

2020 Return to Competition

Northeast CT Aquatics

November Invitational

November 21-22, 2020

100 Gerber Drive, Tolland, CT, 06084

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. #RTC20-41. 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, Northeast CT Aquatics, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, Eastern Highlands Health District. <http://www.ehhd.org/>

COVID-19 Assumption of Risk Disclaimer

We, Northeast CT Aquatics, 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 November Invitational or on site at Star Hill Family Athletic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at November Invitational and being on site at Star Hill Family Athletic Center, 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. These waivers are to be collected and submitted to the Meet Director by a coach from each participating team.

EVENTS

	Name	Email	Phone
Meet Director:	Rob Ensling	<u>rensling@gmail.com</u>	860-883-9385
Meet Referee:	Tak Takabayashi		
Lead Admin Official:	Lara Traczynski		
Entry Chair:	Rob Ensling		
Safety Chair:	Rob Ensling		

MEET HOST: NCA

WEBSITE: swimnca.com

POOL EMERGENCY NUMBER: 860-883-9385

RETURN TO COMPETITION SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Closed; Dual with RAC

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: CTSwim waiver must be filled out prior to entry of building. Suit up prior to arrival, designated bathrooms are for use of bathrooms, not to change.

FACILITY RULES:

Northeast CT Aquatics reserves the right to revise rules with ever-changing conditions on Covid.

All numbers are based on roster size at the time of submittal

Planned #	8U/9-10	11-12	13-14	150
Swimmers:	53	54	41	40
Officials:	5	5	5	5
Timers:	8	8	8	8
Coaches:	6	6	6	6
Volunteers:	5	5	5	5
Support Staff:	5	5	5	5
Total:	82	83	70	69

- No spectators allowed. A live-stream of the meet will be offered on Zoom. Details of the live-stream will be sent out closer to the event date.
- The facility is closed to all families. The only people who should be in the building are Athletes, Coaches, Officials, Support Staff.
- Masks must always be worn when not in the pool.
- Timers and Officials must always wear masks.
- Designated bathrooms are assigned, and usage will be restricted to 1 person at a time. Coaches, Officials, and Support Staff will use the locker room
Each team will have a designated bathroom to use (RAC will use the lobby, NCA will use the bathroom near to their team area)
Parents will use the bathroom on the second floor. There is a separate entrance and exit for parents to use to access the bathroom. Signs will be up to direct parents where to go. Just a reminder that the second floor has windows overlooking the pool. Parents are not allowed to gather there are watch the swim meet.
- Arrive in your racing suits; THERE WILL BE NO CHANGING ALLOWED IN THE FACILITY.
- Swimmers must remain off the pool deck unless they are warming up or racing.
- Swimmers will need to bring their own Chairs/Blankets and practice social distancing.
- There will be designated areas for teams to set up. Please view map attached.
- Announcements will be made periodically as reminders of events.
- When entering the pool everyone must sanitize their hands at stations provided. There is a dispenser on the window outside of the pool that athletes will use.
- A single heat will be allowed behind the block at a time, the next heat will be staged at the bullpen area.
- Swimmers - must walk to their lanes 1 going first and 6 going last.
- Swimmers - must walk up to the blocks with masks and leave them with their warmups/sweatshirt/pants.
- Once the race is complete they will exit the pool, put their masks on and return to their area to dry off. The route athletes must take is on the attached map.
- Swimmers will exit pool, walk along the lane 6 wall side of the pool, around the shallow end, then exit the pool deck thru the hallway door near the lane 1 side. Athletes will then follow the hallway to their designated team areas.
- 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 and 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.

FACILITY: Star Hill Family Athletic Center Competition Pool is an 6 -lane, 25-yard pool. Water depth at start end is: 12FT. Water depth at turn end is: 4FT. 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

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

SAFE SPORT POLICIES: All sessions during the swim meet will be live via Zoom. NCA will email RAC with log in information a few days prior to the start of the meet with a link and password.

