

JEFFCO SUBURBAN LEAGUE

Jeffco Freestyle Frenzy

April 24, 2021

Sanction: Held under the Suburban League blanket sanction of USA Swimming #2021-

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', 25 yard indoor pool, 10 lane, 25 yard course, 8 lane continuous warm-up/down in shallow end of the pool. The pool is 4' to 13' at the start end of the pool and 4' to 13' at the turn end. Colorado Timing System with 10 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 and Suburban League swimmers holding a 2021 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. Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 per swimmer who shows up on the post meet registration check charged to the team account. Teams will receive one Meet Recon email as a reminder to register the swimmers. As soon as the post meet registration check is run the team will be charged. Deck pass is an acceptable proof of membership.

Event Limit: 5 individual events.

Tentative Start & Warm-up times (Final start times will be announced Monday, Feb 15th)

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: \$40 for up to 5 events
Make one check payable to the North Jeffco Swim Team.

Entry Deadline: Meet entries must be received by the entry chairman no later than **April 15th, 2021**.

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

Meet Referee:

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

Safety Chairman: Ashley Strickland: ashstrick@yahoo.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.

Individual Awards: Ribbons to the top 6 in individual events.

Ducks to the top 6 scorers in the free frenzy.

Heat winner duck.

New racing distance event duck.

Team award duck top 12 (3-5 swimmers different age groups determined by coaches)

Frenzy Scoring: 7&U	25 free, 50 free, 100 free (4th & 5th event awarded not scored)
8yos	25 free, 50 free, 100 free (4 th & 5 th event awarded not scored)
9-14yos single age	25 free, 50 free, 100 free, 200 free (5 th event awarded not scored)
15-16yos	25 free, 50 free, 100 free, 200 free (5 th event awarded not scored)
17+	25 free, 50 free, 100 free, 200 free (5 th event awarded not scored)

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. WARMUPS WILL ALLOW FOR A TOTAL OF 100 SWIMMERS IN THE POOL WITH NO MORE THAN 5 PER LANE FOLLOWING SOCIAL DISTANCING GUIDELINES.

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 2021 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 April 24th, 2021. Swimmers are limited to 5 individual events. All events will be timed finals.
5. **Events will be pre-seeded running slow to fast and swimmers should report directly to the starting end of the pool behind the blocks on the south side of the pool while maintaining 6' of social distancing. The heat following the one in the water will be sent behind the blocks after the start of the race. At the conclusion of each heat swimmers will exit the pool and move toward the shallow end of the pool. Meet marshals, officials or coaches will be directing swimmer traffic behind the blocks.**
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.

15. COVID POLICIES

The pool area will be limited to 150 to include athletes. Coaches, lifeguards and meet personnel are essential staff and not counted toward the 150. Families are to remain outside the pool and must maintain more than 6 feet of social distancing. Participants including family members not adhering to this standard will not be able to race and must leave the premises immediately - no refund. Masks must be worn while inside the facility and not swimming. Post race - mask on and move toward warm-down lanes. 5-10 min warm-up breaks between events will be added to the meet if the timeline permits. Athletes will be able to view the meet via Jeffco Facebook Live. Event and heats will be displayed on the Jeffco Facebook live link. There will be no spectators. All coaches and meet personnel must wear a facemask when in the building. 1 timer per lane will be used. No locker room or shower use. Athletes, Coaches and Meet Personnel may use the restrooms one at a time per gender. Coaches are responsible for teaching swimmers Meyers meet covid procedures.

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 meeting 1-2 days prior to the meet.

Concessions: THERE WILL BE NO CONCESSIONS AT THE MEET

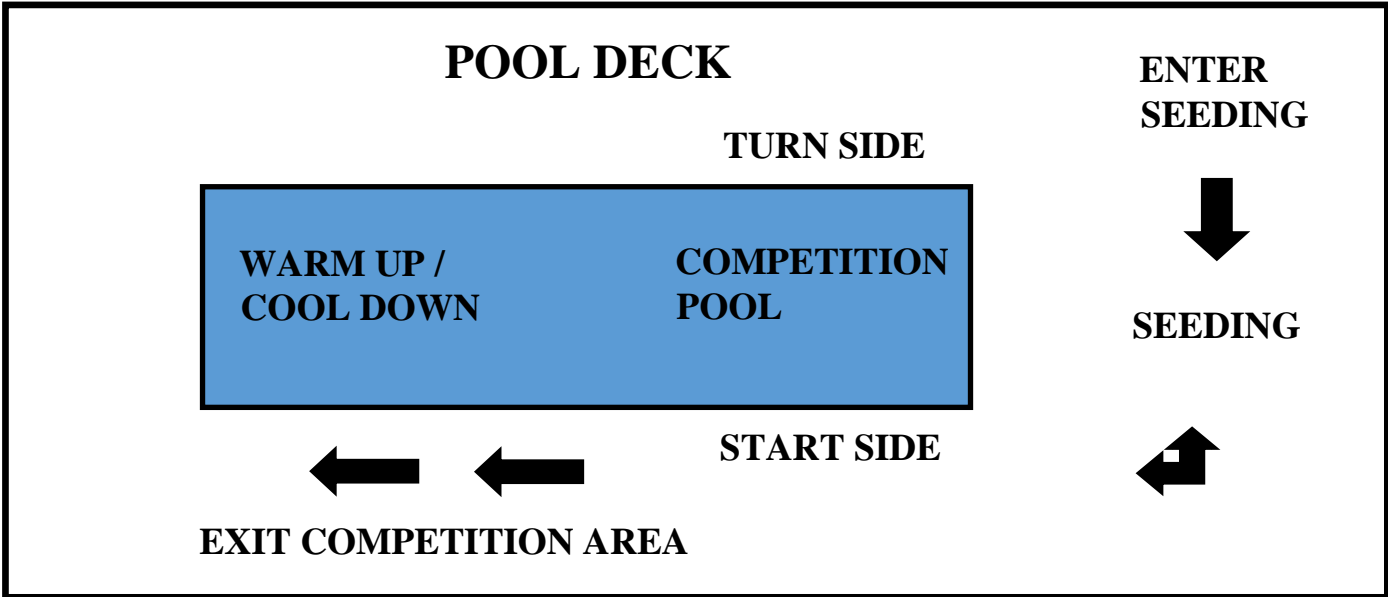
**Session 1 Saturday – Girls
8:00am warm up (may be 2 warm ups)**

1	Open Girls 25 Free
2	Open Girls 50 Free
3	Open Girls 100 Free
4	Open Girls 200 Free
5	Open Girls 500 Free
6	Open Girls 1000 Free
7	Open Girls 1650 Free

**Session 2 Saturday - Boys
(Tentative)**

8	Open Boys 25 Free
9	Open Boys 50 Free
10	Open Boys 100 Free
11	Open Boys 200 Free
12	Open Boys 500 Free
13	Open Boys 1000 Free

POOL MAP AND FLOW OF ATHLETES



The pool area will be limited to 150 to include athletes. Coaches, lifeguards and meet personnel are essential staff and not counted toward the 150. Swimmers will be seeded/line up at the deep end of the pool. The heat following the one in the water will be sent behind the blocks after the start of the race. At the conclusion of each heat swimmers will exit the pool and move toward the shallow end of the pool. Meet marshals, officials or coaches will be directing swimmer traffic behind the blocks.

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.