, with warm-ups from 9:30 to 9:55 AM, and will be complete at 12:00 PM on Sunday, November 1st, 2020. A maximum of six (6) athletes circle swimming shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- 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.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in **4** events per day.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- All coaches and deck officials shall wear their USA Swimming membership cards in a visible manner. All Coaches are required to sign-in and present their valid coach’s card before coaching athletes at the meet. Except for coaches accompanying athletes under the provision of 202.8 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.

UNACCOMPANIED ATHLETES: Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the Athlete’s USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete’s legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete’s USA Swimming Club Member-Coach.

RACING STARTS: Athletes shall be certified by a USA Swimming member-coach as being proficient in performing a racing start or shall start the race in the water. It is the responsibility of the athlete or the athlete’s legal guardian to ensure compliance with this requirement.

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No propane heaters are permitted.
- No glass containers are allowed in the meet venue.
- Only athletes, coaches, officials, and volunteers shall be allowed on the pool deck, unless spectators are specifically allowed as outlined in the “Admissions” section.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- ONLY hosting club, vendor and coach’s tents are allowed on the pool deck.
- Deck space will be limited; there is additional outside space in the adjacent park. Please plan accordingly.
- Coaches, parents, and siblings are not allowed in any of the swimming pools.
- During general warm up athletes must enter the pool feet-first with one hand in contact with the deck or gutter (3 point entry).
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- 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.

ELIGIBILITY:

- Athletes shall be current members of USA Swimming and the NNA swim team. Athletes shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host shall check all athlete registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Meet is open only to qualified athletes registered with Northern Nevada Aquatics. Athletes who are unattached but participating with NNA are eligible to compete.

- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding accommodations on entry times and seeding per Pacific Swimming policy.
- Entries with "NO TIME" will be ACCEPTED
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY TIMES: Entries must be submitted using the athlete's best conforming short course time or non-conforming short/long course meters/yards time for each event. Entries with "**NO TIME**" will be accepted. Coaches may enter an estimated time for No Time entries.

ENTRY FEES: None. Athletes must have a valid USA swimming and Pacific swimming registration to compete.

ONLINE ENTRIES: All entries need to be emailed to NNASWIMMEET@gmail.com using the consolidated entry card below.

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be entered using the current Pacific Swimming procedure and sent via email by midnight, Monday, **October 26th, 2020 and may be rejected if a session is already full.** Requests for confirmation of receipt should be included in entry email. Entries submitted for the Intrasquad meet previously scheduled for October 18, 2020 will remain valid.

CHECK-IN: The meet shall be pre-seeded. Athletes shall not have a check-in. Athletes shall report to the bull-pen area at their scheduled time for each event.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

AWARDS: Ribbons will be given for the athlete with the largest decrease in an official personal best time in each age group in each event.

ADMISSION: According to City of Reno guidelines in effect on October 12, 2020 limiting attendance at events to 50 people, no spectators will be allowed into the swim area. All viewing will take place from outside the fence or by viewing the Zoom meet feed. In an October 2, 2020 Directive 043, the Governor of Nevada increased the venue restriction to 250 persons or 50% of the venue capacity. Should the City of Reno increase the allowed capacity to the extent that additional persons may be allowed in the pool facility prior to the event, one (1) spectator will be allowed for each athlete entered into events provided that number does not surpass the City of Reno capacity guideline. Any parent who has volunteered to be a timer will not be counted towards this spectator limit.

HOSPITALITY: No food will be available within the venue. Coaches, Officials and Timers will be provided with water during the meet session.

MINIMUM OFFICIALS: The minimum number of officials per USA Swimming guidelines will be available to officiate the swim meet.

