

JEFFCO JUNE LC INVITE

JUNE 3-4th, 2022

Sanction: Held under the Suburban League blanket sanction of USA Swimming # 2022-062

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event. Jeffco Hurricanes Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Colorado Swimming, the State of Colorado and Jefferson county.

Location: George Meyers Pool, 7900 Carr Drive, Arvada, CO 80005

Facilities: Elevation 5300', 50 meter indoor pool, 8 lane 50 meter course, 1 lane continuous warm-up/down. The pool is 13' at the start end of the pool and 3'6" at the turn end. Colorado Timing System with 8 lane scoreboard, electronic touch pads will be used. The competition course has not been certified in accordance with 104.2.2C (4).

Eligibility: Open to all Jeffco Hurricane, HRA, and MACS swimmers holding a 2022 USA Swimming membership card. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show their card or they will be deck registered before they can enter the water. No swimmer who is not a member of USA Swimming shall be allowed to complete. A meet recon prior to the meet will help identify any athlete that is not in compliance. While it is absolutely the responsibility of the athlete member to complete the requirements of membership (including APT for 18 & over athletes), as a safeguard, it is the responsibility of the LSC to ensure that all swimmers competing in a sanctioned event be members of USA Swimming in good standing.

Event Limit: 4 individual events per day.

Tentative Start & Warm-up times (Final start times will be announced Tuesday, May 31st.)

Afternoon session start times are tentative. Final start times will be posted at www.northjeffcoswimteam.com and emailed to coaches by May 31st. There will be a coaches meeting Friday, June 4th at 11:45AM.

	Warm-ups	Start
Session 1 Friday Open	12:30pm - 1:00pm	1:10pm
Session 2 Friday Open	TBA. 30min at conclusion of session 1	TBA. Approx. 3:00pm
Session 3 Saturday 12&U	8:00 - 8:50am	9:00am
Session 4 Saturday Open	TBA Aprox 12:00-12:40pm	12:50pm
Session 5 Saturday Open	N/A. Use warmup lane	Immediately after session 4. Approx. 5:00pm

Entry Procedures: The meet will be **LIMITED** to fit within the 4 hour rule. All of the JH entries will be accepted and others will be accepted in the order they are received, until the meet is full. Once the 4 hour time line has been reached no further entries will be accepted. No team will be split unless they express that desire. All meet entries should be submitted via email by the entry deadline. Entries to be delivered electronically or incur a \$25 administrative fee per swimmer. Entries not sent electronically may not update times or change events.

Entry Fees: \$10 per event, Make one check payable to the North Jeffco Swim Team.

Entry Deadline: Meet entries must be received by the entry chairman no later than **Thursday May 26th, 2022.**

Entry Chair: NJST, PO Box 746396, Arvada, CO 80006 swimshady7@yahoo.com,

Meet Referee: Monica Ryan or Designee

Meet Director: Carmen Babcock; swimshady7@yahoo.com, 303-887-5467

Brett Stoyell; brewstoy@hotmail.com, 303-887-8495

Safety Chairman: Brett Stoyell brewstoy@hotmail.com

Programs/Results: Programs will be sent to coaches and posted to our website and available electronically via Meet Mobile app; heat sheets will be posted outside the venue for anyone not using Meet Mobile.

Awards: No Awards

Special Information: No smoking, chewing tobacco, drugs, or drinking of alcoholic beverages allowed in the building. Any damage to pool property will be grounds for dismissal from the meet. All coaches, parents and athletes are reminded that the swimming venue may have areas where additional care needs to be observed.

Warm-up Procedures: CSI warm-up procedures will be followed.

Each coach will be responsible for the monitoring of their swimmers during warm-up. Swimmers must enter the pool feet first except during starts. Marshals will monitor the pool during warm-up and competition. Swimmers must enter the warm-up/warm-down lane from the seated position, no jumping.

Rules: Current 2022 USA Swimming and CSI rules and regulations shall apply.

1. The meet referees will be the final authority for the conduct of the meet.
2. USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.
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. 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. Age of the swimmer is determined as of June 3rd, 2022. Swimmers are limited to 4 individual events per day. All events will be timed finals.
5. **Events will be pre-seeded running slow to fast with the exception of the 1500 which will run fast to slow alternating gender. The 1500 will have positive check in that closes approximately 1 hour prior to the start of the race.**
6. Use of audio or visual recording equipment, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
7. No on deck photography from behind the starting platforms during the start or relays.
8. Deck changing is prohibited.
9. No on-deck photography from behind the starting blocks will be allowed during the starts of any races. All photographers must identify themselves in advance to the meet referee.
10. No exhibition swimming will be allowed.
11. No Time entries will not be accepted for reasons of providing an accurate timeline.

12. 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.
13. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP is a condition of participation in the conduct of this competition.
14. Attending teams may be assigned timing to ensure a smooth start to the meet.

Any 18 or older USA Swimming athlete entered in this meet must have met the USA Swimming Athlete Protection Training requirement. It is the responsibility of the athlete to complete the APT course prior to swimming in this meet or his/her USA Swimming membership will be invalid and the times achieved will not be entered in the SWIMS database.

Coaches/Officials: All coaches and persons acting in any coaching capacity and uniformed officials must, Check-in/sign-in with the Meet Director or Meet Referee and display their current USA/CSI certification. Current certification is mandatory. Coaches and officials that are in noncompliance will not be allowed on deck. Deck Pass is an acceptable proof of Membership. There will be a coaches meeting 1-2 days prior to the meet.

Concessions: THERE WILL BE NO CONCESSIONS AT THE MEET

FRIDAY PM. SESSION 1.

12:00-12:50PM Warm-Up 1:00pm Start

1	Open 400 Free	2
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FRIDAY PM. SESSION 2.

30 Minute Warm-Up start immediately following conclusion of Session 1 approximately 3:00pm

3	Open 50 Free	4
5	Open 200 Breaststroke	6
7	Open 100 Fly	8
9	Open 200 Back	10
11	Open 200 IM	12

SATURDAY AM. SESSION 3.

8:00-8:50AM Warm-Up 9:00AM Start

13	12&U 50 Breaststroke	14
15	12&U 100 Free	16
17	12&U 100 Breaststroke	18
19	12&U 50 Back	20
21	12&U 50 Fly	22
23	12&U 100 Back	24
25	12&U 200 Fly	26
27	12&U 200 Free	28
29	12&U 400 IM	30

SATURDAY PM. SESSION 4.

TBA. Approx 12:00-12:40pm Warm-Up 12:50pm Start

31	Open 200 Free	32
33	Open 100 Breaststroke	34
35	Open 200 Fly	36
37	Open 100 Back	38
39	Open 100 Free	40
41	Open 400 IM	42

SATURDAY PM. SESSION 5.

Warm-Up available in warmup/cooldown lane only.

Start immediately following conclusion of Session 4 approximately 5:00pm

43	Open 1500 Free	44
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COVID INFO

State of Colorado general page

<https://covid19.colorado.gov/>

Jeffco County Covid info:

<https://www.jeffco.us/3999/Coronavirus-Disease-2019-COVID-19>

We have taken enhanced health and safety measures to reduce the spread of COVID-19; however, we cannot guarantee that you will not be exposed to COVID-19. 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. Physical presence at the meet may increase the risk of contracting COVID-19. Meet participants and spectators voluntarily assume all risks related to exposure to COVID-19 and voluntarily accept sole responsibility for any personal injury, illness, permanent disability or death that may result.

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.