DISABLED ACCESS: Handicap accessibility throughout the facility

COURSE: SCY

SESSION TIMES: Subject to Change

Session 1 Saturday November 21

- Warmup Starts 12:00p
- Meet Starts 1:00p

Session 2 Saturday November 21

- Warmup Starts 3:00p
- Meet Starts 4:00p

Session 3 Sunday November 22

- Warmup Starts 11:30a
- Meet Starts 12:30pm

Session 4 Saturday November 22

- Warmup Starts 3:00p
- Meet Starts 4:00p

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. **Subject to Change**

All 6 lanes will be used for warmups. All numbers are based on roster size at the time of submittal

Session 1 Saturday November 21 – 53 Athletes

- Tier 1 12:00p-12:25p – NCA – includes starts
- Tier 2 12:30p-1:55p – RAC – includes starts

Session 2 Saturday November 21 – 54 Athletes

- Tier 1 3:00p-3:25p – NCA – includes starts
- Tier 2 3:30p-3:55p – RAC – includes starts

Session 3 Sunday November 22 – 41 Athletes

- Tier 1 11:30a-11:55a – NCA – includes starts
- Tier 2 12:00p-12:25p – RAC – includes starts

Session 4 Sunday November 22 – 40 Athletes

- Tier 1 3:00p-3:25p – NCA – includes starts
- Tier 2 3:30p-3:55p – RAC – includes starts

ELIGIBILITY: CT Swimming clubs by invitation. Invited club(s) are **RAC**. 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: Max 3 entries per session.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is November 13, 2020. Mail hardcopy and payment to the entry chairperson: Rob Ensling, 681 Graham Road, South Windsor, CT, 06074. All entries must be legible and must use full names and registration numbers from USA Swimming registration. State how you will determine the date an entry is received (email receipt, payment receipt, etc.).

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 rensling@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Entries are official upon receipt of the check.

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: \$7.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. Northeast CT Aquatics reserves the right to dismiss an athlete for not adhering to the Covid policies without a refund.

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 Northeast CT Aquatics and mail to: Rob Ensling, 681 Graham Road, South Windsor, CT 06074. Payment must be received by 11/21/20.

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. Athletes aged 7 and Under will be cut from the meet.
2. All relays, if planned, will be eliminated.
3. The maximum number of events allowed per day may be reduced by one (1).
4. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

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. All relay swimmers must be officially entered in the meet.

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: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: 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: Coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck. Only swimmers swimming in the current Event/Heat are permitted on deck.

SCORING: The meet will not be scored.

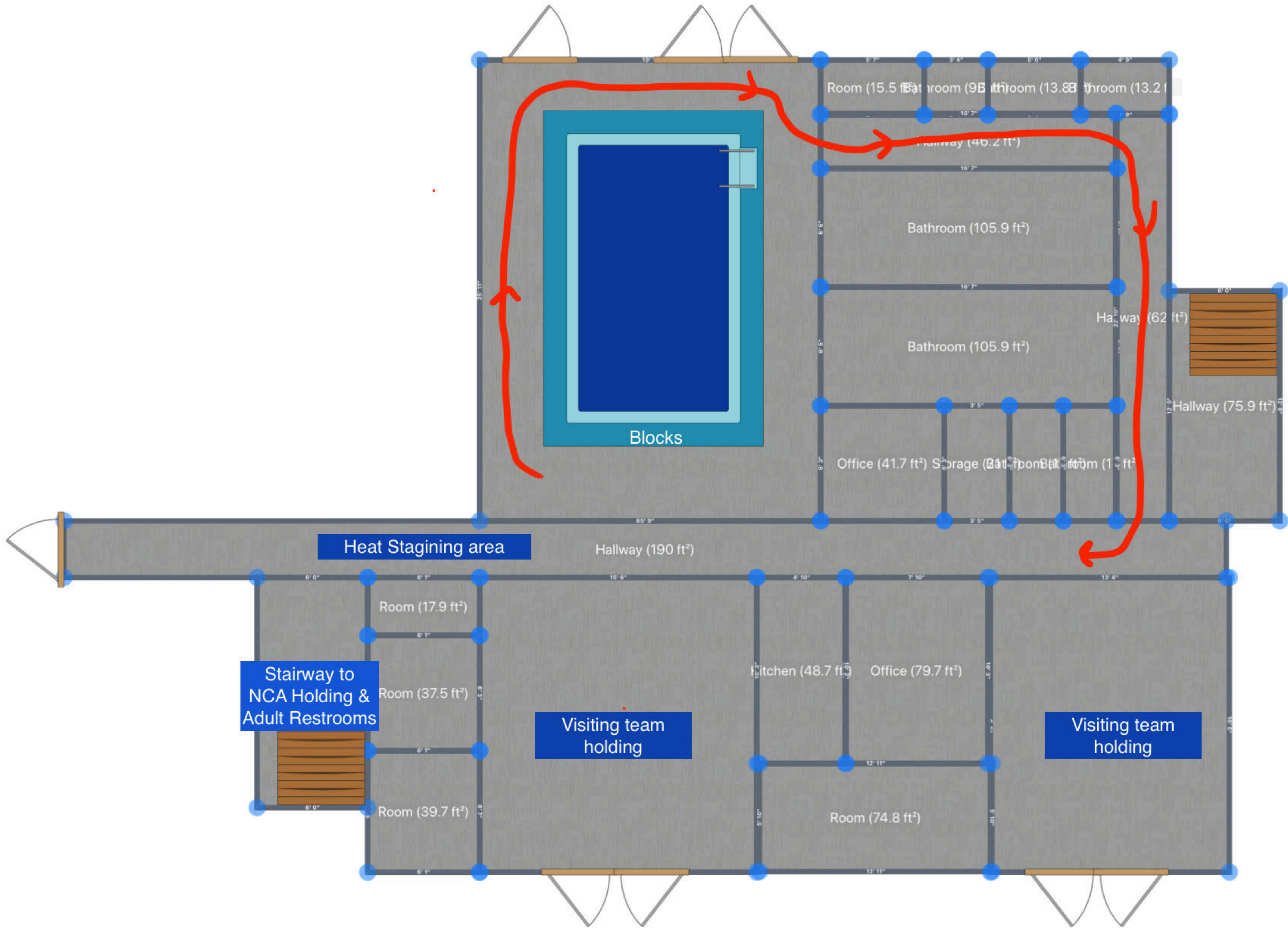
AWARDS: No.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes but limited.

