

2021 Return to Competition

WWRX/OAK RTC MEET Distance/Pentathlon Seniors Fri/Sat March 26-27, 2021

Windsor High School Pool 50 Sage Park Road, Windsor, CT 06095

Map Link: <http://bit.ly/2MBRCII>

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- 17. 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, Windsor Water Rats Express (WWRX), agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the Town of Windsor <https://townofwindsorct.com/> and Windsor Public Schools <https://www.windsorct.org/>

COVID-19 Assumption of Risk Disclaimer

We, Windsor Water Rats Express (WWRX), 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 Distance/Pentathlon RTC MEET or on site at Windsor High School. 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 Distance/Pentathlon RTC MEET and being on site at Windsor High School, 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: As a closed meet for the members of the Windsor Water Rats Express and Charter Oak Aquatics Club, waivers with signatures are required. All participants and members on deck must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Coaches will collect these from swimmers and give to the safety chair on the day of the meet and members volunteering on deck will also sign a copy provided by the safety chair. This can be found on the last page of the meet announcement.

EVENTS

	Name	Email	Phone
Meet Director:	Fiona Conliffe (WWRX)	wwwrxpresident17@gmail.com	
Meet Referee:	Walt Carrol (BULL)	wandjcarroll@comcast.net	
Lead Admin Official:	Spencer Hartmann	spencer.hartmann@ctoack.org	
Entry Chair:	Megan Head	wwwrxuss@gmail.com	
Safety Chair:	Nicole Cicarelli	sncicarelli@gmail.com	860-680-1028
Officials Contact:	Kimani Conliffe	kconliffe@comcast.net	

MEET HOST: WWRX

WEBSITE: <https://www.teamunify.com/team/ctwwrx/page/home>

POOL EMERGENCY NUMBER: (860) 687-2000 ext. 327

RETURN TO COMPETITION: Sanctioned

MEET TYPE: Closed

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

MEET FORMAT: The meet will be swum as Timed-Final with all events mixed gender.

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 should arrive in their swim suits and must wear a mask at all times when not swimming. Swimmers should be dropped at the side entrance to the Windsor High Pool where they will be Temperature screened and be asked to complete a Google Form with health screening questions. Once inside the pool area, they should proceed to their designated staging/seating area and where they will be assigned a seat for the duration of the meet. Spectators will not be allowed on site; however there will be a CLOSED Zoom link sent to families of the participants following Safe Sport guidelines.

FACILITY RULES:

Social distancing will be enforced at all times. Swimmers must wear a mask when not swimming. Locker room doors will be propped open for touch free locker room entry. Locker rooms will only be used for bathroom use. NO changing allowed in the locker rooms. There will be no spectators in the stands or on the pool deck.

Swimmers will wear masks up until the start of their heat and will put the mask back on at the conclusion of their heat. Swimmers will be assigned lanes for warm-up. One at each end of the pool, one at the flags on each end of the pool, and one swimmer in the middle of the pool. All swimmers will be spaced 5 yards apart.

Planned number of individuals on deck:

Coaches: 4

Swimmers: WWRX-18 OAK-25

Timers: 10 (6 timers, 2 back up, 2 computer table)

Lifeguard: 1

Cleaning Staff: 1

Meet Safety Marshall: 1

Total: 60, MAX

FACILITY: The Windsor High School Pool is a 6-lane, 25-yard pool. Water depth at start end is: 13 feet. Water depth at turn end is: 3.5. The competition course has not been certified in accordance with 104.2.2C(4).

TIMING SYSTEM: Daktronics Timing System will be used with full display board 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 are to arrive and leave in their suits. Swimmers must shower at home before their swim session with soap and water.

SAFE SPORT POLICIES: There will be no spectators on deck. The meet will be live streamed via Zoom. A secure password protected link will be sent to families of participating swimmers before the meet.

DISABLED ACCESS: Handicap parking is available near the entrance to the pool. Locker rooms and pool deck are handicap accessible. An elevator is available in the lobby to enable spectators to reach the spectator seating area.

COURSE: SCY

SESSION TIMES: Subject to Change

Session 1- Friday 5:45 pm Warm Up, Meet Start: 6:40 PM

Session 2- Saturday 8:00 am Warm Up, Meet Start: 9:00 AM

After a 30 minute break Saturday Time Trials start (if time allows)

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect; swimmers will be assigned warm up lanes and there will be no more than 4 swimmers per lane. **Swimmers will warm-up only in their practice cohorts, as required by the State of Connecticut.** Warm-up procedures will be published and distributed before meet.

