

## 2021 Return to Competition

### SJCC-First Long Course Invite

May 23<sup>rd</sup>, 2021

VELO-CT 8 Willard Road, Norwalk, CT 06851

Mapping Software: <https://g.page/veloctpilatesnorwalk?share>

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit [ctswim.org](http://ctswim.org) or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #RTC21- 58. 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, **Stamford Jewish Community Center**, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and the Stamford Dept of Health (<https://www.stamfordct.gov/department-of-health>).

#### COVID-19 Assumption of Risk Disclaimer

We, Stamford Jewish Community Center 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 SJCC-First LC Time Trial or on site at VELO-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 SJCC-First LC Time Trial and being on site at VELO-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. Signed and completed waivers will either be emailed to Magdy Shokry or brought to the meet and presented by each team's coach to Magdy Shokry.

**EVENTS:** All 50s and 100s meter events only. Total 8 events.

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Magdy Shokry	Magdyshokry@hotmail.com	(347) 466-0375
<b>Meet Referee:</b>	Rick Lewis	lewisshark@aol.com	(203) 698-1281
<b>Lead Admin Official:</b>	Wendy Martinez	Bellamiamour@gmail.com	(917) 392-9259
<b>Entry Chair:</b>	Magdy Shokry	Magdyshokry@hotmail.com	(347) 466-0375
<b>Safety Chair:</b>	Alexander Tkachuck	Atkachuck@stamfordjcc.org	(203) 832-4752
<b>Officials Contact:</b>	Rick Lewis	lewisshark@aol.com	(203) 698-1281

**MEET HOST:** Stamford JCC

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

**POOL EMERGENCY NUMBER:** (203) 202-8081

**RETURN TO COMPETITION SANCTIONED OR APPROVED:** Sanctioned

**MEET TYPE:** Invite.

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

**MEET FORMAT:** The meet will be swum as timed finals. Mixed Open for all 50s and 100s events. Total of 8 Events Only.

**SCRATCH PROCEDURES:** No scratches will be taken. The meet will be pre-seeded. And heat sheets will be emailed two days before the Time Trials.

**NO DECK ENTRIES WILL BE ALLOWED.**

**BEFORE ENTERING FACILITY or WHAT TO BRING:** All swimmers must arrive prepared to race. Please bring your bathing suit, a towel, cap, goggles, and your mask. List anything participants must do before entering facility. Will heat sheets be digital so coaches and swimmers can print and bring their own? Temperature checks, sign waivers, shower at home, suit-up at home, etc. Athlete staging, bullpens, etc.

**NO PARENTS WILL BE ALLOWED ON THE POOL DECK EXCEPT IF THEY SIGNED UP TO BE TIMERS OR MARSHALS.**

**FACILITY RULES:**

Swimmers will be required to wear a face covering when not swimming at all times. Only swimmers will be allowed to bring in deck chairs and they must place their own chair socially distanced from others in the team staging area. For racing, swimmers are to bring their plastic bag to the block for mask storage during their race. Only one heat of athletes will be permitted behind the blocks at a time. All swimmers will be required to swim down to exit the pool at the opposite end after each race. There will be a designated space for Lane Timers to stand prior to and during each race. All Coaches, Officials, Timers, and other Essential Meet Staff will be required to wear a face covering at all times, no exceptions. Swimmers that need assistance from a parent or guardian must notify the coaching staff in advance. All assisting parents/guardians must wear a face covering at all times and stay 6' from others.

**All swimmers will be seated outdoor at the back of the building until their heats; coaches welcome to bring tents or umbrellas for your teams.**

**Planned number of individuals on deck: 100**

**Athletes: 66**

**Volunteers: 18**

**Officials: 6**

**Coaches: 8**

**Lifeguards: 2**

**Spectators: 0**

**FACILITY:** The VELO-CT Competition Pool is a 6 -lane, 50-meter pool. Water depth at start end is: 7 feet Water depth at turn end is:4 feet 3 inches. The competition course has not been certified in accordance with 104.2.2C(4).

