

## 2020 Return to Competition

**Water Rat Senior In-House Time Trial Meet**  
**Meet Type: Intrasquad**  
**Saturday, September 26, 2020**  
**Strittmatter Natatorium – Westport Weston Family Y**  
**14 Allen Raymond Lane – Westport, CT 06880**  
Click [here](#) for map

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](http://ctswim.org) or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #RTC20-12. 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, Westport Weston Family Y Water Rat Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the [Town of Westport, CT](#).

### **COVID-19 Assumption of Risk Disclaimer**

We, The Westport Weston Family Y Water Rat Swim Team 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 Water Rat Senior In-House Time Trial Meet or on site at the Strittmatter Natatorium – Westport Weston Family Y. 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 Water Rat Senior In-House Time Trial Meet and being on site at the Strittmatter Natatorium – Westport Weston Family Y, 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. ALL participants will be expected to fully complete the meet waiver and turn in prior to the start of the meet.

## EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Ellen Johnston	ejohnston@westporty.org	(203) 209-0198
<b>Meet Referee:</b>	Margy Sargent	mhsarge@att.net	
<b>Lead Admin Official:</b>	Adrienne Williams	awilliams@westporty.org	
<b>Entry Chair:</b>	Ellen Johnston	ejohnston@westporty.org	
<b>Safety Chair:</b>	Rob Urban	rurban@westporty.org	
<b>Officials Contact:</b>			

**MEET HOST: WRAT.**

**WEBSITE: [www.wrat.org](http://www.wrat.org)**

**POOL EMERGENCY NUMBER: 203-226-8981**

**RETURN TO COMPETITION: SANCTIONED**

**MEET TYPE: Closed**

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

**MEET FORMAT:** The meet will be swum 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:** Swimmers and will be dropped in the front circle of the Y. Proceed to natatorium observation deck, walk through and take stairs directly to pool deck. Swimmers will be assigned a seat for the duration of the meet socially distanced apart.

**FACILITY RULES:**

- Upon entering the building, the swimmers and meet volunteers will have a temperature check and question screening.

- **ALL will wear masks. Swimmers will wear mask to the starting block. Prior to the whistle command to step on the block, they will remove mask and place in Ziploc plastic bag and place on the edge of the pool.**
- **On deck capacity will fall within the 50% as noted by the Fire Marshall.**
- **No in building spectators will be allowed. The meet will be live streamed.**
- **Session I and Session II:**
  - **Coaches = 5**
  - **Officials = Minimum 4**
  - **Swimmers = 50 (Best “guestimate”)**
    - **Swimmers will be assigned designated seating on the pool deck and observation area.**
  - **Timers = 12 – Two (2) per lane and two (2) back-up**
    - **Lane timers will be family members and will wear mask**
  - **Meet/Computer Table: 2**
  - **Lifeguards: 2**
  - **Cleaning Staff: On-site**

**FACILITY:** The Strittmatter Family Aquatic Center houses a 10 lane x 25 yard competition pool. Water depth at start end is: 9’. Water depth at turn end is: 4’. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIMING SYSTEM:** Colorado Timing System, in compliance with USA Swimming Rulebook (102.24).

**LOCKER ROOMS:** Showers and locker rooms are limited to use of the restrooms only. Changing into or out of swimsuits is prohibited. Swimmers are to arrive in suits

**SAFE SPORT POLICIES:** The meet will be livestreamed via Zoom. A secure Zoom invite will be sent to families of participating swimmers only prior to the start of the meet.

**DISABLED ACCESS:** Handicap parking is available near the front of the facility. Handicap accessibility is available into the spectator area. An elevator is conveniently located just off the lobby and may access the pool deck through the family locker room.

**COURSE:** SCY

**SESSION TIMES: Subject to Change**

- Session I: Warm-up: 6am      Meet Start: 7am
- Session II: Warm-up 3pm      Meet Start: 345pm

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Assigned lanes for warm-ups. No more than five swimmers per lane.

**ELIGIBILITY:** Intrasquad Meet - 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. Only Water Rat registered swimmers are eligible to participate. 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:**

- The meet will be run in five (5) with an empty lane between

**ENTRY LIMITATIONS:** Two events per session – maximum four for the day

- The 500 Free and 400 IM will limited to two (2) heats.

**ENTRY TIMES:** Submit entry times in: SCY

**DEADLINES:** Deadline is not applicable

**ELECTRONIC ENTRIES:** Not applicable

**ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION:** Not applicable. – Westport Weston Family Y Water Swim Team registered swimmers only.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

**ENTRY FEES:** NO entry Fees

**OUTREACH ENTRY FEE REIMBURSEMENT:** Not applicable

**PAYMENT INSTRUCTIONS:** Not applicable

**CUT PROTOCOL:**

If the session is oversubscribed the following protocol will be instituted:

- The maximum number of events will be adjusted if necessary

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

**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:** NO

**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

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** All meet work assignments will be pre-assigned by the Meet Director.

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:** The meet will not be scored.

**AWARDS:** No awards

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** No

**PARKING:** Available in the Y parking lot

**DIRECTIONS:** The Westport Weston Family Y at Mahackeno is located directly off Exit 41 – northbound – of the Merritt Parkway.

**I-95:** From north or south, left turn off exit ramp. Follow up to the Merritt Parkway – Route 15. Get in the right lane and drive straight onto the Y property. Parking is located on your right.

**Water Rat Senior In-House Time Trial - 9/26/2020**  
**Session Report**

Session: 1 Session I

Day of Meet: 1 Starts at 07:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Mixed 100 Breaststroke	0	0	07:00 AM	_____
Finals	2 Mixed 500 Freestyle	0	0	07:00 AM	_____
Finals	3 Mixed 100 Backstroke	0	0	07:00 AM	_____
Finals	4 Mixed 50 Freestyle	0	0	07:00 AM	_____
Finals	5 Mixed 100 Butterfly	0	0	07:00 AM	_____
Finals	6 Mixed 200 IM	0	0	07:00 AM	_____
Finals	7 Mixed 100 Freestyle	0	0	07:00 AM	_____
	Finish Time			07:00 AM	_____

**Water Rat Senior In-House Time Trial - 9/26/2020**  
**Session Report**

Session: 2 Session II

Day of Meet: 1 Starts at 03:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	8 Mixed 200 Breaststroke	0	0	03:45 PM	_____
Finals	9 Mixed 200 Butterfly	0	0	03:45 PM	_____
Finals	10 Mixed 200 Freestyle	0	0	03:45 PM	_____
Finals	11 Mixed 50 Freestyle	0	0	03:45 PM	_____
Finals	12 Mixed 200 Backstroke	0	0	03:45 PM	_____
Finals	13 Mixed 400 IM	0	0	03:45 PM	_____
	Finish Time			03:45 PM	_____





## 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 Westport Weston Family Y or any Westport Weston Family Y Water Rat Swim Team 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) Westport Weston Family Y Water Rat Swim Team and / or the Westport Weston Family Y 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 26<sup>TH</sup> day of September, 2020.

SIGNATURE: \_\_\_\_\_

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

NAMES OF MINOR CHILD(REN), IF ANY: \_\_\_\_\_

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