SCHEDULE OF EVENTS

- Events will be started based on clock time in order to escort athletes on and off the pool deck.
- Athletes competing in a heat will be allowed on the pool deck by the Marshall after competitors 2 heats prior have exited.
- Club coaches will assist in insuring only athletes preparing, competing, and exiting are on the pool deck, unless spectators are allowed in accordance with the "Admissions" section herein.
- Athletes may proceed to starting blocks once athletes from the previous heat have exited and the blocks are sanitized. Athletes who have finished their races may swim to the side ladders to exit the pool.
- The schedule may be delayed due to unforeseen circumstances, but effort made to re-establish the scheduled times.

| NOVEMBER 1, 2020 | | |
|------------------|-----------------|--|
| EVENT # | EVENT | Total number of athletes allowed in event Time of event start (with 6 comp lanes) |
| 1 | OPEN 100 FLY | 24 – 10:00am |
| 2 | OPEN 50 FREE | 42 – 10:12am |
| 3 | OPEN 50 BREAST | 30 – 10:24am |
| 4 | OPEN 100 FREE | 42 – 10:36am |
| 5 | OPEN 100 BACK | 24 – 10:48am |
| 6 | OPEN 50 FLY | 30 – 11:00am |
| 7 | OPEN 200 FREE | 18 – 11:12am |
| 8 | OPEN 50 BACK | 30 – 11:24am |
| 9 | OPEN 100 BREAST | 24 – 11:36am |
| 10 | OPEN 200 I.M. | 18 – 11:48am |

Additional Information

A/V SETUP FOR ZOOM BROADCAST: Zoom meeting set up with a camera at the start, to the side and not behind the blocks so that the swim and finish can be monitored remotely. Video will be broadcast to a Zoom meeting using the NNA Zoom account. One microphone (near the starter/announcer) will be broadcast to Zoom. The Zoom meeting link will be available to all participants.

MEET SETUP

- **Lanes** 1-8 may be used for competition in a variety of configurations depending on number of entries in the swim meet and to provide appropriate distancing for timers.
- **Athletes** have a specific route to walk to get to swim blocks and move away from blocks.
- **Cameras** - 2 laptops with web cameras are set up to broadcast to a Zoom meeting to allow parents to view kids from outside the pool area. (see pool layout for positions)

CLUB STAFF AND VOLUNTEERS ON DECK

- 2-3 timers for each lane (masks required). Timers chairs are set back 6 feet from the starting end of the pool to maintain 6-foot distance maintained from active athletes.

- A starter with microphone positioned to the South West side of the pool.
- Stroke and turn officials wearing masks are positioned on the North side of the pool, and the South end of the pool.
- Tables for coaches, 6 feet distanced, and wearing masks are positioned on the North West side of the pool.

SCREENING

- Athletes will be screened for COVID-19 by the Meet Marshall based on Nevada and the City of Reno regulations prior to entering the pool deck for warmups. They should notify the screener or a coach if they are experiencing any of the following symptoms:
 - Cough
 - Shortness of breath
 - A temperature of over 100 degrees F.
 - Known contact with someone with COVID-19

STAFFING WITH RESPONSIBILITIES

- 1) Entry/Exit Monitor, COVID-19 screening, monitors no more than 50 persons on the deck, unless the specifications under "Admissions" provides otherwise.
- 2) Officials – 2 Officials to monitor stroke and turns.
- 3) Coaches/Team – Manage the athletes and assist with meet as needed.
- 4) Starter – Start races and monitor false starts.
- 5) Starting Line Zoom Camera/Microphone for Broadcast
- 6) Announcer, Referee, Starter, Head Timer, Colorado Operator positions
- 7) Stroke and Finish Official
- 8) 2-3 timers per lane – All timers are NNA volunteers/athletes that are not currently competing. Sit in chair near the north fence on the patio area. (6+ feet from pool) at all times with the exception of the race finish where they stand to watch the athletes finish. Timers will immediately return to chairs to maintain distance from athletes. After athletes exit, timer will return to spray the top and leading edge of the block with a chlorine/water mixture before the next athlete approaches.
- 9) Zoom Camera Position – A volunteer or meet marshal shall operate this position to operate and turn Zoom Camera.
- 10) Athlete Area – Athletes are allowed in the family area or athlete area off the pool deck. Masks are to be worn if in this area.
- 11) Family Area – Area where all families remain during the meet in family units 6 feet distanced. Families monitor the races electronically on the Zoom meet.

GENERAL ATHLETE FLOW DURING MEET

A – Athletes allowed on the grass inside or outside the fence. Events are at prescribed times, 5 minutes prior to the prescribed time, athlete approaches to speak with coach. Coach sends athlete to lane 1 minute prior to race start.

