

2020 Return to Competition

Swimming Into Fall Intrasquad Meet November 8, 2020

Southington Community YMCA Natatorium, 29 High Street, Southington, CT 06489

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. #RTC20-31. 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, Southington RAYS, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the Plainville Southington Regional Health District.
<http://pshd.org/programs/emergency-preparedness/>

COVID-19 Assumption of Risk Disclaimer

We, the Southington RAYS, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at the Swimming Into Fall Meet or on site at the Southington Community YMCA. 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 Swimming Into Fall Meet and being on site at the Southington Community YMCA, 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 waivers will be returned prior to the start of the meet and entry into the facility.

EVENTS

	Name	Email	Phone
Meet Director:	Karen Cannata	kmcannata@cox.net	203-910-1257
Meet Referee:	Luis Tejada	letejada@msn.com	860-538-4259
Lead Admin Official:	Lisa Whitaker	lwhitaker@mac.com	203-982-6854
Entry Chair:	Rich Niro	Niror797@gmail.com	860-620-2862
Safety Chair:	Barbara Glaude	bglaude@sccymca.org	860-426-9553
Officials Contact:	Lisa Whitaker	lwhitaker@mac.com	203-982-6854

MEET HOST: RAYS

WEBSITE: SouthingtonRays.com

POOL EMERGENCY NUMBER: 860-690-0512

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-Finals

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 in their suits and wear masks. Enter through the rear pool entrance of the YMCA having their temperature checked and COVID questions asked. They shall proceed to marked areas on Observation Deck. Swimmers should bring chair..

FACILITY RULES:

All swimmers, officials, meet managers must maintain and must wear a mask. All touch surfaces will be cleaned between sessions. **THERE WILL BE NO SPECTATORS ALLOWED.**

Planned number of individuals on deck: 25 on deck

Planned number of individuals in Observation Deck area: 25

FACILITY: The Southington Community YMCA Pool is a 6-lane, 25-yard pool. Water depth at start end is: 10 feet. Water depth at turn end is: 3 ½ feet. The competition course has been certified in accordance with 104.2.2C(4). The competition course has not been certified in accordance with 104.2.2C(4).

TIMING SYSTEM: Colorado timing system 7 per 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 must arrive in suits. No showers are available.

SAFE SPORT POLICIES: There will be no spectators on deck. Meet will be live streamed via FACEBOOK or ZOOM and a secured password protected link will be sent to families before the meet.

DISABLED ACCESS: There is handicapped parking at the entrance of the pool.

COURSE: SCY.

SESSION TIMES: Subject to Change Session 1: Warm Up 8AM Start 9AM
Session 2: Warm Up 11:30AM Start 12:30PM

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 6 Lanes will be used for warm-ups. There will be 2 warm up groups 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: NO Concession, NO Spectators, No Heat Sheets available for sale (Will be available online)

ENTRY LIMITATIONS: 3 Events for the meet.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is October 30, 2020. 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 niror797@gmail.com 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: Electronic entries: \$7.00 for individual events.

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: N/A

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: The maximum number of events allowed per day may be reduced by 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.

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: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Work assignments will be preassigned by the meet director. All non members of the YMCA will be required to complete the YMCA's COVID19 waiver before being allowed on deck.

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: Ribbons will be given for best times

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: No

PARKING: Parking should be in the front of the YMCA for all those working the meet and athletes should be dropped off in the rear parking lot near pool rear entrance (High Street)

DIRECTIONS:

From I-84 West: Take Exit 32 for CT-10/Queen Street
Turn RT onto CT-10/Queen Street
Follow CT-10S for 2.2 miles
Turn RT onto High Street
Drive Past the YMCA bldg. on right to rear parking lot to drop off swimmers
Anyone working the meet must park in the front of the Y and walk to the back entry

From I-84 East: Take Exit 30 toward W. Main St/Marion Ave
Turn L onto Atwater St
Turn RT onto Marion Ave
Turn Left onto West Street
Turn RT onto West Center Street
Turn Left onto S Center Street
Turn RT onto Center
Turn Left onto High Street
YMCA rear parking lot for drop off is on the left behind the brick building.
Anyone working the meet must park in the front of the Y and walk to the back entry

