

2021 Return to Competition

CDOG March Motivation Meet Intrasquad Meet March, 13, 2021

Cheshire Community Pool, 520 South Main Street, Cheshire, CT, 06410

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. #RTC21-18. 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, Cheshire Y/Sea Dog Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, Chesprocott Health Department: <http://www.chesprocott.org/>

COVID-19 Assumption of Risk Disclaimer

We, Cheshire Y/Sea Dog Swim 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 CDOG March Motivation Meet or on site at Cheshire Community 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 CDOG March Motivation Meet and being on site at Cheshire Community 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: Waivers with signatures are required. All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. All Meet Participants will bring a signed hardcopy of the Waiver with them to gain entrance to the Pool Deck.

EVENTS

	Name	Email	Phone
Meet Director:	David Modzelewski	dmodzelewski@sccymca.org	
Meet Referee:	Jonah Tyler	Jonah.tyler@comcast.net	
Lead Admin Official:	Lisa Tyler	leelee101ali@sbcglobal.net	
Entry Chair:	David Modzelewski	dmodzelewski@sccymca.org	
Safety Chair:	Sean Farrell	sfarrell@sccymca.org	

MEET HOST: CDOG-CT

WEBSITE: seadogswim.org

POOL EMERGENCY NUMBER: 203-271-3208

RETURN TO COMPETITION SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Closed.

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

MEET FORMAT: The meet will be swum as Timed-Finals. Events will be combined Male/Female where needed for timeline purposes.

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 must arrive prepared to Race through the back entrance door of the Pool where Wellness Checks and provisional questions must be answered appropriately and honestly. Officials, Timers, and Coaches will adhere to these same rules.

FACILITY RULES:

Walkways are designated by floor markers. Swimmers will be required to wear a face covering when not competing. There will be designated spaces for the next heat of swimmers to stand, as well as designated spaces for Timers. All Coaches, Officials, Timers, and other Essential Meet Staff will be required to wear a face covering at all times, no exceptions. No Spectators will be allowed.

Planned number of individuals on deck: 50-80

Planned number of individuals in spectating area: 0

FACILITY: The Cheshire Community Pool is a 10 -lane, 25-yard pool. Water depth at start end is: 6 Feet. Water depth at turn end is: 6 Feet. 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: 10 Lane, 10 Line, Daktronics Scoreboard with Omnisport 2000 Timing Console, 1 Touchpad and 2 Timing Buttons in every Lane.

LOCKER ROOMS: Showers and *locker rooms* are CLOSED and off limits. The two family/handicap restrooms will be the only available restrooms and are restricted to 1 Swimmer or Coach or Volunteer at a time unless the attendees are in the same family. Changing into or out of swimsuits is prohibited. Swimmers MUST arrive already in bathing suits, and will leave in bathing suits.

SAFE SPORT POLICIES: No Spectators will be allowed in the facility. The Meet events will be Livestreamed for viewing purposes, a link will be emailed.

DISABLED ACCESS: The Cheshire Community Pool is handicap accessible in all facets.

COURSE: SCY

SESSION TIMES: Subject to Change

Session 1: 15/Over – Warm-Up @ 6:00am, Start @ 6:30am, Finish by 8:00am

Session 2: 13/14 – Warm-Up @ 8:15am, Start @ 8:45am, Finish by 10:15am

Session 3: 12/Under – Warm-Up @ 10:30am, Start @ 10:45am, Finish by 12:00pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. **Swimmers will warm-up only in their practice cohorts, as required by the State of Connecticut.**

ELIGIBILITY: Intrasquad meet. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

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](#).

ENTRY LIMITATIONS: Maximum Entry is 4 Events per Swimmer.

ENTRY TIMES: SCY

DEADLINES: Deadline is Friday, March 12th, 2021. Mail hardcopy and payment to the entry chairperson: Dave Modzelewski, 967 South Main Street, Cheshire, CT, 06410. All entries must be legible and must use full names and registration numbers from USA Swimming registration.

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 dmodzelewski@scymca.org Please check that your team name, address, and contact information are listed correctly in this file.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

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: None.

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

PAYMENT INSTRUCTIONS: Please make checks payable to STPA and mail to: Dave Modzelewski, 967 South Main Street, Cheshire, CT, 06410 Payment must be received by 3/13/2021.

