

Return to Competition 2021

SSAC vs ZEUS Dual Meet

Meet Type: Dual Meet

March 13th and 14th, 2020

Yerwood Center Pool, 90 Fairfield ave., Stamford, CT, zip 06902

[https://www.google.com/maps/place/Yerwood+Center+Inc/@41.0485151,-](https://www.google.com/maps/place/Yerwood+Center+Inc/@41.0485151,-73.5528404,17z/data=!3m1!4b1!4m5!3m4!1s0x89c2a1fd8340fe81:0x366d0f140d88621b!8m2!3d41.0485151!4d-73.5506464?hl=en)

[73.5528404,17z/data=!3m1!4b1!4m5!3m4!1s0x89c2a1fd8340fe81:0x366d0f140d88621b!8m2!3d41.0485151!4d-73.5506464?hl=en](https://www.google.com/maps/place/Yerwood+Center+Inc/@41.0485151,-73.5528404,17z/data=!3m1!4b1!4m5!3m4!1s0x89c2a1fd8340fe81:0x366d0f140d88621b!8m2!3d41.0485151!4d-73.5506464?hl=en)

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

Held under sanction of USA Swimming and Connecticut Swimming, Inc. # RTC21-32. 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 Sailfish Aquatics Club**, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the city of Stamford: <https://www.stamfordct.gov/covid19>

COVID-19 Assumption of Risk Disclaimer

We, **Stamford Sailfish Aquatics 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 SSAC vs ZEUS Dual Meet or on site at **Yerwood Center Pool**. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at SSAC vs ZEUS Dual Meet and being on site at **Yerwood Center Pool**, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR

CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

WAIVER: All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. All participants will be expected to complete a waiver upon entry to the Yerwood Center Pool from the exterior pool door entrance on Fairfield Ave.

EVENTS

	Name	Email	Phone
Meet Director:	Connie Wu	weiw29@hotmail.com	917.519.7674
Meet Referee:	Christie Anbar	canbar@optonline.net	203.246.9765
Lead Admin Official:	Yolanda Jahan	Yoli.jahan1@gmail.com	203.278.6712
Entry Chair:	Connie Wu	weiw29@hotmail.com	917.519.7674
Safety Chair:	Brett Gold	Brett.gold@gmail.com	917.519.7674
Officials Contact:	Sandra-Jane Mancini	sjmancini@gmail.com	808.253.8887

MEET HOST: SSAC

WEBSITE: <https://stamfordsailfish.com/>

POOL EMERGENCY NUMBER: 203-323-3547

RETURN TO COMPETITION SANCTIONED or APPROVED: Sanctioned

MEET TYPE: Closed Dual Meet- 2021 SSAC and ZEUS USA Swimming registered swimmers only.

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

MEET FORMAT: The meet will be swum as a 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: All swimmers will be required to be dropped off, remain on deck in designated spaces. Swimmers are encouraged to bring their own deck chairs. Swimmers will approach the blocks from lane 5 and they will leave from the turn end from lane 1.

Heat sheets will be given to swimmers at entry to pool before each session. Paper waiver will be signed and submitted 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. No Spectators will be allowed.

Session I, II, III, IV (each session)

Number of individuals on deck at one time: maximum 70

Timers: 6 (1 timer for each lane/1 backup timers) only 5 lanes utilized

Officials: 4

Coaches: 4

Lifeguard: 1

Swimmers: 55

Number of individuals in spectating area:

Spectators: 0

Overall on deck and spectators

Total: under 70

FACILITY: The Yerwood Center Pool is a 5-lane, 25-yard pool. Water depth at start end is: 12 ft. Water depth at turn end is: 3 ft 9 in. The competition course has not been certified in accordance with 104.2.2C(4).

TIMING SYSTEM: Colorado timing system(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 are to arrive at pool in full suit and must leave in full suit. No showers are allowed.

SAFE SPORT POLICIES: Parents will have the opportunity to view the meet by Zoom and we will provide the parents a link to access and view the meet 24 hours before the meet.

DISABLED ACCESS: Limited handicap parking is available on Fairfield Ave. at the main entrance of the pool. Anyone needing access should contact the meet director for assistance before the meet.

COURSE: SCY

SESSION TIMES: Subject to Change

Saturday March 13, 2021

Session I – 7:00AM WU 8:00AM Start

Session II - 9:45 AM WU 10:45 AM Start

Session III-12:30 PM WU 1:30 PM Start

Sunday March 14, 2021

Session IV - 7:00 AM WU 8:00 AM Start

Session V – 9:45 AM WU 10:45 AM Start

Session VI – 12:30PM WU 1:30PM Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. There will be assigned lanes with no more than 4 swimmers per lane. The number of warmup sessions will be determined by the number of

swimmers per lane. **Swimmers will warm-up only in their practice cohorts, as required by the State of Connecticut.**

ELIGIBILITY: Dual 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 spectators

ENTRY LIMITATIONS: There will be a maximum of two event per session and a maximum of 4 events total for the meet.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is not applicable.

ELECTRONIC ENTRIES: Not applicable.

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

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

ENTRY FEES: None

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

PAYMENT INSTRUCTIONS: Not applicable.

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. (Should not be used for 8/U meets)
2. All relays, if planned, will be eliminated.
3. The distance events (400 meters or yards or greater) may be heat limited to the first X heats of entries per gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
5. 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 relays

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Work assignments will be pre-assigned by the meet director, and all people coming on deck will be required to complete and sign a COVID-19 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 or will not be scored.

AWARDS: No.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: No.

PARKING: Parking in designated spots in parking lot in front and behind Yerwood Center Pool building.

DIRECTIONS: The Yerwood Center Pool is located at 90 Fairfield Ave, Stamford, CT, 06902

<https://www.google.com/maps/place/Yerwood+Center+Inc/@41.0485151,-73.5528404,17z/data=!3m1!4b1!4m5!3m4!1s0x89c2a1fd8340fe81:0x366d0f140d88621b!8m2!3d41.0485151!4d-73.5506464?hl=en>

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 any Stamford Sailfish Aquatic Club (SSAC) 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) Stamford Sailfish Aquatic Club (SSAC) 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 March 2021.

SIGNATURE: _____
 NAME: _____
 ADDRESS: _____
 NAMES OF MINOR CHILDREN: _____

ZEUS/SSAC DUAL MEET - 3/13/2021 to 3/14/2021**Session Report**

Session: 1 Saturday AM

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 15 & Over 400 IM	0	0	08:00 AM	_____
Finals	2 Girls 15 & Over 200 Freestyle	0	0	08:00 AM	_____
Finals	3 Boys 15 & Over 200 Freestyle	0	0	08:00 AM	_____
Finals	4 Girls 15 & Over 100 Backstroke	0	0	08:00 AM	_____
Finals	5 Boys 15 & Over 100 Backstroke	0	0	08:00 AM	_____
Finals	6 Girls 15 & Over 200 Breaststroke	0	0	08:00 AM	_____
Finals	7 Boys 15 & Over 200 Breaststroke	0	0	08:00 AM	_____
Finals	8 Girls 15 & Over 100 Butterfly	0	0	08:00 AM	_____
Finals	9 Boys 15 & Over 100 Butterfly	0	0	08:00 AM	_____
Finals	10 Girls 15 & Over 50 Freestyle	0	0	08:00 AM	_____
Finals	11 Boys 15 & Over 50 Freestyle	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

ZEUS/SSAC DUAL MEET - 3/13/2021 to 3/14/2021**Session Report**

Session: 2 Saturday mid AM

Day of Meet: 1 Starts at 10:45 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	12 Mixed 13-14 400 IM	0	0	10:45 AM	_____
Finals	13 Girls 13-14 200 Freestyle	0	0	10:45 AM	_____
Finals	14 Boys 13-14 200 Freestyle	0	0	10:45 AM	_____
Finals	15 Girls 13-14 100 Backstroke	0	0	10:45 AM	_____
Finals	16 Boys 13-14 100 Backstroke	0	0	10:45 AM	_____
Finals	17 Girls 13-14 200 Breaststroke	0	0	10:45 AM	_____
Finals	18 Boys 13-14 200 Breaststroke	0	0	10:45 AM	_____
Finals	19 Girls 13-14 100 Butterfly	0	0	10:45 AM	_____
Finals	20 Boys 13-14 100 Butterfly	0	0	10:45 AM	_____
Finals	21 Girls 13-14 50 Freestyle	0	0	10:45 AM	_____
Finals	22 Boys 13-14 50 Freestyle	0	0	10:45 AM	_____
	Finish Time			10:45 AM	_____