**TIMING SYSTEM:** Automatic timing system per USA Swimming Rulebook (102.24). and 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 are to arrive in suits, etc. No shower will be allowed.

**SAFE SPORT POLICIES:** The meet will be live-streamed, there will be no spectators allowed on-site. Participating clubs will be sent further information.

**DISABLED ACCESS:** Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email Alexander Tkachuk: [atkachuk@stamfordjcc.org](mailto:atkachuk@stamfordjcc.org), in advance to make arrangements.

**SESSION TIMES: Subject to Change**

**Sunday 12:00 p.m. Set-up**

**12:30 p.m.: Warm up**

**1:15 p.m.: Meet Starts**

**Course: LCM.**

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. There will either be one or two warm up sessions, depending on the number of swimmers participating. Maximum 4 swimmers in each lane at a time. Coaches will be responsible for choosing turns for their swimmers for warm up in their designated warm up team lane.

**ELIGIBILITY:** This meet is open to SJCC and invited teams only (**CT INVITED TEAMS: SHKS, ORCA, NMBS, AJSC. MR INVITED TEAMS: NCAC, VIPER, PAC, STORM, CFJV, APEX, BGNW.**) Any other CT or MR Swimming clubs wanting to enter this meet must contact [MagdyShokry@hotmail.com](mailto:MagdyShokry@hotmail.com).

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:** Swimmers may compete in a maximum number of 4 events only.

**ENTRY TIMES:** Submit entry times in: LCM.

**DEADLINES:** Entry deadline is May 7<sup>th</sup>, 2021.

**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 [magdysokry@hotmail.com](mailto:magdysokry@hotmail.com). Please check that your team's 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:** Entry fees are \$40.00 per each individual swimmer (4 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](http://ctswim.org).

**PAYMENT INSTRUCTIONS:** Please make checks payable to Stamford JCC and mail to: Alexander Tkachuck Stamford JCC, 1035 Newfield Ave. Stamford, CT 06905 USA.

**CUT PROTOCOL:** This swim meet is only for 8 events and it will be open for all ages. It will be limited to the first 100 swimmers based on First come first serve.

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 Relays at this swim 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.

**TIME TRIALS:** Yes; Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is 2:15 pm; there is no additional fee.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** The SJCC will provide Timers and Marshals to cover this meet. Parents from other invited team are welcome to volunteer timers or Marshals, please contact the meet director. 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:** 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, Water, juice, coffee, tea, snacks, and some fruits.

**PARKING:** there are plenty of space in front of the VELO-CT pool and it's free

**DIRECTIONS:** <https://g.page/veloctpilatesnorwalk?share>,

# **SJCC-CT**

## **SJCC-First Long Course Meet Invite May, 23<sup>rd</sup>, 2021**

**W-Up 12:30 pm, Meet Starts 1:15 pm**

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<b>Event #</b>	<b>Event</b>	
<b>1.</b>	<b>MIXED</b>	<b>50 M. FREE</b>
<b>2.</b>	<b>MIXED</b>	<b>100M. FLY</b>
<b>3.</b>	<b>MIXED</b>	<b>50 M. BACK</b>
<b>4.</b>	<b>MIXED</b>	<b>100 M. FREE</b>
<b>5.</b>	<b>MIXED</b>	<b>50 M. BREAST</b>
<b>6.</b>	<b>MIXED</b>	<b>100 M. BACK</b>
<b>7.</b>	<b>MIXED</b>	<b>50 M. FLY</b>
<b>8.</b>	<b>MIXED</b>	<b>100 M. BREAST</b>



## 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 VELO-CT or any SJCC 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) [SJCC and / or [VELO-CT 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 \_\_\_\_\_ day of May, 2021.

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

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

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

\_\_\_\_\_  
\_\_\_\_\_