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Events will be combined from single gender to mixed;
2. The maximum number of events allowed per day may be reduced by one (1).

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.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

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.

TIME TRIALS: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet.

Timers:

- For the Start of the race, they will be 6 feet behind the starting swimmer, and 6 feet in front of the next swimmer in line, but standing in between Lanes 1&2, 2&3, etc (whereas the Swimmers are standing directly behind the Starting Block)...so there is actually more than 6 feet between them and the Swimmers.
- When the Race begins, the Timers will step forward, staying in between their two lanes, so that they are 8 feet from each other (because our Lanes are 8 Feet wide), they will have a button and Stopwatch for an accurate time.
- When the race concludes, they step back to their original position, the next heat walks up to the Block

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

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: All Swimmers and Essential Meet Staff will be required to park in the Cheshire Community Pool Parking Lot which is located immediately adjacent to the facility.

DIRECTIONS: The Cheshire Community Pool is located at 520 South Main Street, Cheshire, CT, 06410.

CDOG March Motivation Meet - 3/13/2021**Session Report**

Session: 1 15/Over

Day of Meet: 1 Starts at 06:30 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 15 & Over 400 IM Break: 5 Minutes:	0	0	06:30 AM	_____
Finals	2 Mixed 15 & Over 200 Breaststroke Break: 5 Minutes:	0	0	06:35 AM	_____
Finals	3 Mixed 15 & Over 100 Butterfly Break: 5 Minutes:	0	0	06:40 AM	_____
Finals	4 Mixed 15 & Over 200 Freestyle Break: 5 Minutes:	0	0	06:45 AM	_____
Finals	5 Mixed 15 & Over 100 Backstroke Break: 5 Minutes:	0	0	06:50 AM	_____
Finals	6 Mixed 15 & Over 50 Freestyle Finish Time	0	0	06:55 AM 06:55 AM	_____ _____

Session: 2 13/14

Day of Meet: 1 Starts at 08:45 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Mixed 13-14 400 IM Break: 5 Minutes:	0	0	08:45 AM	_____
Finals	8 Mixed 13-14 200 Breaststroke Break: 5 Minutes:	0	0	08:50 AM	_____
Finals	9 Mixed 13-14 100 Butterfly Break: 5 Minutes:	0	0	08:55 AM	_____
Finals	10 Mixed 13-14 200 Freestyle Break: 5 Minutes:	0	0	09:00 AM	_____
Finals	11 Mixed 13-14 200 Backstroke Break: 5 Minutes:	0	0	09:05 AM	_____
Finals	12 Mixed 13-14 50 Freestyle Finish Time	0	0	09:10 AM 09:10 AM	_____ _____

CDOG March Motivation Meet - 3/13/2021**Session Report**

Session: 3 12/Under

Day of Meet: 1 Starts at 10:45 AM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Girls 12 & Under 100 Freestyle	0	0	10:45 AM	_____
Finals	14 Boys 12 & Under 100 Freestyle	0	0	10:45 AM	_____
	Break: 3 Minutes:				
Finals	15 Girls 12 & Under 50 Backstroke	0	0	10:48 AM	_____
Finals	16 Boys 12 & Under 50 Backstroke	0	0	10:48 AM	_____
	Break: 3 Minutes:				
Finals	17 Girls 12 & Under 100 Breaststroke	0	0	10:51 AM	_____
Finals	18 Boys 12 & Under 100 Breaststroke	0	0	10:51 AM	_____
	Break: 3 Minutes:				
Finals	19 Girls 12 & Under 200 IM	0	0	10:54 AM	_____
Finals	20 Boys 12 & Under 200 IM	0	0	10:54 AM	_____
	Break: 3 Minutes:				
Finals	21 Girls 10 & Under 100 IM	0	0	10:57 AM	_____
Finals	22 Boys 10 & Under 100 IM	0	0	10:57 AM	_____
	Break: 3 Minutes:				
Finals	23 Girls 12 & Under 50 Butterfly	0	0	11:00 AM	_____
Finals	24 Boys 12 & Under 50 Butterfly	0	0	11:00 AM	_____
	Break: 3 Minutes:				
Finals	25 Girls 12 & Under 50 Freestyle	0	0	11:03 AM	_____
Finals	26 Boys 12 & Under 50 Freestyle	0	0	11:03 AM	_____
Finals	27 Girls 11-12 200 Freestyle	0	0	11:03 AM	_____
Finals	28 Boys 11-12 200 Freestyle	0	0	11:03 AM	_____
	Finish Time			11:03 AM	_____

