

August 2020 Return to Competition

The Social Distancing (and Sprinting) Classic

August 16th, 2020

Mills Pond Pool Canton CT 14 E Hill Rd

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit ctswim.org or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #RTC20- 1. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

COVID-19 Statement

In applying for this sanction, the Host, Charter Oak Aquatic Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, [Farmington Valley Health Department](#).

COVID-19 Assumption of Risk Disclaimer

We, Charter Oak Aquatic Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at The Social Distancing (and Sprinting) Classic or on site at Mills Pond 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 guests with underlying medical conditions are especially vulnerable. By participating in/spectating at The Social Distancing (and Sprinting) Classic and being on site at Mills Pond Pool, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

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 CONNECTICUT 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19
RELATED TO PARTICIPATION IN THIS COMPETITION.

WAIVER: All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement.

EVENTS

	Name	Email	Phone
Meet Director:	Spencer Hartmann	spencer.hartmann@ctoak.org	
Meet Referee:	Walt Carroll	wandjcarroll@comcast.net	
Lead Admin Official:	Spencer Hartmann	spencer.hartmann@ctoak.org	
Entry Chair:	Spencer Hartmann	spencer.hartmann@ctoak.org	
Safety Chair:	Erin Westcott		
Officials Contact:	Spencer Hartmann	spencer.hartmann@ctoak.org	

MEET HOST: OAK

WEBSITE: WWW.CTOAK.ORG

POOL EMERGENCY NUMBER: 860-305-9834

RETURN TO COMPETITION SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Closed dual meet.

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The meet will be swum as Timed-Final

SCRATCH PROCEDURES: No scratches will be taken. The meet will be pre-seeded.

NO DECK ENTRIES WILL BE ALLOWED

BEFORE ENTERING FACILITY or WHAT TO BRING:

- Attend (or watch recording) informational sessions with OAK/LEHY in advance of the meet
- Please take your own temperature before leaving for the meet, if your temperature is over 100.4 please stay home. Temperatures will be taken and recorded for everyone as they enter the facility, temperature must be under 100. Standard COVID symptom questions will also be asked and recorded.
- Everyone must bring their own chairs and food/water. When leaving the facility you must take any trash with you.
- All swimmers must arrive in their racing suit, locker rooms will be closed for changing

FACILITY RULES:

- Masks must be worn at all times when not in the pool
- Timers and Officials will need masks at all times
- Bathroom usage will be limited to the 3 individuals (3 bathrooms stalls 1 in / 1 out policy)
- Arrive in your racing suits no changing at the meet will be allowed

- Parents must social distance outside of the pool area with masks or they can view the pool from their car in select locations. Announcements will be made periodically as reminders.
- When entering the pool everyone must sanitize their hands at stations provided on the walls
- OAK (23) will sit on one side of the pool, LEHY (21) will have the other side of the pool. Sitting areas for each swimmer will be marked by an orange traffic cone. Cones will be placed 6-10' apart, with designated walk ways areas to walk up to and returning from the blocks.
- 1 heat will be allowed behind the block at a time, the next heat will be staged to the right of the pool marked by cones on the ground
- Swimmers - must walk around the pool in a counter clockwise fashion
- Swimmers - must walk up to the blocks with masks and leave them with their warm ups/sweatshirt/pants. Once the race is complete they will exit the pool put their masks on and return to their area to dry off.
- Timers - designated spots on the ground will be marked for each timer to stand on while waiting for the race to complete and when starting the watch.
- Timers - upon completion of the race timers will record their time, step away from the blocks, swimmers in the water will exit and walk away from the start end of the pool. Then the next heat will walk over get ready and the starter will start the race. Once the swimmers are approaching the finish timers will step forward from their standing area and record their times.

Planned number of individuals on deck: 60

Planned number of individuals in spectating area: No spectator area just a 10 acre open field for viewing

FACILITY: Mills Pond Pool is a 6 lane 50 meter pool. Water depth at start end is: 14ft. Water depth at turn end is: 4ft. The competition course has not been certified in accordance with 104.2.2C(4). Semi Automatic Timing with Buttons (no pads) and a backup system of stop watches

LOCKER ROOMS: All swimmers must arrive in their suits there will be no changing allowed at the venue. Bathroom monitors will be outside of each bathroom enforcing one in / one out policy. Socializing in the bathrooms will be strictly prohibited and masks will be required.