PARKING: There is ample parking.

DIRECTIONS: 100 Gerber Drive, Tolland CT 06084



**Northeast CT Aquatics November Invitational - 11/21/2020 to 11/22/2020
Session Report**

Session: 1 Saturday Afternoon

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 8 & Under 25 Freestyle	0	0	01:00 PM	_____
Finals	2 Boys 8 & Under 25 Freestyle	0	0	01:00 PM	_____
Finals	3 Girls 9-10 50 Freestyle	0	0	01:00 PM	_____
Finals	4 Boys 9-10 50 Freestyle	0	0	01:00 PM	_____
Finals	5 Girls 8 & Under 25 Butterfly	0	0	01:00 PM	_____
Finals	6 Boys 8 & Under 25 Butterfly	0	0	01:00 PM	_____
Finals	7 Girls 9-10 50 Butterfly	0	0	01:00 PM	_____
Finals	8 Boys 9-10 50 Butterfly	0	0	01:00 PM	_____
Finals	9 Girls 8 & Under 25 Backstroke	0	0	01:00 PM	_____
Finals	10 Boys 8 & Under 25 Backstroke	0	0	01:00 PM	_____
Finals	11 Girls 9-10 50 Backstroke	0	0	01:00 PM	_____
Finals	12 Boys 9-10 50 Backstroke	0	0	01:00 PM	_____
Finals	13 Girls 8 & Under 25 Breaststroke	0	0	01:00 PM	_____
Finals	14 Boys 8 & Under 25 Breaststroke	0	0	01:00 PM	_____
Finals	15 Girls 9-10 50 Breaststroke	0	0	01:00 PM	_____
Finals	16 Boys 9-10 50 Breaststroke	0	0	01:00 PM	_____
Finals	17 Girls 9-10 100 IM	0	0	01:00 PM	_____
Finals	18 Boys 9-10 100 IM	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

Northeast CT Aquatics November Invitational - 11/21/2020 to 11/22/2020

Session Report

Session: 2 Saturday PM

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 11-12 200 Freestyle	0	0	04:00 PM	_____
Finals	20 Boys 11-12 200 Freestyle	0	0	04:00 PM	_____
Finals	21 Girls 11-12 50 Backstroke	0	0	04:00 PM	_____
Finals	22 Boys 11-12 50 Backstroke	0	0	04:00 PM	_____
Finals	23 Girls 11-12 50 Butterfly	0	0	04:00 PM	_____
Finals	24 Boys 11-12 50 Butterfly	0	0	04:00 PM	_____
Finals	25 Girls 11-12 50 Breaststroke	0	0	04:00 PM	_____
Finals	26 Boys 11-12 50 Breaststroke	0	0	04:00 PM	_____
Finals	27 Girls 11-12 50 Freestyle	0	0	04:00 PM	_____
Finals	28 Boys 11-12 50 Freestyle	0	0	04:00 PM	_____
Finals	29 Girls 11-12 200 IM	0	0	04:00 PM	_____
Finals	30 Boys 11-12 200 IM	0	0	04:00 PM	_____
	Finish Time			04:00 PM	_____