ELIGIBILITY: CT Swimming clubs by invitation (WWRX and OAK). 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.

EVENT INFORMATION: There will be breaks after each change of event, and a 30 min break before Time Trials. The pool will be open for warm ups during this 30 min. break under the guidance of their coach.

ENTRY LIMITATIONS: Swimmers are limited to two events on Friday. For Saturday's Pentathlon and Time trials there is a limit of 6 events total.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is March 19, 2021 at 5:00pm to Megan Head at wwrxuss@gmail.com. OR mailed to WWRX, PO Box 333, Windsor, CT 06095. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Coaches will receive a psyche sheet on March 21, 2021 at 5pm to confirm entry.

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 Megan Head at wwrxuss@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. There is a cost of \$5 per event.

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](#).

PAYMENT INSTRUCTIONS: Please make checks payable to WWRX and mail to: WWRX, PO Box 333, Windsor, CT, 06095. Payment must be received by 3/19/21.

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:

Friday Night events will be cut from two events to one

If Saturday is oversubscribed, time trials will be reduced to two events to one.

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.

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. Time Trials will be pre-determined by the team coaches prior to the Saturday afternoon session. They will be mixed gender and age group.

The deadline for Time Trial entries is FRIDAY 5:00 PM for the Saturday afternoon session. The fee for Time Trial entries are \$5.00 for individual events.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: All meet working assignments will be pre-assigned by 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: This Meet will not be scored

AWARDS: Heat Winners.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: No.

PARKING: Use the parking lot that is close to the auditorium and basketball court entry area for parking.

DIRECTIONS: The Windsor High School pool is located at 50 Sage Park Rd. From I-91, take exit 36. Link to Map: <http://bit.ly/2MBRCII>

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT
WWRX/OAK RTC Swim Meet- Seniors Meet

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 **WINDSOR HIGH SCHOOL SWIMMING POOL** or any **Windsor Water Rats Express (WWRX)** 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) **Windsor Water Rats Express (WWRX)** and / or swimming at the **WINDSOR HIGH SCHOOL SWIMMING POOL** 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 the days of **26-27 of March, 2021.**

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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

WWRX OAK Senior Meet - 3/26/2021 to 3/27/2021**Session Report**

Session: 1 Friday PM

Day of Meet: 1 Starts at 06:40 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 13 & Over 500 Freestyle Break: 10 Minutes: 10 Minute Break	0	0	06:40 PM	_____
Finals	2 Mixed 13 & Over 400 IM Break: 10 Minutes: 10 Minute Break	0	0	06:50 PM	_____
Finals	3 Mixed 13 & Over 200 Freestyle Break: 10 Minutes: 10 Minute Break Finish Time	0	0	07:00 PM	_____
				07:10 PM	_____

WWRX OAK Senior Meet - 3/26/2021 to 3/27/2021**Session Report**

Session: 2 Saturday AM

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	4 Mixed 13 & Over 100 Butterfly Break: 10 Minutes: 10 Minute Break	0	0	09:00 AM	_____
Finals	5 Mixed 13 & Over 100 Backstroke Break: 10 Minutes: 10 Minute Break	0	0	09:10 AM	_____
Finals	6 Mixed 13 & Over 100 Breaststroke Break: 10 Minutes: 10 Minute Break	0	0	09:20 AM	_____
Finals	7 Mixed 13 & Over 100 Freestyle Break: 10 Minutes: 10 Minute Break	0	0	09:30 AM	_____
Finals	8 Mixed 13 & Over 200 IM Break: 10 Minutes: 10 Minute Break	0	0	09:40 AM	_____
Finals	9 Mixed 13 & Over 200 Backstroke	0	0	09:50 AM	_____
Finals	10 Mixed 13 & Over 200 Breaststroke	0	0	09:50 AM	_____
Finals	11 Mixed 13 & Over 200 Butterfly	0	0	09:50 AM	_____
Finals	12 Mixed 13 & Over 50 Freestyle	0	0	09:50 AM	_____
Finals	13 Mixed 13 & Over 1000 Freestyle Finish Time	0	0	09:50 AM	_____

Athlete/Coach Ingress + Egress

- All participants will be required to do a Google Forms Health Self-Assessment upon entry.
- All participants will have their temperature scanned and receive hand sanitizer at the entry door.
- WWRX Swimmers will be seated on deck in 6 foot marked areas. WWRX swimmers will use the bathrooms in the locker rooms.
- OAK Swimmers will be seated in the stands at 6 foot marked areas. They will also have their own bathrooms to use that are NOT the locker rooms.
- There will be a coaches restroom for adult volunteers on deck.
- All bathroom touched surfaces will be sprayed down with WPS approved cleaner after use. ONLY one stall will be permitted to be used per bathroom.