B – Athlete arrives at lane; timers sit back in chairs until the race has started to maintain distancing from athlete. At the completion of the race, athletes who are going to time will sit back in chairs, either that athlete or the previous timer will exit the pool and proceeds around West side of pool.

C – Coaches discuss race with athlete and ensure athlete returns outside the fence until next race time.

MAXIMUM NUMBER OF PEOPLE ON DECK – Unless otherwise stated in the "Admissions" section, 50 with all distancing maintained.

- 4 coaches, 6 officials, meet marshals, Colorado operators, ZOOM operator and maximum 36 athletes including those timing are allowed on deck at any one time. Monitored by the Meet Marshall.
- **Athletes may sit with masks and observing social distancing inside the pool fence or outside the pool fence in the grass area.**
- Provided spectators are allowed according to guidelines outlined in "Admissions" section, Athletes and spectators may sit on the patio or other areas around the perimeter of the pool area, but they must remain in masks and separated from other family groups by 6 feet as outlined in City of Reno facility guidelines.

NOTE ADDITIONAL COVID-19 SPECIFIC RULES

GENERAL

- The COVID-19 USA Swimming waiver included with registration must be signed.
- The meet is limited to no more than 100 athletes per session, and a maximum of 50 people on deck (or the maximum of the City of Reno guidelines as specified under "Admissions") including officials, volunteers and team at any one time.

- Unless specifically allowed in the “Admissions” section, no spectators are allowed on deck at the meet. Everyone on deck needs to be a participant warming up, preparing for or having just swam, an official, staff or volunteer.
- Families may sit distanced by 6 feet or more from other families outside of the pool fence on or in their vehicles. Athletes will return to the family area between events. (monitored by a Meet Marshall)
- Staff, officials or athletes that cannot practice social distancing per Nevada and City of Reno regulations must wear a mask during those occasions they are not socially distanced.
- Hand sanitizer will be available around the facility.
- Starting blocks will be sanitized after to each event.
- Bathroom facilities are available but they are limited, showering is not allowed.
- SHOWERS ARE NOT AVAILABLE AND THERE IS NO DECK CHANGING! COME WITH YOUR SUIT ON AND LEAVE WITH YOUR SUIT ON.

WARM UP

- Athletes should not congregate at the end of the lane or in the lane. Athletes should continue to swim and work to avoid bunching up at ends of pool or stopping to talk in the lane

RACE HEATS

- 25 yard competition pool may use lanes 1-8 for warm up and competition. Lanes that are used will be clearly marked as lanes 1–8 for ease of data entry.
- All events are started based on clock time in order to allow for athlete distancing between heats. Refer to the Schedule for event times.
- Timers will sit in their chair until the end of the race when they will stand up to get the athletes time as usual. They will then immediately sit down to record the time on the lane timer sheets.
- The athlete will then exit the water and a timer will sanitize the starting block with a solution of chlorine and water prior to the next athlete coming to the starting block.
- ALL Races will start and finish at the South end of the pool.
- The meet video will be broadcast and can be monitored on Zoom. Parents who wish to watch their children swim live may volunteer to fill timer seats with their coach prior to the start of their session. Timers must remain for the entire 45-minute meet session or arrange for someone to relieve them (timer training provided if needed).
- Heat and Lane Assignments and Results will be visible on Zoom and posted in 2 spots on the fence outside of the pool area; athletes or participants should not congregate at the posting areas.
- The path competitors must follow will be marked on deck with arrows.
- Location of stations such as timer, coach, officials, and spectators if allowed, will be marked on the pool deck.

Pacific Swimming – Hosted by NNA
 USA SWIMMING MEET – NNA INTRACLUB
 NOVEMBER 1, 2020
 Consolidated Entry Form

| Name: Last, First Middle | | | | | | | | | | | | | |
|--|-------------------|--|--|--|------------|--|------------|------------------------|--|--|--|--|--|
| Club Abbr. | UNATT TEAM ABBR | | | | Club Name | | | | | | | | |
| Age | Date of Birth | | | | Sex M F | | | LSC – (PC, SN) | | | | | |
| USA-# | | | | | | | | | | | | | |
| Event # | Distance / Stroke | | | | Entry Time | | | Course for Competition | | | | | |
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| <p># of entries _____ x \$ 0 = \$ 0.00 Participation Fee \$ 0.00</p> | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Athlete's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |