

SL MARCH INVITE MEET

March 19-21, 2021

Sanction: Held under the Suburban League blanket sanction of USA Swimming # 2021-001D

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 swimmers in the Suburban League (swimmers from JH, MACS and Boulder Swimming guaranteed admittance into the meet) 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

Prelim / Final Event Limit: 3 individual events per session with a maximum of 6 for the meet.

Timed Final Event Limit: 4 individual events per session with a maximum of 8 for the meet.

Tentative Start & Warm-up times (Final start times will be announced Tuesday, March 17th)

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.

Finals: Finals will consist of the top 8 13-14, male and female and the top 8 15&O male and female. Finals sessions will be split to include the first 2 events, a 30 minute warm up and the last 2 events on Saturday and Sunday. Swimmers competing in the first 2 events of finals must leave the facility, unless swimming in one of the last 2 events and the swimmers from the last 2 events may enter the facility to warm up for the last 2 events. Swimmers in one of two of the first events and one of two of the second, are not required to leave the facility. Should limitations on pool numbers loosen, additional swimmers will be added to finals or a consol heat.

Entry Fees: \$12 per event, for prelim / final events, 6 event max
\$9 per event for timed finals events, 8 event max
Make one check payable to the North Jeffco Swim Team.

Entry Deadline: Meet entries must be received by the entry chairman no later than **Tuesday March 9th, 2021.**
NO DECK ENTRIES ALLOWED

Entry Chair: NJST, PO Box 746396, Arvada, CO 80006 jeffcoentrychair@yahoo.com
Meet Referee: Alice Coffman arcoffman@comcast.net
Lee Lierz lee@lierz.com
Admin Referee: Linda Seckinger lseckinger@aol.com
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](mailto:brewstoy@hotmail.com)

Programs/Results: Programs will be sent to coaches and posted to the JH website and available electronically via Meet Mobile app.

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. WARMUPS WILL ALLOW FOR A TOTAL OF 70 SWIMMERS IN THE POOL WITH NO MORE THAN 4 PER LANE FOLLOWING SOCIAL DISTANCING GUIDELINES. The numbers may change to sync with current restrictions.

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 March 19, 2021. Swimmers participating in the prelim final meet are limited to 3 individual events per day with a maximum of 6 events for the meet. 12&Us are limited to 4 events per day, 8 max for the meet, 12&U 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 70 to include athletes. Coaches, lifeguards and meet personnel are essential staff and not counted toward the 70. 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. Numbers to follow current restrictions.

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. An officials meeting will be held prior to the meet.

Concessions: THERE WILL BE NO CONCESSIONS OR HOSPITALITY AT THE MEET

All Sessions without warm up / start times are TBA

Session 1 Friday

TIMED FINALS

Warm up 3-3:30pm, 3:40pm Start

13&O 400 IM	1
13&O 50 Free	2
13&O 200 Fly	3
13&O 500 Fr	4

**Session 2 Friday
TIMED FINALS**

Open 400 IM	5
Open 50 Free	6
Open 200 Fly	7
Open 500 Fr	8

**Session 3 – Saturday
PRELIMS**

Warm up 7:00aam, 730am Start

Open 100 Fly	9
Open 200 Breast	10
Open 100 Back	11
Open 200 Free	12

**Session 4 – Saturday
PRELIMS**

Open 100 Fly	13
Open 200 Breast	14
Open 100 Back	15
Open 200 Free	16

**Session 5 - Saturday
TIMED FINALS**

10&U 25 Free	17
10&U 50 Fly	18
10&U 25 Breast	19
10&U 50 Back	20
10&U 100 Free	21

**Session 6 Saturday
TIMED FINALS**

12&U 100 Free	22
12&U 200 Breast	23
12&U 100 Back	24
12&U 200 IM	25
12&U 100 Fly	26
12&U 50 Free	27
12&U 500 Free	28
12&U 50 Breast	29

Session 7 – Saturday

Session 8 tentative if numbers in sessions 5&6 exceed current restrictions / numbers in the building.