ZEUS/SSAC DUAL MEET - 3/13/2021 to 3/14/2021**Session Report**

Session: 3 Saturday Afternoon

Day of Meet: 1 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 12 & Under 200 Freestyle	0	0	01:30 PM	_____
Finals	24 Boys 12 & Under 200 Freestyle	0	0	01:30 PM	_____
Finals	25 Girls 12 & Under 50 Breaststroke	0	0	01:30 PM	_____
Finals	26 Boys 12 & Under 50 Breaststroke	0	0	01:30 PM	_____
Finals	27 Girls 12 & Under 100 Backstroke	0	0	01:30 PM	_____
Finals	28 Boys 12 & Under 100 Backstroke	0	0	01:30 PM	_____
Finals	29 Girls 12 & Under 50 Butterfly	0	0	01:30 PM	_____
Finals	30 Boys 12 & Under 50 Butterfly	0	0	01:30 PM	_____
Finals	31 Girls 12 & Under 100 Freestyle	0	0	01:30 PM	_____
Finals	32 Boys 12 & Under 100 Freestyle	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

ZEUS/SSAC DUAL MEET - 3/13/2021 to 3/14/2021**Session Report**

Session: 4 Sunday AM

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	33 Mixed 15 & Over 500 Freestyle	0	0	08:00 AM	_____
Finals	34 Girls 15 & Over 200 IM	0	0	08:00 AM	_____
Finals	35 Boys 15 & Over 200 IM	0	0	08:00 AM	_____
Finals	36 Girls 15 & Over 200 Backstroke	0	0	08:00 AM	_____
Finals	37 Boys 15 & Over 200 Backstroke	0	0	08:00 AM	_____
Finals	38 Girls 15 & Over 100 Breaststroke	0	0	08:00 AM	_____
Finals	39 Boys 15 & Over 100 Breaststroke	0	0	08:00 AM	_____
Finals	40 Girls 15 & Over 200 Butterfly	0	0	08:00 AM	_____
Finals	41 Boys 15 & Over 200 Butterfly	0	0	08:00 AM	_____
Finals	42 Girls 15 & Over 100 Freestyle	0	0	08:00 AM	_____
Finals	43 Boys 15 & Over 100 Freestyle	0	0	08:00 AM	_____
	Finish Time			08:00 AM	_____

ZEUS/SSAC DUAL MEET - 3/13/2021 to 3/14/2021**Session Report**

Session: 5 Sunday Mid AM

Day of Meet: 2 Starts at 10:45 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	44 Mixed 13-14 500 Freestyle	0	0	10:45 AM	_____
Finals	45 Girls 13-14 200 IM	0	0	10:45 AM	_____
Finals	46 Boys 13-14 200 IM	0	0	10:45 AM	_____
Finals	47 Girls 13-14 200 Backstroke	0	0	10:45 AM	_____
Finals	48 Boys 13-14 200 Backstroke	0	0	10:45 AM	_____
Finals	49 Girls 13-14 100 Breaststroke	0	0	10:45 AM	_____
Finals	50 Boys 13-14 100 Breaststroke	0	0	10:45 AM	_____
Finals	51 Girls 13-14 200 Butterfly	0	0	10:45 AM	_____
Finals	52 Boys 13-14 200 Butterfly	0	0	10:45 AM	_____
Finals	53 Girls 13-14 100 Freestyle	0	0	10:45 AM	_____
Finals	54 Boys 13-14 100 Freestyle	0	0	10:45 AM	_____
	Finish Time			10:45 AM	_____