Plan for Meet Participant & Spectator Ingress & Egress

- 1) All Swimmers/Officials/Essential Meet Staff/Spectators will be given times to arrive to the Pool
- 2) All Swimmers/Officials/Essential Meet Staff/Spectators will enter through the Back Door of the Facility
- 3) Upon entering, all Swimmers/Officials/Essential Meet Staff/Spectators will be required to pass a Wellness Check consisting of a temperature check and COVID-19 Contact Tracing Questions
- 4) Upon passing the Wellness Check, all Swimmers/Officials/Essential Meet Staff/Spectators will have designated areas based on their participation needs
- 5) At the conclusion of the Meet, all Swimmer/Officials/Essential Meet Staff/Spectators will exit in the same fashion that they arrived

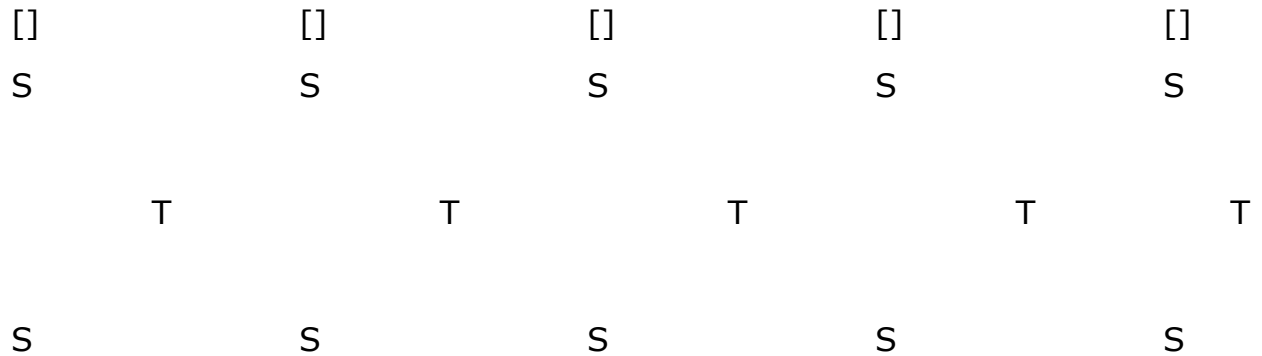
Plan for Gathering Spaces

- All Swimmers will be stationed around the Pool Deck and on the Bleachers
- When lining up for Races, there will be at most 1 Swimmer on the starting block, and 1 Swimmer 6 feet behind ready for the following heat, and 1 Swimmer in the water for fly-over Starts
- All Timers will be stationed in the middle of the starting blocks in between the Swimmer on the starting block and the Swimmer in the following heat
- The only people allowed consistently on the "Competition Pool Deck" are Timers, Officials, and other Essential Meet Staff
- No Spectators will be allowed in the facility, the Meet will be Livestreamed for viewing purposes

Planned Number of Individuals

- Session 1: (15/Over)
 - a. Swimmers: 50 (Estimate)
 - b. Officials: 5
 - c. Timers: 6
 - d. Coaches: 3
 - e. Other Volunteers: 2
 - f. Total: 66
- Session 2: (13/14)
 - a. Swimmers: 20 (Estimate)
 - b. Officials: 5
 - c. Timers: 6
 - d. Coaches: 3
 - e. Other Volunteers: 2
 - f. Total: 36
- Session 3: (12/Under)
 - a. Swimmers: 60 (Estimate)
 - b. Officials: 5
 - c. Timers: 6
 - d. Coaches: 3
 - e. Other Volunteers: 2
 - f. Total: 76

Timer/Swimmer Orientation:



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 [Cheshire Community Pool] or any [CheshireY/Sea Dog Swim 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) [CheshireY/Sea Dog Swim Club] and / or [Cheshire Community 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 COVENENANT 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 13th day of [March 2021].

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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