Rays Virtual Intrasquad Meet - 11/8/2020
Session Report

Session: 1 12 & Under

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 60 Seconds / Back +30 Seconds

Round	Event	Starts at	
Finals	1 Girls 12 & Under 50 Freestyle	09:00 AM	_____
Finals	2 Boys 12 & Under 50 Freestyle	09:00 AM	_____
Finals	3 Girls 12 & Under 200 IM	09:00 AM	_____
Finals	4 Boys 12 & Under 200 IM	09:00 AM	_____
Finals	5 Girls 12 & Under 100 Breaststroke	09:00 AM	_____
Finals	6 Boys 12 & Under 100 Breaststroke	09:00 AM	_____
Finals	7 Girls 12 & Under 50 Butterfly	09:00 AM	_____
Finals	8 Boys 12 & Under 50 Butterfly	09:00 AM	_____
Finals	9 Girls 12 & Under 50 Backstroke	09:00 AM	_____
Finals	10 Boys 12 & Under 50 Backstroke	09:00 AM	_____
Finals	11 Girls 12 & Under 100 Freestyle	09:00 AM	_____
Finals	12 Boys 12 & Under 100 Freestyle	09:00 AM	_____
Finals	13 Girls 12 & Under 50 Breaststroke	09:00 AM	_____
Finals	14 Boys 12 & Under 50 Breaststroke	09:00 AM	_____
Finals	15 Girls 12 & Under 200 Freestyle	09:00 AM	_____
Finals	16 Boys 12 & Under 200 Freestyle	09:00 AM	_____
Finals	17 Girls 12 & Under 100 Butterfly	09:00 AM	_____
Finals	18 Boys 12 & Under 100 Butterfly	09:00 AM	_____
Finals	19 Girls 12 & Under 100 Backstroke	09:00 AM	_____
Finals	20 Boys 12 & Under 100 Backstroke	09:00 AM	_____
	Finish Time	09:00 AM	_____

Rays Virtual Intrasquad Meet - 11/8/2020
Session Report

Session: 2 13 & Over

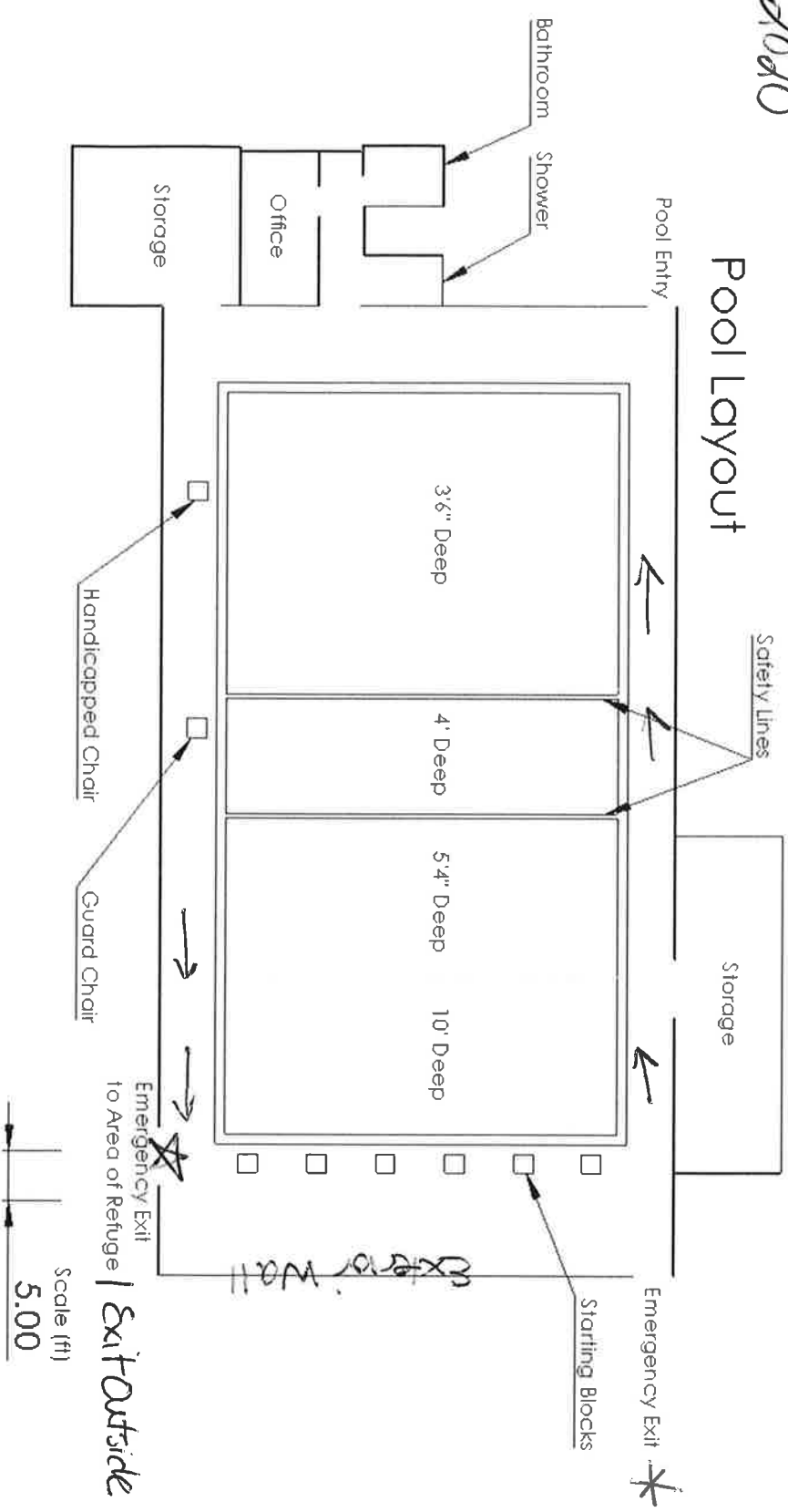
Day of Meet: 1 Starts at 12:30 PM Heat Interval: 60 Seconds / Back +30 Seconds