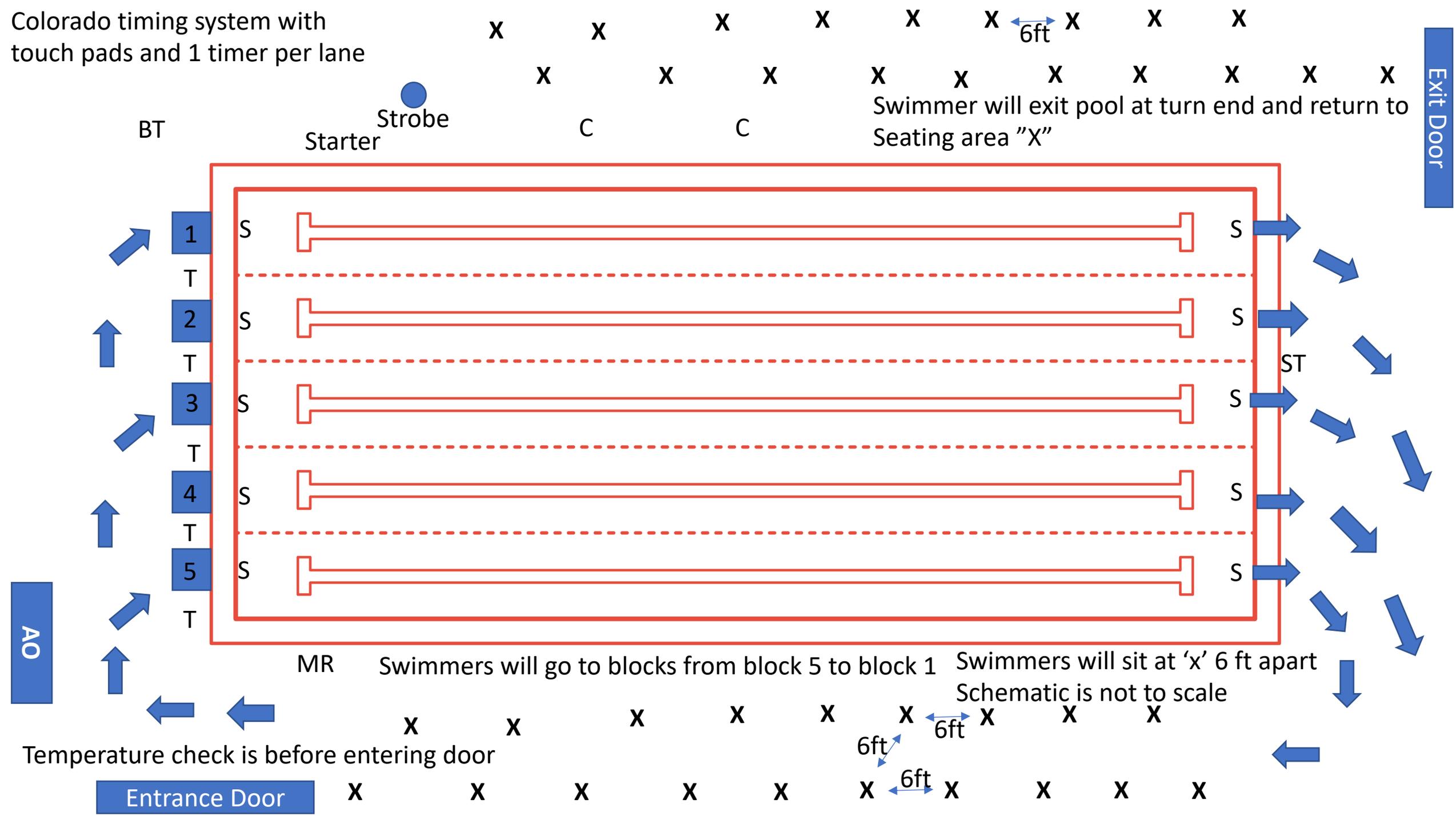
ZEUS/SSAC DUAL MEET - 3/13/2021 to 3/14/2021**Session Report**

Session: 6 Sunday Afternoon

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	55 Girls 12 & Under 50 Freestyle	0	0	01:30 PM	_____
Finals	56 Boys 12 & Under 50 Freestyle	0	0	01:30 PM	_____
Finals	57 Girls 12 & Under 200 IM	0	0	01:30 PM	_____
Finals	58 Boys 12 & Under 200 IM	0	0	01:30 PM	_____
Finals	59 Girls 12 & Under 100 Breaststroke	0	0	01:30 PM	_____
Finals	60 Boys 12 & Under 100 Breaststroke	0	0	01:30 PM	_____
Finals	61 Girls 12 & Under 50 Backstroke	0	0	01:30 PM	_____
Finals	62 Boys 12 & Under 50 Backstroke	0	0	01:30 PM	_____
Finals	63 Girls 12 & Under 100 Butterfly	0	0	01:30 PM	_____
Finals	64 Boys 12 & Under 100 Butterfly	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

Colorado timing system with touch pads and 1 timer per lane



Operating procedures

1. SSAC will check every participant's temperature and ask them about Covid-19 exposure and symptom related questions.
2. SSAC has guidelines for entry and exit that all team members are already familiar with.
3. Swimmers will be seated in a socially distant fashion where and X will designate where they can place their deck chair and swimmers will not be allowed to leave the deck for the session.
4. Swimmers will approach the starting end of the pool from Lane 5 and leave the starting end from Lane 1.
5. When swimmers finish their event at the start, swimmers will swim a warm down lap to exit the other side of the pool.
6. There will be no spectators.
7. There will be 5 lanes available.
8. Timers will wipe down blocks after every heat enters the water.
9. Locker rooms will not be available for changing or showering. They will only be available for bathroom use.