SAFE SPORT POLICIES: Parents can view the pool from their cars or around the pool in the open field area, parents will not be allow inside the gates of the facilities.

DISABLED ACCESS: Mills Pond Pool complies with all ADA requirements

COURSE: LCM

SESSION TIMES: Subject to Change

Warm Up 7:00 - 7:30 OAK

Clear Pool 5 min / masks and moving around could be longer to have kids get in/out safely

Warm Up 7:35 - 8:05 LEHY

Clear Pool 5 min / masks and moving around could be longer to have kids get in/out safely

Start 8:15

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 2 Warm Ups (OAK/LEHY) / 6 Lanes

ELIGIBILITY: CT Swimming clubs by invitation. Invited club(s) are listed here: LEHY. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

For Sanctioned Meets: All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming [policy for clubs](#) and [policy for meet hosts](#).

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water **without the use of the backstroke ledge**. 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.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to the [Connecticut Swimming office](#).

EVENT INFORMATION: All events will be Mixed 13/O and event lists may be adjusted with approval from OAK and LEHY after the publishing of the meet announcement. Backstroke events will be swum four swimmers at a time to allow the use of Backstroke ledges.

ENTRY LIMITATIONS: 3 event per day

ENTRY TIMES: Submit entry times in: LCM

DEADLINES: Deadline is August 15th, 2020.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at spencer.hartmann@ctoak.org. Please check that your team name, address, and contact information are listed correctly in this file.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: N/A

ENTRY FEES: N/A

OUTREACH ENTRY FEE REIMBURSEMENT: N/A

PAYMENT INSTRUCTIONS: N/A

CUT PROTOCOL: N/A

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: None

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

DRONES: 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. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition. Amended USA Swimming rules for

TIME TRIALS: Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is/are the day before the meet starts, the meet will be pre-seeded.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Timers will not be allowed to rotate, once you start your timing assignment you must complete the entire meet session. Participating clubs will be notified of work assignments by the Monday before the meet.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: N/A

AWARDS: No

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: No.

MISCELLANEOUS:

PARKING: Please park only in designated areas.

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at Canton Mills Pond Pool or any Charter Oak Aquatic Club related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) Charter Oak Aquatic Club and / or Canton Mills Pond Pool and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this ____ day of August, 2020.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

NAMES OF MINOR CHILD(REN), IF ANY: _____

2020 Social Distancing and Sprinting Classic - 8/16/2020**Session Report**

Session: 1 Sunday Morning

Day of Meet: 1 Starts at 08:40 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 50 Freestyle	14	3	08:40 AM	_____
Finals	2 Mixed 400 Freestyle	10	2	08:43 AM	_____
Finals	3 Mixed 200 Breaststroke	5	1	08:53 AM	_____
Finals	4 Mixed 100 Backstroke	11	3	08:57 AM	_____
Finals	5 Mixed 100 Breaststroke	15	3	09:03 AM	_____
Finals	6 Mixed 200 Freestyle	17	4	09:08 AM	_____
Finals	7 Mixed 100 Butterfly	12	3	09:19 AM	_____
Finals	8 Mixed 200 Backstroke	3	1	09:24 AM	_____
Finals	10 Mixed 200 Butterfly	5	1	09:27 AM	_____
Finals	11 Mixed 200 IM	18	4	09:30 AM	_____
Finals	12 Mixed 100 Freestyle	21	5	09:43 AM	_____
	Swimmers Counts for Warm-ups: 44	=====	=====		
	Entry / Heat Totals:	131	30		
	Finish Time			09:50 AM	_____
	=====				
	Age Group Counts				
	=====				
	Women Open	27			
	Men Open	17			



Green Line is a fence parent will need to social distance in the fields with mask on, reminders will periodically be announced.

Entrance and Egress

1. Entering the building at the front entrance
2. Everyone will go straight through the main entrance and move clockwise to their sitting area. Cone will be setup 8-10' apart to show swimmers where they may sit.
3. When leaving everyone will exit via the locker rooms
4. Swimmers will meet their parents in the parking lot at their cars

Participant Count

23 – OAK Swimmers

21 – LEHY Swimmers

5 – Coaches

6 – Officials

8 – Timers

2 – Safety Marshals

65 Total Participant