



**Intra-Squad Meet**  
**July 25, 2020**  
**SANCTION NO. VS-20-108C**

**Hosted by**  
**757swim**

*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 WISC Aquatic 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.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-108C</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., 757swim, and WISC Aquatic Center 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., and 757swim 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</li> </ul>
<b>LOCATION:</b>	WISC Aquatic Center, 5700 Warhill Trail, Williamsburg, VA 23188, 757.253.1947
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The ten lane 25-meter by 25-yard indoor competition pool offers one 25 meter competition pool with a depth of six feet 7 inches. Also, offers a 20 x 40 feet small therapy pool.</li> <li>• Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.</li> <li>• Up to 10 lanes will be used for competition.</li> <li>• Non-Turbulent Lane Markers</li> <li>• Spectrum Starting Blocks, Colorado Timing System</li> <li>• The WISC provides 1 indoor pool and wireless internet.</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>	Erin Roehrle meetdirector@757swim.com 757.377.1532
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all athletes on 757swim who are registered with USA Swimming before the first day of the meet.</li> <li>• No on-deck USA Swimming athlete registration will be permitted</li> </ul>

	<ul style="list-style-type: none"> <li>• 2017-2020 NAG time standards are in effect. (as appropriate)</li> <li>• Age on July 25, 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 AM session</li> <li>• All 10-12 year old swimmers will swim in the Mid-Day session.</li> <li>• All 9 &amp; Under will swim in the PM session.</li> </ul> <p>Events are as follows:</p> <ul style="list-style-type: none"> <li>• All 13 &amp; Over swimmers must swim 200 IM and 400 Free, 100 Back or 100 Breast.</li> <li>• All 10-12 year old swimmers must swim 200 IM and 200 Free, 100 Back or 100 Breast.</li> <li>• All 9 &amp; Under swimmers may choose 3 events from 50 Fly, 50 Back, 50 Breast, or 50 Free.</li> <li>• All events will be timed finals</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: Warm-ups not before 7:00am; competition starts not before 8:00am.</li> <li>• Mid-day sessions: Warm-ups not before 9:30 am; competition starts not before 10:30 am.</li> <li>• Afternoon sessions: Warm-ups not before 12:00 pm; competition starts not before 12:30 pm.0</li> <li>• If the Morning session runs late, Mid-day and Afternoon warm-ups will begin immediately after the previous session ends and cleaning and sanitizing is completed.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES is 11:59 pm, Thursday, July 16, 2020.</b></p> <ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of 3 <b>individual event(s)</b>.</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>	Individual Events: \$5.25
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• Swimmers will be called to the blocks after the start of each heat.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No Ribbons will be awarded.</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 suits. Locker rooms will not be available.</b></li> <li>• All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</li> <li>• Coaches, officials, and spectators must wear masks.</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,</li> </ul>

	<p>officials and/or spectators are present without written USA Swimming approval.</p> <ul style="list-style-type: none"> <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 signed by a licensed healthcare provider.</li> <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: Genny Kimbel</b>  <b>Email:</b> gennykimbel@gmail.com  <b>Phone:</b> (757)876-9134</p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair) Shana Wilkins, officialchair@757swim.com, no later than Tuesday, July 21, 2020.</li> <li>• Officials meetings will be held one hour prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• 757swim will provide timers for each session.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Programs:</b> Meet Mobile will be available</li> <li>• <b>Swimmers/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates WISC Aquatic Center rules (posted at the pool) will be disqualified from the meet and escorted from the facility.</li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes at all times.</li> <li>• <b>Spectator Seating:</b> <i><b>Bleacher seating will be marked to allow for proper social distancing and will be available for spectators. Masks must be worn by spectators when in the WISC Aquatic Center at all times. Seating will be limited to 1 parent/guardian per family and NO siblings. Parents/guardians will enter and exit through the WISC lobby only.</b></i></li> <li>• <b>Team Banners:</b> Team Banners cannot be hung from any pipes that run over the team seating area.</li> <li>• <b>First Aid:</b> A staffed First Aid Station is located at the Front Desk near entrance to locker rooms.</li> <li>• <b>Lost and Found:</b> Lost and Found will be located in the Front Lobby and next to the Announcer's Table.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Parking will be in the main lot out front of the Williamsburg Indoor Sports Complex. Parents and swimmers will walk around outside either side of the WISC to the separate WISC Aquatic Center located behind Williamsburg Indoor Sports Complex.</li> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• No lawn/deck chairs will be permitted in Spectator Seating Area.</li> <li>• No spectators/parents will be allowed on deck unless working the meet.</li> <li>• 1 Parent/guardian per swimmer will enter and exit through the WISC front lobby only and must wear a mask at all times inside the Aquatic Center.</li> <li>• No smoking is allowed on the campus.</li> <li>• All rules are posted pool side.</li> </ul>

**Intra-Squad Meet**  
ORDER OF EVENTS

**Saturday, July 25, 2020**

<b>13 &amp; Over Morning Session</b>		
<b>Warm-up: not before 7:00am; Start not before 8:00am</b>		
(Times are approximate)		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
1	13 & Over 200 IM	2
3	13 & Over 100 Back	4
5	13 & Over 100 Breast	6
7	13 & Over 400 Free	8
<b>10-12 year old Mid-Day Session</b>		
<b>Warm-up: not before 9:30am; Start not before 10:30am</b>		
(Times are approximate)		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
9	10-12 200 IM	10
11	10-12 100 Back	12
13	10-12 100 Breast	14
15	10-12 200 Free	16

<b>9 &amp; Under Afternoon Session</b>		
<b>Warm-up: not before 12:00pm; Start not before 12:30pm</b>		
(Times are approximate)		
<u><b>Girls</b></u>	<u><b>Events</b></u>	<u><b>Boys</b></u>
17	9 & Under 50 Fly	18
19	9 & Under 50 Back	20
21	9 & Under 50 Breast	22
23	9 & Under 50 Free	24