



SwimRVA Rockin Summer Intra-squad
July 25, 2020
SANCTION NO. VS-20-110C



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 SwimRVA – Collegiate School Aquatics Center. 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.

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-110C • USA Swimming, Inc., Virginia Swimming, Inc., and <u>Greater Richmond Aquatics Partnership, DBA SwimRVA</u> 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., and Greater Richmond Aquatics Partnership, DBA SwimRVA 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:	SwimRVA – Collegiate School Aquatics Center located at 5050 Ridgedale Parkway, Richmond, VA 23234.
FACILITY:	<ul style="list-style-type: none"> • The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. • The 50-Meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. • This meet will be swum in the 25 yard course. • Omega Starting Blocks, Colorado Timing GEN7 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming • In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. I have full

	<p>knowledge and understanding of the inherent risks associated with SwimRVA participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with SwimRVA program participation and that said list in no way limits the operation of this Agreement.</p>
MEET DIRECTOR:	<p>Adam Kennedy adam.kennedy@swimrichmond.org 804-271-2662</p>
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all SwimRVA athletes who are registered with USA Swimming before the first day of the meet. • Age on July 25 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. • 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 13 and Over swimmers will swim in the morning session. • All 12 and Under swimmers will swim in the late morning/afternoon session. • All events will be timed finals.
SCREENING, CHECK-IN and WARM-UP:	<ul style="list-style-type: none"> • All athletes and parents need to report to the screening station upon arrival. Parents will receive a wrist band once they are screened. Athletes will be checked in for the meet. • SWIMMERS FAILING TO REPORT TO THE SCREENING STATION WILL NOT BE ALLOWED TO SWIM THE EVENT. MINOR ATHLETES WILL NEED TO REPORT TO THE SCREENING STATION WITH A PARENT OR GUARDIAN. PARENTS MAY SUBMIT THEIR ATHLETE'S SCREENING QUESTIONNAIRE PRIOR TO ARRIVAL BY EMAIL TO HEALTHSCREENING@SWIMRICHMOND.ORG JUST LIKE A NORMAL PRACTICE DAY. • Morning session: Athlete screening and Check-in at 7:30-8:00AM under the tent in the front lawn of the facility. Warm-ups at 8:15-8:45, athletes will have assigned lanes and should wait to report to their assigned warm up lane until 8:10; competition starts at 9:00AM. • Late morning/afternoon session: Athlete screening and check-in not before 11:30-12:00PM under the tent in the front lawn of the facility. Warm-ups at 12:15-12:45PM, athletes will have assigned lanes and should wait to report to their assigned warm up lane until 12:10; competition starts at 1:00PM. • If the morning session runs late, afternoon check in will begin 30 minutes after conclusion of the morning session to give staff time to disinfect the facility.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Saturday July 18th at noon.</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>\$20 flat fee for participation in the SwimRVA Rockin Intra-squad</p>
VIDEO SERVICE	<ul style="list-style-type: none"> • SwimRVA has installed a new video service in the main arena. The service will be available for the meet at no charge to SwimRVA families. Families will be able to stream the service on their smart phone or device from anywhere they have service! This will be a fantastic addition to our social distancing guidelines and allow for viewing the races from the outdoor seating areas or anywhere in the world!
VIRGINIA PHASE THREE GUIDELINES ATHLETE & SPECTATOR SEATING AND REPORTING TO THE	<ul style="list-style-type: none"> • INSIDE SEATING: Spectators, athletes, coaches and officials not in the same household are also required to maintain 10 feet of social distance. Lastly, spectators, athletes, coaches and officials are required to wear a face mask at all times inside the venue when not swimming. (see map) • OUTSIDE SEATING (see map): Outside the venue the event is limited to 250 persons on the grass seating areas (see map). Spectators, athletes, coaches and officials not in the same household need to maintain 6 feet of social distance while outside the venue. SwimRVA will have speakers with the arena PA in the outdoor seating area. The announcer will announce

