

2021 Long Course Season

2021 SMC-MR Swim thru August Invitational Open Invitational August 7-8, 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 or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L21-40. 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, Saw Mill Storm-MR, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, and the Stamford Dept of Health (<https://www.stamfordct.gov/department-of-health>).

COVID-19 Assumption of Risk Disclaimer

We, Saw Mill Storm-MR 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 2021 SMC-MR Swim thru August Invitational 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 2021 SMC-MR Swim thru August Invitational 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. Waivers can be returned by email to ssc.allenwone@gmail.com

EVENTS

	Name	Email	Phone
Meet Director:	Dana Wone	dwone@optonline.net	516-680-8268
Meet Referee:	Allen Wone	ssc.allenwone@gmail.com	516-330-4229
Lead Admin Official:	Dana Wone	dwone@optonline.net	516-680-8268
Entry Chair:	Dana Wone	ssc.meetentries@gmail.com	
Safety Chair:	Chris Jankowski	chrisjank@ymail.com	
Officials Contact:	Allen Wone	Ssc.allenwone@gmail.com	516-330-4229

MEET HOST: Saw Mill Club Storm - MR

WEBSITE: www.sawmillstorm.com.

POOL EMERGENCY NUMBER: (203) 202-8081

SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Open Invitational, subject to the rules on the CT Swimming [Meet Management](#) page.

MEET FORMAT: The meet will be swum as Timed-Finals

SCRATCH PROCEDURES: No scratches will be taken. The meet will be pre-seeded. Heat sheets will be emailed two days before

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.

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.

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).

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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. Please email Meet Director for arrangements.

COURSE: LCM.

SESSION TIMES: Subject to Change 10:30AM-11:10AM Warm Up 11:15AM Start Time Saturday & Sunday

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 10 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: All USA Swimming clubs and individuals. 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 meet policies:
<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>
and
https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf

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 OPENING DATE: Entries will be accepted no earlier than 8:00 pm on **July 10, 2021**.

ENTRY LIMITATIONS: Swimmers may compete in a maximum number of 3 events only.

ENTRY TIMES: Submit entry times in: LCM.

DEADLINES: Deadline is July 31, 2021. Mail hardcopy and payment to: Chris Jankowski c/o Saw Mill Club East 333 N. Bedford Rd. #230, Mt. Kisco, NY 10549. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Electronic Entries must go to ssc.meetentries@gmail.com Email Receipt is date and time of entry.

CONNECTICUT-ONLY DEADLINE: CT deadline is July 25, 2021. Email Receipt is date and time of entry. CT clubs meeting this deadline will be entered before out of state clubs (Except the host team)

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 ssc.allenwone@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: \$10.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. \$10.00 per athlete facility surcharge will be applied as well.

OUT-OF-STATE SWIMMER SURCHARGE: Meet host will collect a \$5.00 per out-of-state swimmer surcharge, to be forwarded in full by the host team to CT Swimming.

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 CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

PAYMENT INSTRUCTIONS: Please make checks payable to Saw Mill Club and mail to: Chris Jankowski c/o Saw Mill Club East 333 N. Bedford Rd. #230, Mt. Kisco, NY 10549. Payment must be received by 08/07/2021.

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. 400 M. IM and 400 M. Free will be limited to the fastest 2 heats (12 entries).
2. 200 M. free, 200 M. IM, and 200 M. Breaststroke will be limited to fastest 4 heats.

3. All the 100s will be limited to the fastest 10 heats.
4. All the 50s will be limited to the fastest 15 heats.
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: None

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: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck. 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: None

AWARDS: None

CONCESSIONS: None

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: There are plenty of spaces in front of the VELO-CT pool and it's free

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

2021 CT SMC-MR Swim thru August Invitational - 8/7/2021 to 8/8/2021**Session Report**

Session: 1 Saturday

Day of Meet: 1 Starts at 11:15 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	101 Mixed 100 Freestyle	0	0	11:15 AM	_____
Finals	102 Mixed 12 & Under 50 Butterfly	0	0	11:15 AM	_____
Finals	103 Mixed 200 Butterfly	0	0	11:15 AM	_____
Finals	104 Mixed 100 Breaststroke	0	0	11:15 AM	_____
Finals	105 Mixed 200 Freestyle	0	0	11:15 AM	_____
Finals	106 Mixed 12 & Under 50 Breaststroke	0	0	11:15 AM	_____
Finals	107 Mixed 400 IM	0	0	11:15 AM	_____
Finals	108 Mixed 100 Backstroke	0	0	11:15 AM	_____
	Finish Time			11:15 AM	_____

Session: 2 Sunday

Day of Meet: 1 Starts at 11:15 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	201 Mixed 100 Butterfly	0	0	11:15 AM	_____
Finals	202 Mixed 200 Backstroke	0	0	11:15 AM	_____
Finals	203 Mixed 200 IM	0	0	11:15 AM	_____
Finals	204 Mixed 12 & Under 50 Backstroke	0	0	11:15 AM	_____
Finals	205 Mixed 400 Freestyle	0	0	11:15 AM	_____
Finals	206 Mixed 200 Breaststroke	0	0	11:15 AM	_____
Finals	207 Mixed 50 Freestyle	0	0	11:15 AM	_____
	Finish Time			11:15 AM	_____

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 SMC-MR 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) SMC-MR 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 August, 2021.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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

Plan for Athlete and coach ingress and egress

1. All swimmers will be out of the VELO-CT building at the back door.
2. Coaches will allow 4 swimmers at a time for warm up in their designated lane.
3. Swimmers enter the pool for warm up from the block start area- feet first- then leave the pool from the other end, to get out to their team location out of the building.
4. After warm up, swimmers in the first event only will be gathering, social distances, in heats behind the block starts to be ready for the race.
5. Swimmers leave the pool after each race to their teams' location from designated path.
6. Keep on until all heats and all events done.

Planned number of individuals gathering in the spaces: pool, deck.

1. The pool deck capacity is 170 persons.
2. Timers and marshals 22 persons.
3. Officials 4-6 persons.
4. Coaches 6-12 persons.
5. Swimmers in warm up time maximum 24 swimmers.
6. Swimmers in each heat maximum 6 swimmers.
7. Total number of swimmers at the pool deck at a time 30 swimmers.