

2020 Return to Competition

CP-AC November RTC November 6th-8th, 2020

Chelsea Piers CT, 1 Blachley Road, Stamford CT 06902

Google Map - <http://goo.gl/maps/rikJ4>

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. #RTC20-29. 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, Chelsea Piers 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, <https://www.stamfordct.gov/covid19>

COVID-19 Assumption of Risk Disclaimer

We, Chelsea Piers 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 CP-AC November RTC or on site at Chelsea Piers CT. 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 CP-AC November RTC and being on site at Chelsea Piers CT 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. Each person in the facility will be signing an online waiver with the facility before entry.

EVENTS

	Name	Email	Phone
Meet Director:	Brennan Morris	morrib@chelseapiersct.com	203-989-1309
Meet Referee:	Suzannah Rogers	Srogers68@optonline.net	203-571-8526
Lead Admin Official:	Tim Goertel		203-989-1300
Entry Chair:	Brennan Morris	morrib@chelseapiersct.com	203-989-1309
Safety Chair:	Igor Vulesevic	vulesi@chelseapiersct.com	203-989-1300

MEET HOST: CPAC

WEBSITE: <https://www.teamunify.com/Home.jsp?tabid=0&team=ctcp>

POOL EMERGENCY NUMBER: 203-989-1300

RETURN TO COMPETITION SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Closed, Intrasquad.

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: Heat sheets will be digital and sent out the night before each session. Electronic waiver will be filled out before entry into the facility. Athletes must come with suit on and leave with suit on as locker rooms will be accessible for the bathroom only.

FACILITY RULES:

All people in the facility will be required to wear a mask at all times besides swimmers when getting in/out of the pool. X's are marked more than 6 feet apart along the pool deck to promote social distancing for seating.

Planned number of individuals on deck: 40-90

Planned number of individuals in spectating area 0

FACILITY: Chelsea Piers Competition Pool is a 10-lane, 25-yard pool with 5 additional lanes. Water depth at start end is: 7.5 ft. Water depth at turn end is: 7.5 ft. The competition course has not been certified in accordance with 104.2.2C(4). Chelsea Piers uses a Daktronic timing system with a multilane LCD scoreboard.

TIMING SYSTEM: Automatic timing (102.24.2.A), per CSI COVID-19 Officials Guidelines.

LOCKER ROOMS: Showers and locker rooms are limited to use of the restrooms only. Changing into or out of swimsuits is prohibited. Swimmers will arrive and leave in their racing suits. No showers will be available.

SAFE SPORT POLICIES: There will be no spectators allowed in mezzanine as a livestream will be available and sent out to all competing families

DISABLED ACCESS: Chelsea Piers Connecticut is fully accessible to all, able-bodied and challenged. The spectator area is easily accessible via elevator, and all bathrooms have reserved stalls in them. Reserved parking is directly in front of the facility. Please contact the Safety Chair for more information and special arrangements.

COURSE: SCY

SESSION TIMES: Subject to Change

Friday 11/6	Warmups 4-4:30pm Meet Starts 4:30pm
Saturday 11/7 (Session 1)	Warmups 7:00-7:40am Meet Starts 7:40am
Saturday 11/7 (Session 2)	Warmups 10:30-11am Meet Starts 11am
Saturday 11/7 (Session 3)	Warmups 1:20-2pm Meet Starts 2pm
Sunday 11/8 (Session 1)	Warmups 7:00-7:40am Meet Starts 7:40am
Sunday 11/8 (Session 2)	Warmups 10:30-11am Meet Starts 11am
Sunday 11/8 (Session 3)	Warmups 1:20-2pm Meet Starts 2pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. There will be one warmup session with use of 13 lanes for each session.

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.

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: Deck entries will not be accepted

ENTRY LIMITATIONS: 4 events maximum per session

ENTRY TIMES: Submit entry times in: SCY. No Times (NT entries) will not be accepted.

DEADLINES: Deadline is Thursday, November 5th.

ELECTRONIC ENTRIES: Electronic entries will not be accepted.

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: Electronic entries: \$11.00 for individual events, \$11.00 for distance event, \$0.00 for relays. Manual entries: \$11.00 for individual events, \$11.00 for distance events, \$00.00 for relays.

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: Payment will be charged to the member account on file with CPCT.

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted to reduce the timeline to the required length or participation number: 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. Amended USA Swimming rules for

TIME TRIALS: Yes. Time Trials permitted, but count towards daily event limit. All time trial entries must be submitted at least 30 min prior to each session.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Any volunteer officials should contact Suzannah Rogers, srogers68@optonline.net.

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: No.

PARKING: There is parking located on site at Chelsea Piers Connecticut.

DIRECTIONS: The Chelsea piers CT complex is located at 1 Blachley Road, Stamford. Northbound I 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings. Southbound I 95: Take exit 9. Make a right at the end of the ramp. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings.

CP-AC November RTC - 11/6/2020 to 11/8/2020**Session Report**

Session: 1 Friday Cobalt/Red

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1A Girls 100 Freestyle	0	0	04:30 PM	_____
Finals	2A Boys 100 Freestyle	0	0	04:30 PM	_____
Finals	3A Girls 200 Breaststroke	0	0	04:30 PM	_____
Finals	4A Boys 200 Breaststroke	0	0	04:30 PM	_____
Finals	5A Girls 200 Butterfly	0	0	04:30 PM	_____
Finals	6A Boys 200 Butterfly	0	0	04:30 PM	_____
Finals	7A Girls 500 Freestyle	0	0	04:30 PM	_____
Finals	8A Boys 500 Freestyle	0	0	04:30 PM	_____
	Finish Time			04:30 PM	_____

CP-AC November RTC - 11/6/2020 to 11/8/2020**Session Report**

Session: 2 Saturday Blue/Green/Lime

Day of Meet: 2 Starts at 07:40 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9B Girls 400 IM	0	0	07:40 AM	_____
Finals	10B Boys 400 IM	0	0	07:40 AM	_____
Finals	11B Girls 100 Backstroke	0	0	07:40 AM	_____
Finals	12B Boys 100 Backstroke	0	0	07:40 AM	_____
Finals	13B Girls 50 Freestyle	0	0	07:40 AM	_____
Finals	14B Boys 50 Freestyle	0	0	07:40 AM	_____
Finals	15B Girls 200 Butterfly	0	0	07:40 AM	_____
Finals	16B Boys 200 Butterfly	0	0	07:40 AM	_____
Finals	17B Girls 100 Breaststroke	0	0	07:40 AM	_____
Finals	18B Boys 100 Breaststroke	0	0	07:40 AM	_____
Finals	19B Girls 100 IM	0	0	07:40 AM	_____
Finals	20B Boys 100 IM	0	0	07:40 AM	_____
Finals	21B Girls 50 Butterfly	0	0	07:40 AM	_____
Finals	22B Boys 50 Butterfly	0	0	07:40 AM	_____
Finals	23B Girls 200 Freestyle	0	0	07:40 AM	_____
Finals	24B Boys 200 Freestyle	0	0	07:40 AM	_____
Finals	111B Girls 1650 Freestyle	0	0	07:40 AM	_____
Finals	112B Boys 1650 Freestyle	0	0	07:40 AM	_____
	Finish Time			07:40 AM	_____

CP-AC November RTC - 11/6/2020 to 11/8/2020**Session Report**

Session: 3 Saturday Yellow/Teal/Orange

Day of Meet: 2 Starts at 11:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25C Girls 100 Backstroke	0	0	11:00 AM	_____
Finals	26C Boys 100 Backstroke	0	0	11:00 AM	_____
Finals	27C Girls 50 Freestyle	0	0	11:00 AM	_____
Finals	28C Boys 50 Freestyle	0	0	11:00 AM	_____
Finals	29C Girls 200 Butterfly	0	0	11:00 AM	_____
Finals	30C Boys 200 Butterfly	0	0	11:00 AM	_____
Finals	31C Girls 100 Breaststroke	0	0	11:00 AM	_____
Finals	32C Boys 100 Breaststroke	0	0	11:00 AM	_____
Finals	33C Girls 100 IM	0	0	11:00 AM	_____
Finals	34C Boys 100 IM	0	0	11:00 AM	_____
Finals	35C Girls 50 Butterfly	0	0	11:00 AM	_____
Finals	36C Boys 50 Butterfly	0	0	11:00 AM	_____
Finals	37C Girls 200 Freestyle	0	0	11:00 AM	_____
Finals	38C Boys 200 Freestyle	0	0	11:00 AM	_____
Finals	39C Girls 400 IM	0	0	11:00 AM	_____
Finals	40C Boys 400 IM	0	0	11:00 AM	_____
	Finish Time			11:00 AM	_____

CP-AC November RTC - 11/6/2020 to 11/8/2020**Session Report**

Session: 4 Saturday Cobalt/Red/White

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	41A Girls 100 Backstroke	0	0	02:00 PM	_____
Finals	42A Boys 100 Backstroke	0	0	02:00 PM	_____
Finals	43A Girls 10 & Under 100 Backstroke	0	0	02:00 PM	_____
Finals	44A Boys 10 & Under 100 Backstroke	0	0	02:00 PM	_____
Finals	45A Girls 10 & Under 50 Freestyle	0	0	02:00 PM	_____
Finals	46A Boys 10 & Under 50 Freestyle	0	0	02:00 PM	_____
Finals	47A Girls 100 Breaststroke	0	0	02:00 PM	_____
Finals	48A Boys 100 Breaststroke	0	0	02:00 PM	_____
Finals	49A Girls 10 & Under 100 IM	0	0	02:00 PM	_____
Finals	50A Boys 10 & Under 100 IM	0	0	02:00 PM	_____
Finals	51A Girls 10 & Under 100 Breaststroke	0	0	02:00 PM	_____
Finals	52A Boys 10 & Under 100 Breaststroke	0	0	02:00 PM	_____
Finals	53A Girls 200 Freestyle	0	0	02:00 PM	_____
Finals	54A Boys 200 Freestyle	0	0	02:00 PM	_____
Finals	55A Girls 10 & Under 50 Butterfly	0	0	02:00 PM	_____
Finals	56A Boys 10 & Under 50 Butterfly	0	0	02:00 PM	_____
Finals	57A Girls 400 IM	0	0	02:00 PM	_____
Finals	58A Boys 400 IM	0	0	02:00 PM	_____
Finals	59A Girls 1000 Freestyle	0	0	02:00 PM	_____
Finals	60A Boys 1000 Freestyle	0	0	02:00 PM	_____
	Finish Time			02:00 PM	_____

CP-AC November RTC - 11/6/2020 to 11/8/2020**Session Report**

Session: 5 Sunday Blue/Green/Lime

Day of Meet: 3 Starts at 07:40 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	61B Girls 500 Freestyle	0	0	07:40 AM	_____
Finals	62B Boys 500 Freestyle	0	0	07:40 AM	_____
Finals	63B Girls 200 Breaststroke	0	0	07:40 AM	_____
Finals	64B Boys 200 Breaststroke	0	0	07:40 AM	_____
Finals	65B Girls 100 Butterfly	0	0	07:40 AM	_____
Finals	66B Boys 100 Butterfly	0	0	07:40 AM	_____
Finals	67B Girls 50 Backstroke	0	0	07:40 AM	_____
Finals	68B Boys 50 Backstroke	0	0	07:40 AM	_____
Finals	69B Girls 100 Freestyle	0	0	07:40 AM	_____
Finals	70B Boys 100 Freestyle	0	0	07:40 AM	_____
Finals	71B Girls 200 Backstroke	0	0	07:40 AM	_____
Finals	72B Boys 200 Backstroke	0	0	07:40 AM	_____
Finals	73B Girls 50 Breaststroke	0	0	07:40 AM	_____
Finals	74B Boys 50 Breaststroke	0	0	07:40 AM	_____
Finals	75B Girls 200 IM	0	0	07:40 AM	_____
Finals	76B Boys 200 IM	0	0	07:40 AM	_____
	Finish Time			07:40 AM	_____