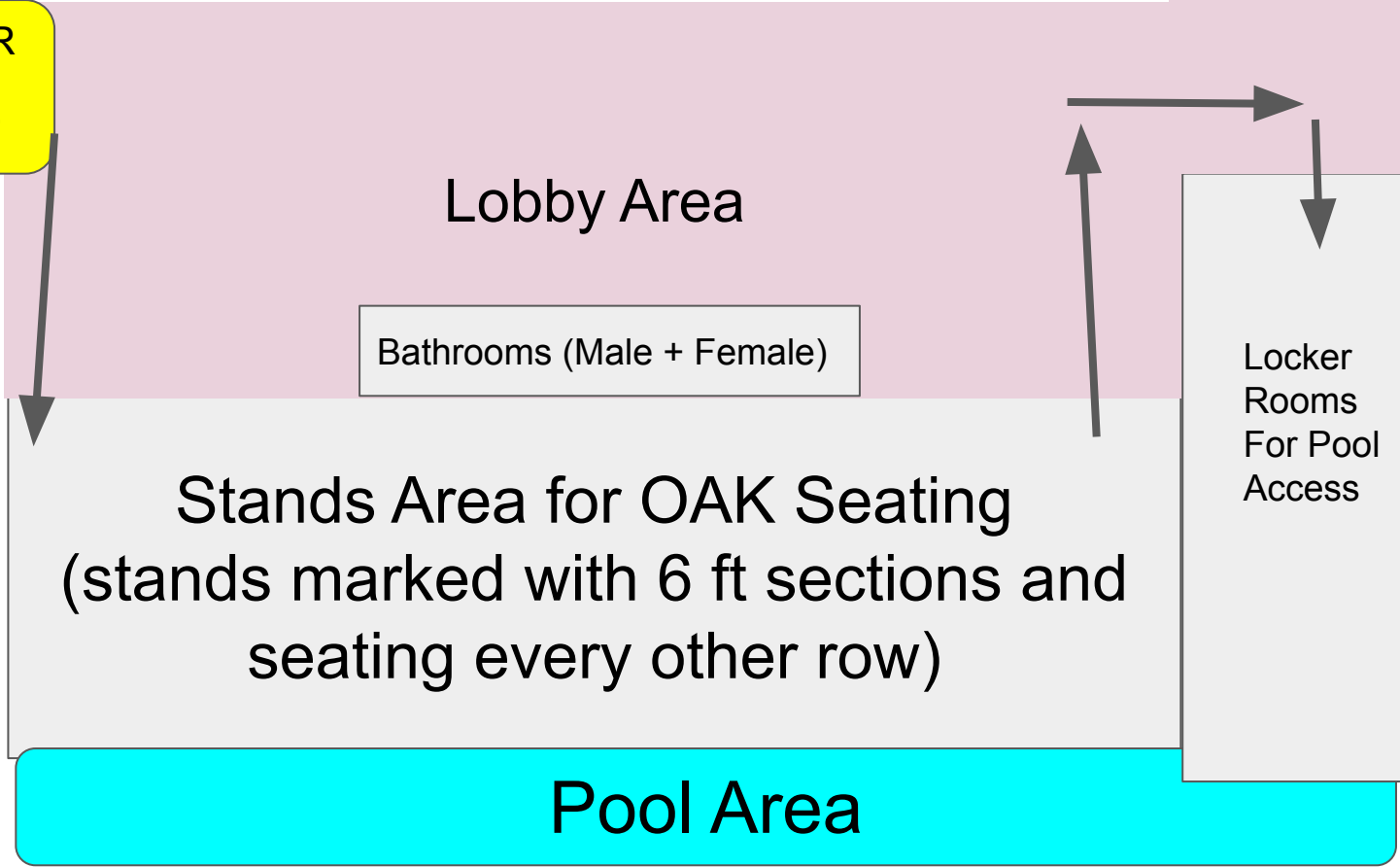
OAK Entry and Seating

ENTER
+
EXIT

-Swimmers have a different entry than the other team.

-They have their own bathroom use area.

-They must walk through locker rooms to get to pool deck for events. Markings will be made with directional arrows for traffic flow patterns in the building.