TIMED FINALS

12&U 100 Free	30
12&U 200 Breast	31
12&U 100 Back	32
12&U 200 IM	33
12&U 100 Fly	34
12&U 50 Free	35
12&U 500 Free	36
12&U 50 Breast	37

Session 8 – Saturday

FINALS

Girls	Finals Event	Boys
9	Open 100 Fly	13
10	Open 200 Breast	14
	30 minute warm up	
11	Open 100 Back	15
12	Open 200 Free	16

Session 9 – Sunday

PRELIMS

Warm up 7:00aam, 730am Start

Open 100 Breast	38
Open 200 Back	39
Open 100 Free	40
Open 200 IM	41

Session 10 – Sunday

PRELIMS

Open 100 Breast	42
Open 200 Back	43
Open 100 Free	44
Open 200 IM	45

Session 11 Sunday

TIMED FINALS

10&U 25 Fly	46
10&U 50 Breast	47
10&U 50 Free	48
10&U 25 Back	49
10&U 100 IM	50

**Session 12 – Sunday
TIMED FINALS**

12&U 100 Breast	51
12&U 50 Back	52
12&U 200 Back	53
12&U 50 Fly	54
12&U 100 IM	55
12&U 200 Free	56

Session 13 – Sunday

Session 14 tentative if numbers in sessions 11&12 exceed current restrictions / numbers in the building.

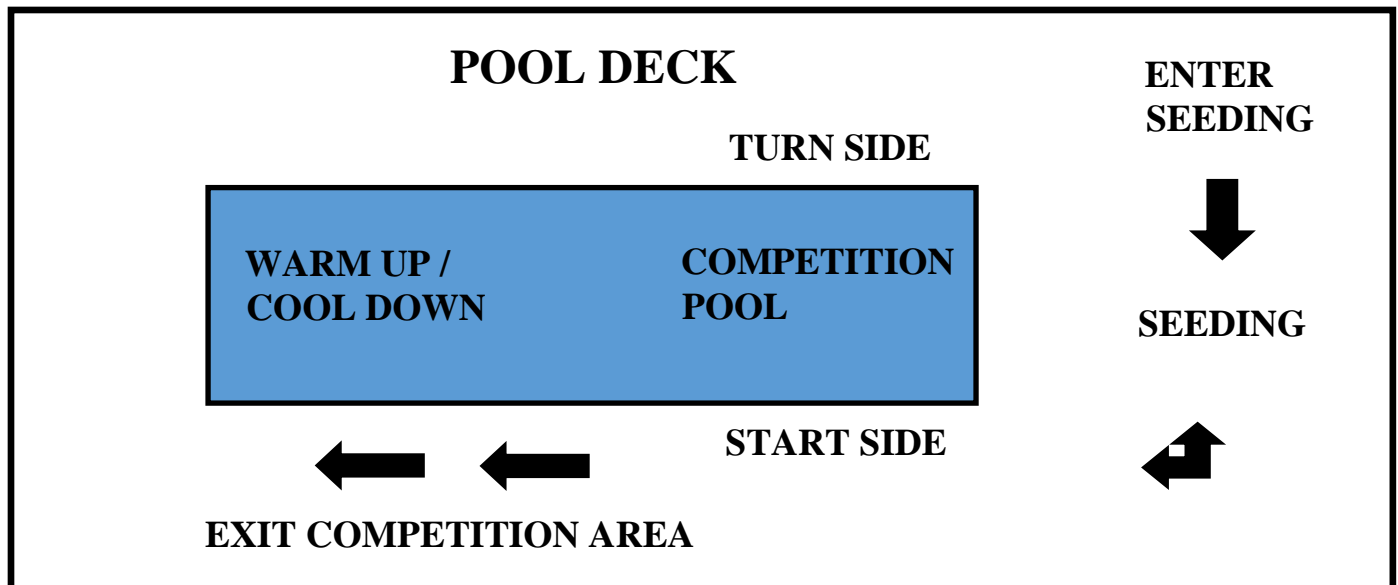
TIMED FINALS

12&U 100 Breast	57
12&U 50 Back	58
12&U 200 Back	59
12&U 50 Fly	60
12&U 100 IM	61
12&U 200 Free	62

**Session 14 – Sunday
FINALS**

Girls	Finals Event	Boys
38	Open 100 Breast	42
39	Open 200 Back	43
	30 minute warm up	
40	Open 100 Free	44
41	Open 200 IM	45

POOL MAP AND FLOW OF ATHLETES



Pool is limited to 50 people including all meet staff, swimmers, lifeguards and officials. 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. For the 13&Over sessions, swimmers will perform the timing task. 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. Most current restrictions will be followed.

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.