Round	Event	Starts at
Finals	21 Girls 13 & Over 200 Freestyle	12:30 PM _____
Finals	22 Boys 13 & Over 200 Freestyle	12:30 PM _____
Finals	23 Girls 13 & Over 100 Breaststroke	12:30 PM _____
Finals	24 Boys 13 & Over 100 Breaststroke	12:30 PM _____
Finals	25 Girls 13 & Over 200 IM	12:30 PM _____
Finals	26 Boys 13 & Over 200 IM	12:30 PM _____
Finals	27 Girls 13 & Over 200 Backstroke	12:30 PM _____
Finals	28 Boys 13 & Over 200 Backstroke	12:30 PM _____
Finals	29 Girls 13 & Over 100 Butterfly	12:30 PM _____
Finals	30 Boys 13 & Over 100 Butterfly	12:30 PM _____
Finals	31 Girls 13 & Over 50 Freestyle	12:30 PM _____
Finals	32 Boys 13 & Over 50 Freestyle	12:30 PM _____
Finals	33 Girls 13 & Over 200 Breaststroke	12:30 PM _____
Finals	34 Boys 13 & Over 200 Breaststroke	12:30 PM _____
Finals	35 Girls 13 & Over 100 Backstroke	12:30 PM _____
Finals	36 Boys 13 & Over 100 Backstroke	12:30 PM _____
Finals	37 Girls 13 & Over 100 Freestyle	12:30 PM _____
Finals	38 Boys 13 & Over 100 Freestyle	12:30 PM _____
Finals	39 Girls 13 & Over 200 Butterfly	12:30 PM _____
Finals	40 Boys 13 & Over 200 Butterfly	12:30 PM _____
Finals	41 Girls 13 & Over 500 Freestyle	12:30 PM _____
Finals	42 Boys 13 & Over 500 Freestyle	12:30 PM _____
	Finish Time	12:30 PM _____