Lobby Area

Bathrooms (Male + Female)

Stands Area for OAK Seating
(stands marked with 6 ft sections and seating every other row)

Locker Rooms For Pool Access

Pool Area

WWRX Entry and Seating

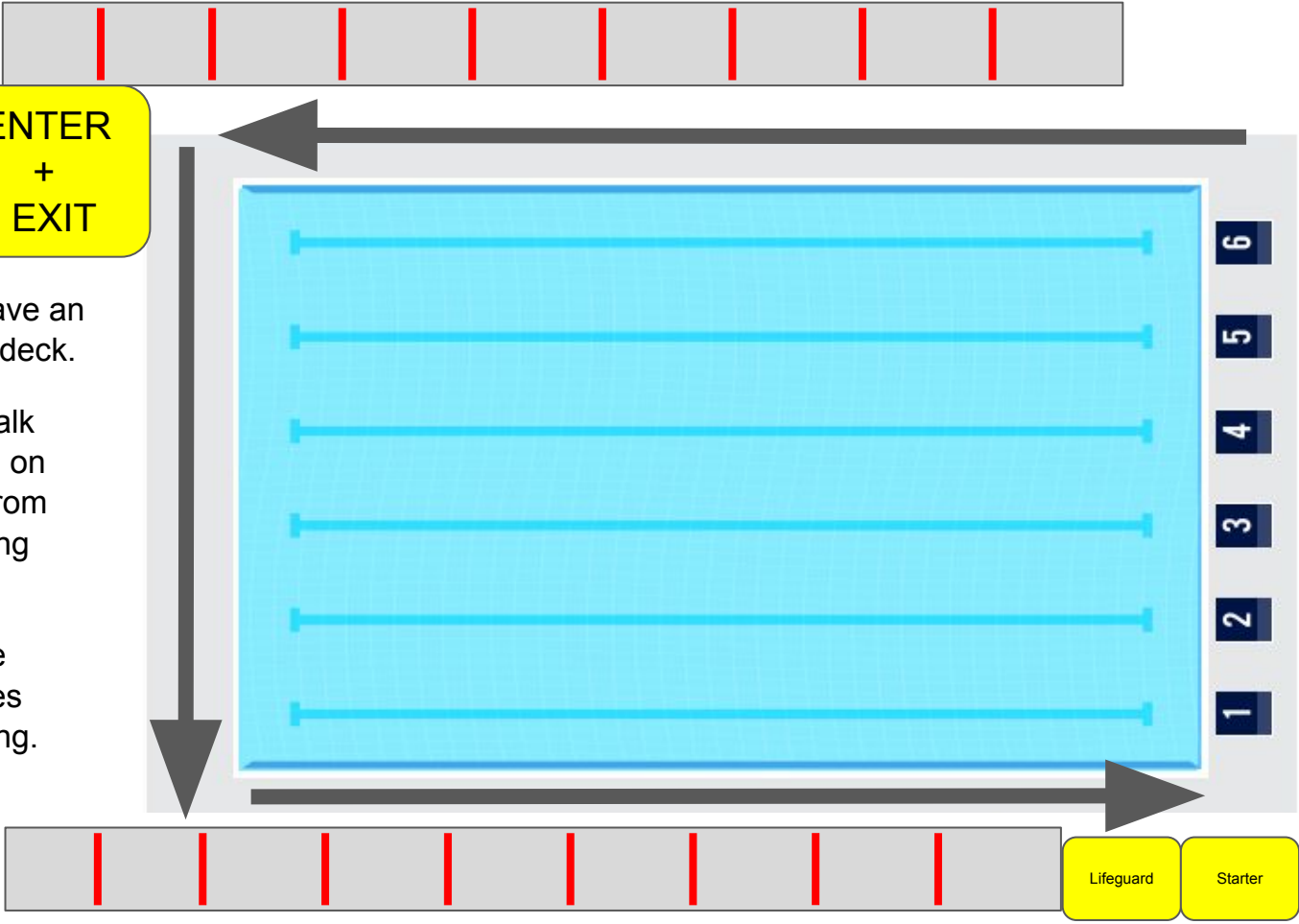
ENTER
+
EXIT

Locker Room

Swimmers will have an assigned spot on deck.

Swimmers will walk counter clockwise on pool deck to get from their seat to starting blocks.

Swimmers will be masked at all times when not swimming.