STARTING BLOCKS	<p>heats and events. The announcer will also call athletes to the arena for their event when three heats prior to the race in the water.</p> <ul style="list-style-type: none"> RESERVATIONS FOR INSIDE SEATING (see map): There are seating sections for up to four persons in the main arena. They must be reserved prior to the meet by emailing Kim Wiiki at kim.wiiki@swimrichmond.org. Indicate how many are in your group including your athlete(s). ONLY FAMILIES WHO RESERVED AN INDOOR LOCATION WILL HAVE ACCESS TO THE MEZZANINE. REPORTING TO THE STARTING BLOCKS: SwimRVA will have speakers with the arena public address in the outdoor seating area. The announcer will announce heats and events. The announcer will also call athletes to the arena for their event three heats in front of their race. Athletes should report to the arena through the northeast entry doors and ready themselves in the corresponding location on the north wall. Heat in the water, next heat on deck at the northwest corner of the competition pool, second heat in the next wait zone, third heat in the next wait zone. It is the athlete's responsibility to report to the blocks and corresponding location when it is time to compete.
SEEDING:	<ul style="list-style-type: none"> Heat sheets will be emailed to all team members through Team Unify. All events will be pre-seeded. SWIMMERS FAILING TO REPORT TO THE SCREENING STATION WILL NOT BE ALLOWED TO SWIM THE EVENT. MINOR ATHLETES WILL NEED TO REPORT TO THE SCREENING STATION WITH A PARENT OR GUARDIAN.
AWARDS:	Awards will not be distributed. Scoring will be broken out by age group.
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. All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening to gain entry to mezzanine. Lobby restrooms and Swim and Tri swim shop are open for anyone wearing a mask and able to answer Virginia Department of Health screening questions. 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.

	<ul style="list-style-type: none"> 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 signed by a licensed healthcare provider. 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: Ralph Jones Email: ralphvaswim@gmail.com</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. ALL OFFICIALS AND COACHES MUST CHECK IN AT THE HEALTH SCREENING STATION ON THE FRONT LAWN PRIOR TO ENTERING THE POOL DECK. Officials meeting will be one hour prior to the start of each session. The meeting will take place on the east side of the competition pool deck.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> There will be one timer assigned per lane. Timer shifts will be assigned based on entries and the length of each session. Timer brief will take place 30 minutes prior to the start of the meet. Timers located in the mezzanine should report by using the back stairwell to the northeast corner of the competition pool. Timers who are in outdoor seating areas should walk around the outside of the building to the northeast competition pool entry doors. (SEE MAP)
GENERAL:	<ul style="list-style-type: none"> Swim and Tri swim shop will be available in the lobby. Hospitality will be limited to water and prepackaged snacks. There will not be concessions offered at the contest.
FACILITY RULES:	<p>No glass containers of any kind are permitted in the facility <u>Lawn/deck chairs are not permitted in the grandstand</u> No spectators/parents will be allowed on deck unless working the meet. No smoking is allowed on the campus All rules are posted pool side</p>

**MEET TITLE
ORDER OF EVENTS**

Saturday, July 25, 2020

Morning Session Warm-up: 8:15-8:45AM; Start: 9:00 AM			Afternoon Session Warm-up: 12:15-12:45 PM; Start: 1:00 PM (Times are approximate)		
Girls	Events	Boys	Girls	Events	Boys
1	100 Freestyle	2	13	8 & Under 25 Freestyle	14
3	100 Butterfly	4	15	9-12 50 Freestyle	16
5	100 Backstroke	6	17	8 & Under 25 Butterfly	18
7	100 Breaststroke	8	19	9-12 50 Butterfly	20
9	100 IM	10	21	8 & Under 25 Backstroke	22
11	50 Free	12	23	9-12 50 Backstroke	24
			25	8 & Under 25 Breaststroke	26
			27	9-12 50 Breaststroke	28
			29	8 & Under 50 Freestyle	30
			31	9-12 100 IM	32
			33	9-12 100 Freestyle	34