2020

Athlete, Coach, Officials Ingress & Egress

Parking Lot

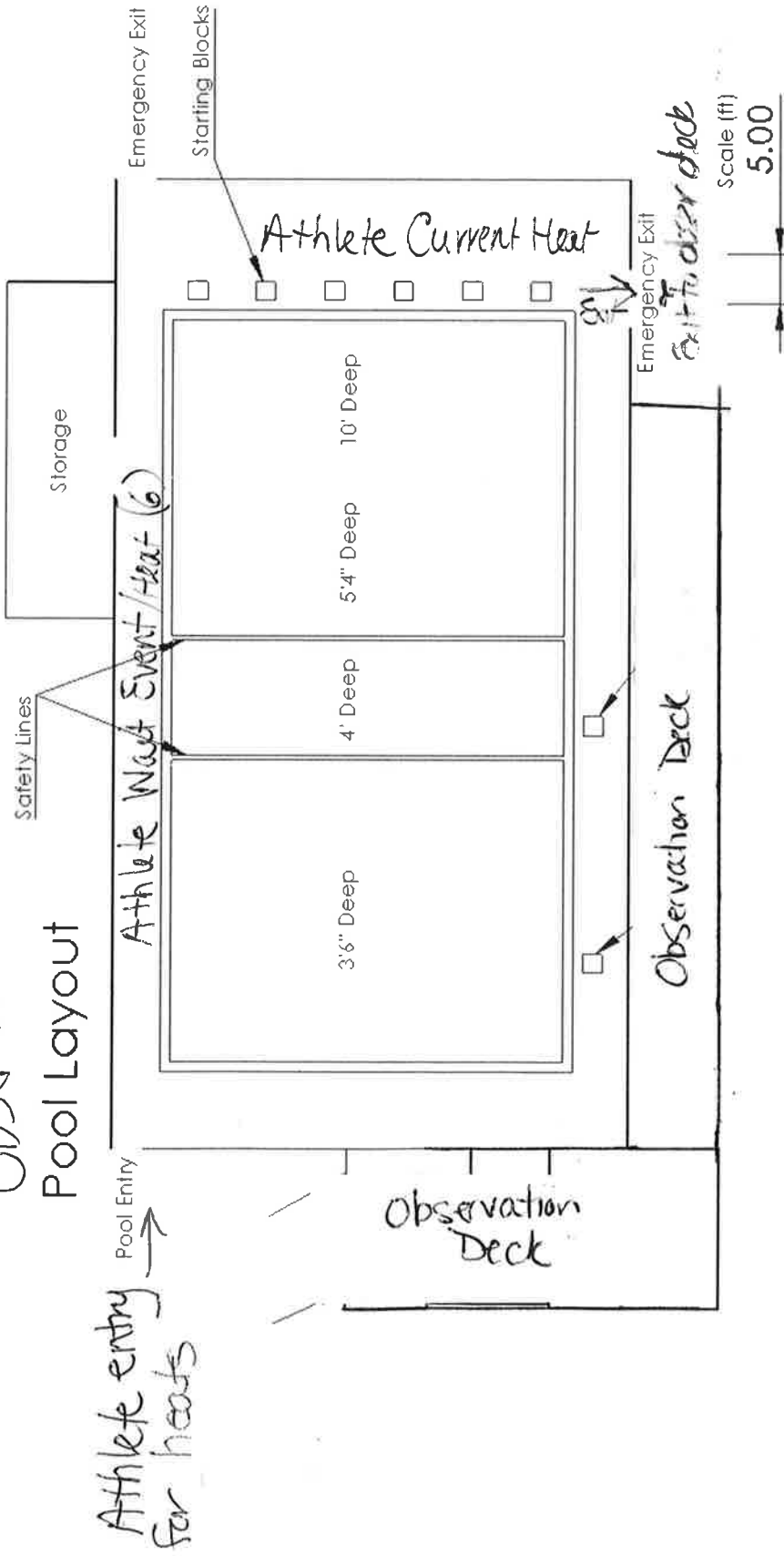


Southington Community YMCA Pool
 29 High St
 Southington CT 06489

* Coach & Swimmer Ingress
 * Coach & Swimmer Egress

Observation Deck

Pool Layout



Southington Community YMCA Pool

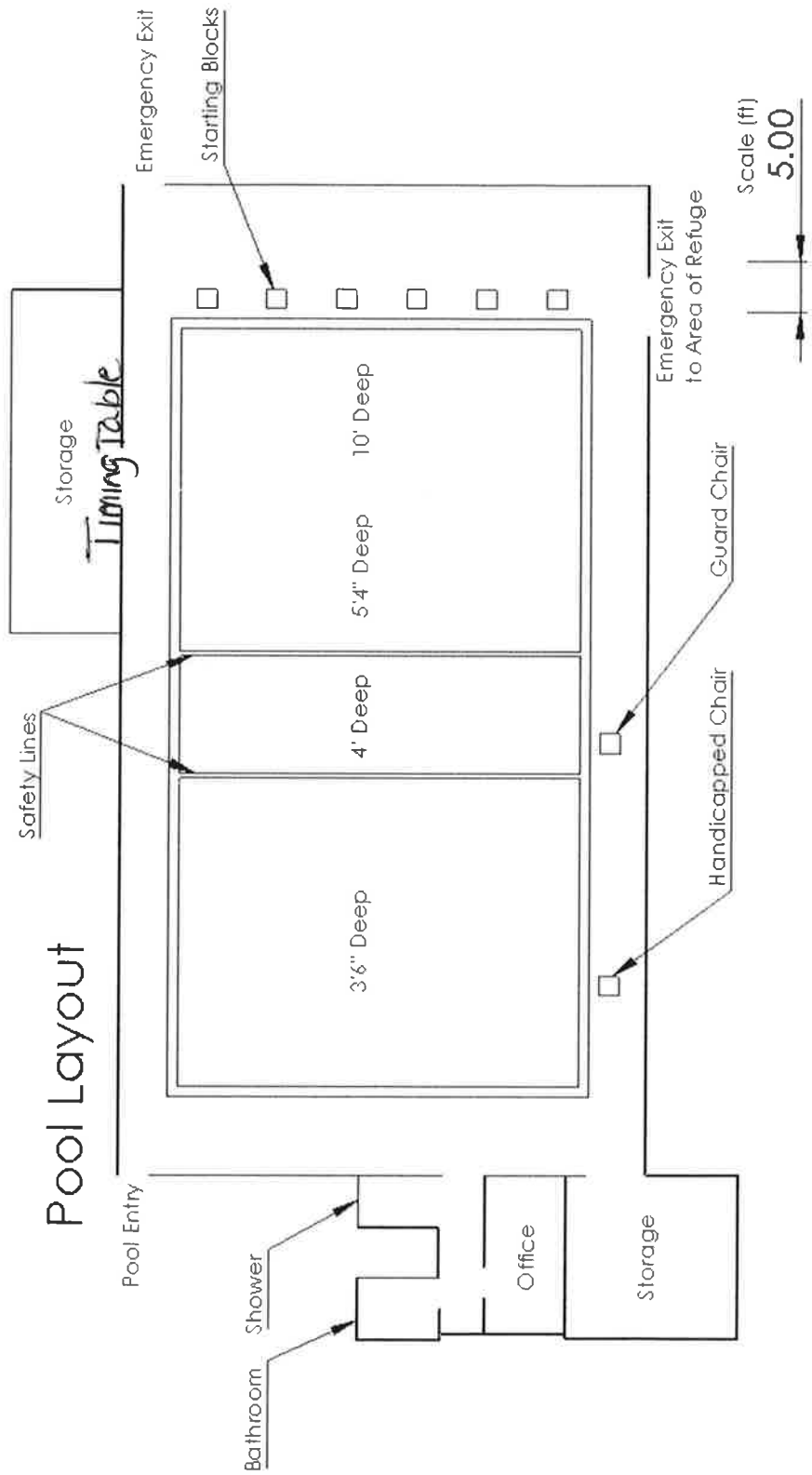
29 High St

Southington CT

06489

Observation Deck
 NO Spectators - Athlete Seating only
 6 feet apart - bring own chair
 Max capacity 25

Gathering



Southington Community YMA Pool
 29 High St.
 Southington CT 06489

Max number on deck: 25
 includes Swimmers, Coaches, Lifeguard
 officials, times, Marshalls
 no seating

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 [Southington Community YMCA] or any [RAYS] 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) [RAYS] and / or [Southington Community YMCA] 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: _____