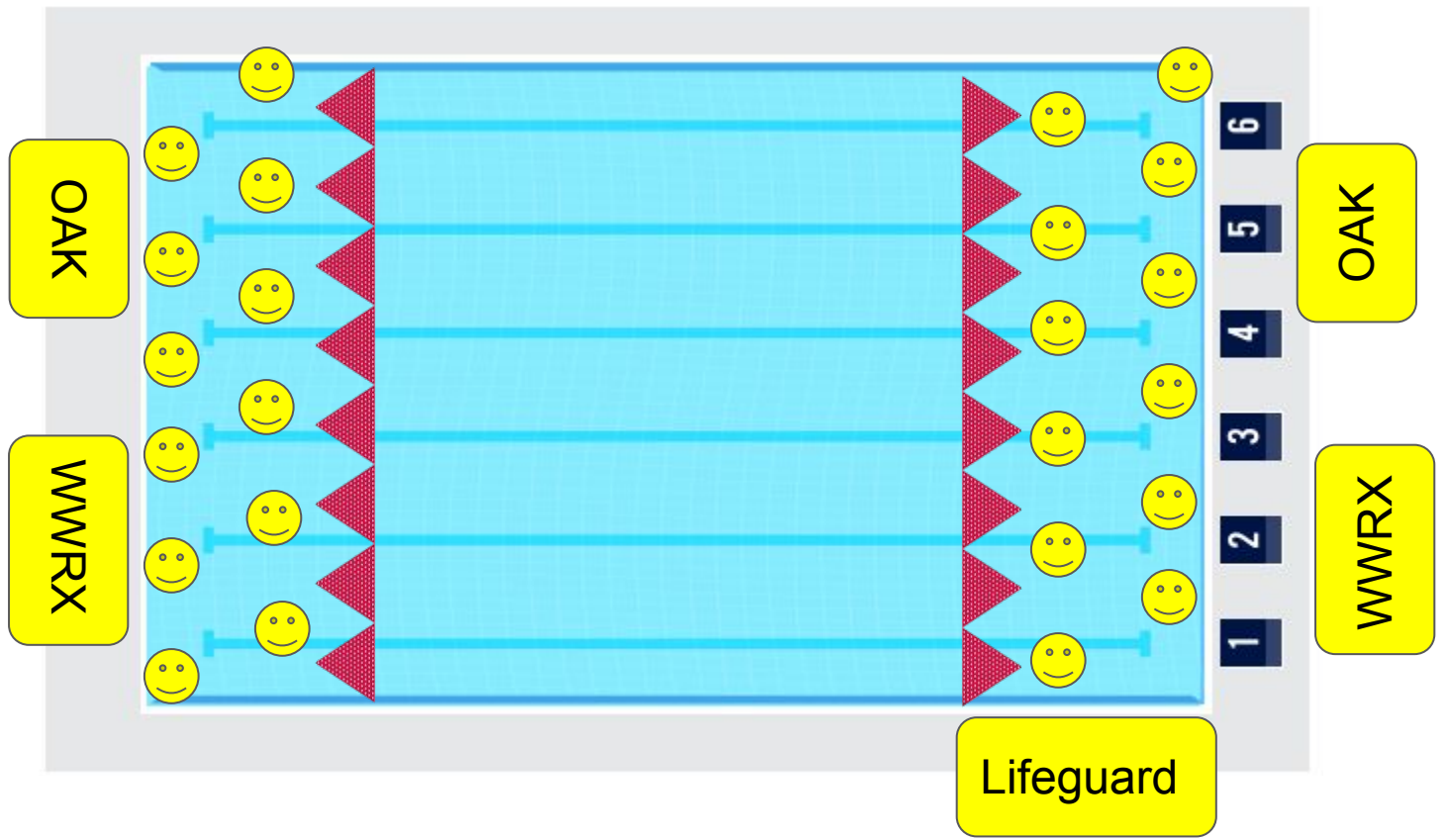
Computer Table

Warm Ups Layout

-Four swimmers per lane (unless swimmers are from the same household)

-2 rounds of 25 min. to accomodate all swimmers from each team

(20 min swim/ 5 min one way sprints)



Spectator Ingress and Egress

There will be no spectators on the pool deck or in the stands.

Parents of swimmers participating will be given a CLOSED live stream link to view the meet.

We will be using our team ZOOM account to broadcast the meet for families.

Seniors Meet 3.26 and 3.27

Coaches: 4

Swimmers: WWRX-18 OAK-25

Timers: 10

(6 timers, 2 back up, 2 computer table)

Lifeguard: 1

Cleaning Staff: 1

Meet Safety Marshall:1

Total: 60, MAX