

YWSF 2021 Long Course Summer Opener

May 15-16, 2021

Held under sanction of USA Swimming, Inc.

Sanctioned by: Arizona Swimming Inc.

Sanction #:AZ21-130

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming Inc., City of Goodyear, Valley of sun YMCA, YMCA Westside Silver Fins and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

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 Arizona Swimming, Inc 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.

Hosted by: YMCA Westside Silver Fins

Location: Southwest Valley Family YMCA
2919 N. Litchfield Rd Goodyear, AZ 85395

Meet Director: David Laudati - david.laudati@vosymca.org 602-212-5151

Meet Referee: Roger Wright - rogerwrightpe@gmail.com

Course: Outdoor 8 Lane 50-Meter pool with non-turbulent lane dividers. Colorado start and automatic timing system with touchpads and 8-lane display board will be used. Warmup and cool down lanes will be available in our 3 lane 25 yard pool recreational pool.

- Eligibility:**
1. Open to any USA swimming athlete holding a current USA Swimming registration card. Swimmer limit is set at 400. Entries will be accepted until the 400 athlete limit is reached.
 2. This is an Arizona Swimming A/B/C meet,
 3. This will be Timed Finals meet.
 4. Swimmers are limited to 4 events per day, Max of 8
 5. The 400 IM, 400 Free will be limited top 40 swimmers in each event
 6. 1500 Free will be limited to the top 24 13/Overs and Top 16 12/Unders swimmers or total of 40 swimmers
 7. Positive check in for the 400 IM, 400 free & 1500 free events is required and closes 30 mins before the start of those event sessions.
 8. All events except the 400 IM, 400 free and 1500 free are pre-seeded. No deck entries will be allowed
 9. Entry times should be swimmers' best LONG COURSE times.
 10. Time Trials will not be offered

1. Age on the first day the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP”).
3. 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.
4. The competition course has been certified in accordance with 104.2.2C(4) as to pool length. A copy of such certification is on file with USA Swimming
5. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 6 inches at the start end and 4 feet, 2 inches at the turn end.
6. Deck changes are prohibited.
7. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
8. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
9. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or other areas as may be designated by the Meet Director/Meet Referee.
10. All referees, starters, administrative officials, chief judges, and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
11. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectively, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AZSI issued Picture ID’s to the Meet Referee
12. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AZSI issued Picture ID’s to the Clerk of Course. Deck Pass will be accepted as proof of current membership with an accompanying photo ID.
13. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshals shall wear their identifying vests.
14. Swimmers with a disability are welcome. The Swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
15. 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.

Meet Rules:

1. For the safety of all swimmers, coaches, and meet personnel, all policies and procedures related to social distancing must be followed by all individuals at the meet. All information will be emailed to participants and posted to the YWSF website.
2. Swimmers are limited to 8 individual events, over the course of the weekend.
3. All swimmers, coaches, officials and meet workers will be temperature checked before entering the facility
3. No spectators will be permitted on deck. Spectators will be able to view thru online viewing
4. Masks are required by all swimmers, coaches, and all meet staff upon entering the facility. Per YMCA Policy individuals without a mask will not be permitted inside of the facility.
5. Upon the completion of each heat, swimmers exit pool and put mask on.
6. YWSF has taken enhanced health and safety measures for all those involved in this event. Individuals must follow all posted instructions. 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 attending YMCA Westside Silver Fins Freestyle Frenzy meet, individuals voluntarily assume all risks related to exposure to COVID-19.

Policies and Procedures for

Social Distancing:

- YMCA Westside Silver Fins will be following guidelines for social distancing established by the CDC, USA Swimming, State of Arizona Executive Order, and Arizona Department of Health Services (AZDHS).
- CDC Guidelines
 - USA Swimming Guidelines

- State of Arizona Executive Order
 - AZDHS Guidelines
2. **Entries:** Entries must be sent with a HyTek or compatible file. Entries should be emailed to David.Laudati@vosymca.org The meet will be limited to conform to the AZ group gathering guidelines.
No late entries or deck entries will be accepted.

Entries must be received by Thursday, May 6th, 2021.

Entry Fees: LSC Surcharge \$8.00
 Individual Events \$5.00
Entry fees are nonrefundable.

Awards: Certificates will be awarded to swimmers who achieve AZ Swimming “A” times or AZ Swimming “B” times for the first time in that event.

Concessions: No Concessions or hospitality will be offered for this meet.

YWSF 2021 Long Course Summer Opener

Please Note: Session Times are only preliminary. Times and sessions are subject to change based on numbers.

Session I (12/U Girls & Boys) - Saturday, May 15th, 2021

Warm-up 7:00am

Meet Start 7:45am

Women	Event	Men
1	12/U 50 Free	2
3	12/U 100 Breast	4
5	12/U 50 Back	6
7	12/U 100 Fly	8
9	12/U 200 Free	10
11	12/U 400 IM	12

- **Note: 400 IM must positive check in 30 minutes before the start of the session.**

Session II (Open Mile) - Saturday, May 15th, 2021

Warm-up 11:45am

Meet Start 12:30am

Women	Event	Men
13	Open 1500 Free	14

- **Note: 1500 Free must positive check in 30 minutes before the start of the session.**

Session III (13/O Girls & Boys) - Saturday, May 15th, 2021

Warm-up 2:00pm

Meet Start 2:45am

Women	Event	Men
15	13/O 50 Free	16
17	13/O 100 Breast	18
19	13/O 200 Back	20
21	13/O 100 Fly	22
23	13/O 200 Free	24
25	13/O 400 IM	26

- **Note: 400 IM must positive check in 30 minutes before the start of the session.**

Session IV (12/U Girls & Boys) - Sunday, May 16th , 2021

Warm-up 7:00pm

Meet Start 7:45pm

Women	Event	Men
27	12/U 100 Free	28
29	12/U 50 Breast	30
30	12/U 100 Back	32
31	12/U 50 Fly	34
32	12/U 200 IM	36
33	12/U 400 Free	38

- **Note: 400 Free must positive check in 30 minutes before the start of the Session**

Session V (13/O Girls & Boys) - Sunday, May 16th , 2021

Warm-up 11:45am

Meet Start 12:30pm

Women	Event	Men
39	13/O 100 Free	40
41	13/O 200 Breast	42
43	13/O 100 Back	44
45	13/O 200 Fly	46
47	13/O 200 IM	48
49	13/O 400 Free	50

- **Note: 400 Free must positive check in 30 minutes before the start of the Session**