Northeast CT Aquatics November Invitational - 11/21/2020 to 11/22/2020
Session Report

Session: 3 Sunday Afternoon

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	31 Girls 13-14 200 Breaststroke	0	0	12:30 PM	_____
Finals	32 Boys 13-14 200 Breaststroke	0	0	12:30 PM	_____
Finals	33 Girls 13-14 200 Freestyle	0	0	12:30 PM	_____
Finals	34 Boys 13-14 200 Freestyle	0	0	12:30 PM	_____
Finals	35 Girls 13-14 100 Butterfly	0	0	12:30 PM	_____
Finals	36 Boys 13-14 100 Butterfly	0	0	12:30 PM	_____
Finals	37 Girls 13-14 100 Breaststroke	0	0	12:30 PM	_____
Finals	38 Boys 13-14 100 Breaststroke	0	0	12:30 PM	_____
Finals	39 Girls 13-14 50 Freestyle	0	0	12:30 PM	_____
Finals	40 Boys 13-14 50 Freestyle	0	0	12:30 PM	_____
Finals	41 Girls 13-14 200 IM	0	0	12:30 PM	_____
Finals	42 Boys 13-14 200 IM	0	0	12:30 PM	_____
Finals	43 Girls 13-14 100 Backstroke	0	0	12:30 PM	_____
Finals	44 Boys 13-14 100 Backstroke	0	0	12:30 PM	_____
Finals	45 Girls 13-14 100 Freestyle	0	0	12:30 PM	_____
Finals	46 Boys 13-14 100 Freestyle	0	0	12:30 PM	_____
Finals	47 Girls 13-14 200 Butterfly	0	0	12:30 PM	_____
Finals	48 Boys 13-14 200 Butterfly	0	0	12:30 PM	_____
Finals	49 Girls 13-14 200 Backstroke	0	0	12:30 PM	_____
Finals	50 Boys 13-14 200 Backstroke	0	0	12:30 PM	_____
	Finish Time			12:30 PM	_____

Northeast CT Aquatics November Invitational - 11/21/2020 to 11/22/2020

Session Report

Session: 4 Sunday PM

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	51 Girls 15 & Over 200 Breaststroke	0	0	04:00 PM	_____
Finals	52 Boys 15 & Over 200 Breaststroke	0	0	04:00 PM	_____
Finals	53 Girls 15 & Over 200 Freestyle	0	0	04:00 PM	_____
Finals	54 Boys 15 & Over 200 Freestyle	0	0	04:00 PM	_____
Finals	55 Girls 15 & Over 100 Butterfly	0	0	04:00 PM	_____
Finals	56 Boys 15 & Over 100 Butterfly	0	0	04:00 PM	_____
Finals	57 Girls 15 & Over 100 Breaststroke	0	0	04:00 PM	_____
Finals	58 Boys 15 & Over 100 Breaststroke	0	0	04:00 PM	_____
Finals	59 Girls 15 & Over 100 Freestyle	0	0	04:00 PM	_____
Finals	60 Boys 15 & Over 100 Freestyle	0	0	04:00 PM	_____
Finals	61 Girls 15 & Over 200 IM	0	0	04:00 PM	_____
Finals	62 Boys 15 & Over 200 IM	0	0	04:00 PM	_____
Finals	63 Girls 15 & Over 100 Backstroke	0	0	04:00 PM	_____
Finals	64 Boys 15 & Over 100 Backstroke	0	0	04:00 PM	_____
Finals	65 Girls 15 & Over 100 Freestyle	0	0	04:00 PM	_____
Finals	66 Boys 15 & Over 100 Freestyle	0	0	04:00 PM	_____
Finals	67 Girls 15 & Over 200 Butterfly	0	0	04:00 PM	_____
Finals	68 Boys 15 & Over 200 Butterfly	0	0	04:00 PM	_____
Finals	69 Girls 15 & Over 200 Backstroke	0	0	04:00 PM	_____
Finals	70 Boys 15 & Over 200 Backstroke	0	0	04:00 PM	_____
	Finish Time			04:00 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 [Star Hill Family Athletic Center] or any [Northeast CT Aquatics] 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 [Star Hill Family Athletic Center] 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 ____ day of [November], 2020.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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