CP-AC November RTC - 11/6/2020 to 11/8/2020**Session Report**

Session: 6 Sunday Yellow/Teal/Orange

Day of Meet: 3 Starts at 11:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	77C Girls 200 Breaststroke	0	0	11:00 AM	_____
Finals	78C Boys 200 Breaststroke	0	0	11:00 AM	_____
Finals	79C Girls 100 Butterfly	0	0	11:00 AM	_____
Finals	80C Boys 100 Butterfly	0	0	11:00 AM	_____
Finals	81C Girls 50 Backstroke	0	0	11:00 AM	_____
Finals	82C Boys 50 Backstroke	0	0	11:00 AM	_____
Finals	83C Girls 100 Freestyle	0	0	11:00 AM	_____
Finals	84C Boys 100 Freestyle	0	0	11:00 AM	_____
Finals	85C Girls 200 Backstroke	0	0	11:00 AM	_____
Finals	86C Boys 200 Backstroke	0	0	11:00 AM	_____
Finals	87C Girls 50 Breaststroke	0	0	11:00 AM	_____
Finals	88C Boys 50 Breaststroke	0	0	11:00 AM	_____
Finals	89C Girls 200 IM	0	0	11:00 AM	_____
Finals	90C Boys 200 IM	0	0	11:00 AM	_____
Finals	91C Girls 500 Freestyle	0	0	11:00 AM	_____
Finals	92C Boys 500 Freestyle	0	0	11:00 AM	_____
	Finish Time			11:00 AM	_____

CP-AC November RTC - 11/6/2020 to 11/8/2020**Session Report**

Session: 7 Sunday Cobalt/Red/White

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	93A Girls 200 IM	0	0	02:00 PM	_____
Finals	94A Boys 200 IM	0	0	02:00 PM	_____
Finals	95A Girls 10 & Under 100 Butterfly	0	0	02:00 PM	_____
Finals	96A Boys 10 & Under 100 Butterfly	0	0	02:00 PM	_____
Finals	97A Girls 10 & Under 50 Backstroke	0	0	02:00 PM	_____
Finals	98A Boys 10 & Under 50 Backstroke	0	0	02:00 PM	_____
Finals	99A Girls 50 Freestyle	0	0	02:00 PM	_____
Finals	100A Boys 50 Freestyle	0	0	02:00 PM	_____
Finals	101A Girls 10 & Under 100 Freestyle	0	0	02:00 PM	_____
Finals	102A Boys 10 & Under 100 Freestyle	0	0	02:00 PM	_____
Finals	103A Girls 10 & Under 50 Breaststroke	0	0	02:00 PM	_____
Finals	104A Boys 10 & Under 50 Breaststroke	0	0	02:00 PM	_____
Finals	105A Girls 200 Backstroke	0	0	02:00 PM	_____
Finals	106A Boys 200 Backstroke	0	0	02:00 PM	_____
Finals	107A Girls 100 Butterfly	0	0	02:00 PM	_____
Finals	108A Boys 100 Butterfly	0	0	02:00 PM	_____
Finals	109A Girls 1650 Freestyle	0	0	02:00 PM	_____
Finals	110A Boys 1650 Freestyle	0	0	02:00 PM	_____
	Finish Time			02:00 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 [INSERT FACILITY] or any [INSERT 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:

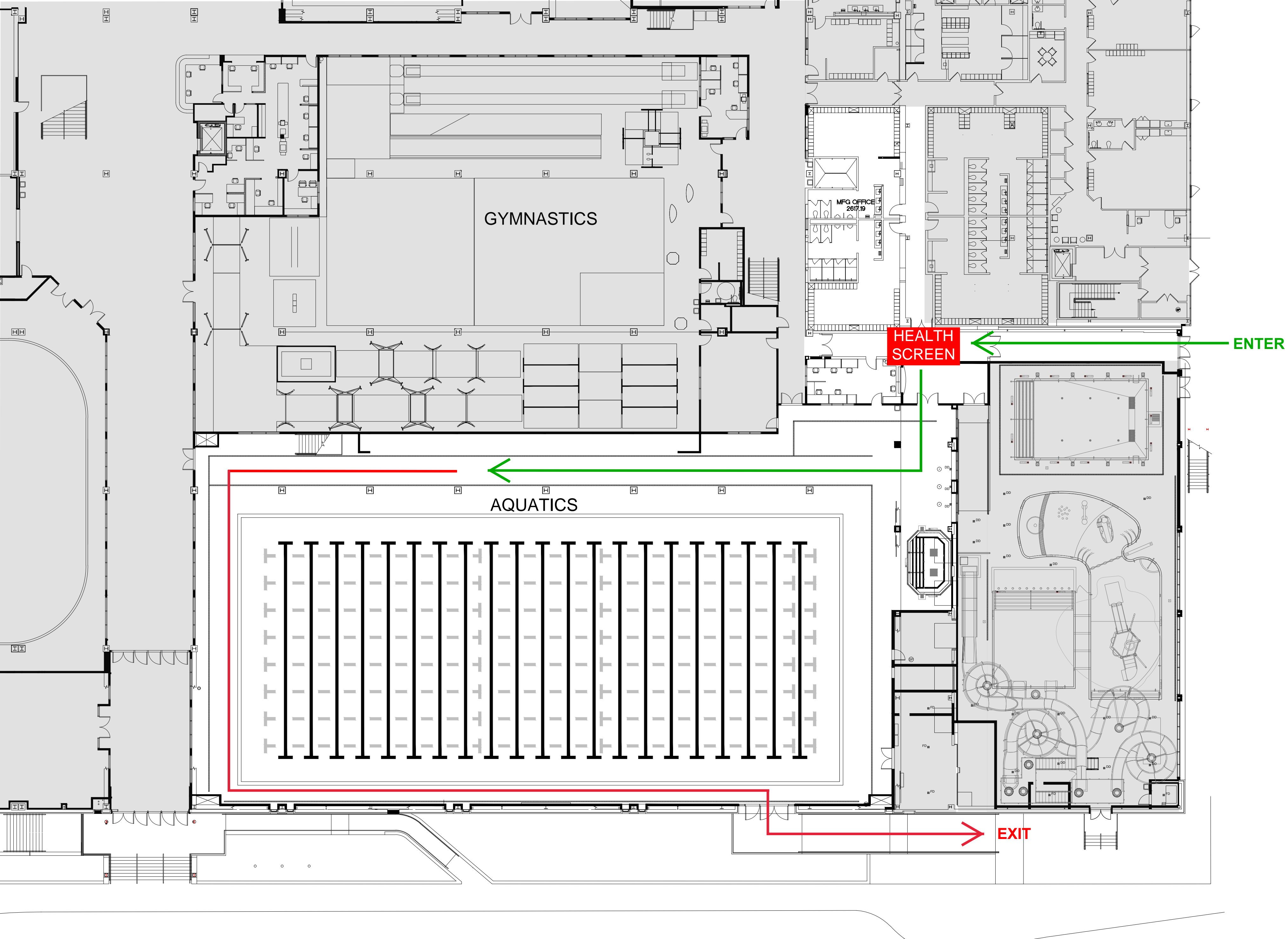
1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC 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) [INSERT CLUB] and / or [INSERT FACILITY] 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 20th day of October, 2020.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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



GYMNASTICS

AQUATICS

HEALTH
SCREEN

ENTER

EXIT

Planned Numbers of Individuals

60-80 swimmers

4 officials

5 coaches

6 timers

1 lifeguard on far side

2 cleaning staff (which enter after session is over and swimmers have left pool deck)

There will be no spectators in the facility. A livestream with the scoreboard and pool view will be sent out to all competing families.