

JEFFCO SEPTEMBER INVITE SEPT 26th, 2020

Sanction: Held under the sanction of USA Swimming # 2020-076

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 on Jeffco Hurricanes, 5280 and BLDR holding a 2020/2021 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: 4 individual events per day

Tentative Start & Warm-up times (Final start times will be announced Monday, Sept 21st)

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. **NT entries will not be accepted.** 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 4 events
\$1.00 of every individual event goes to the CSI Support Fund.
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 Sept 15, 2020**. Entries received **Sept 15th** will be accepted only if accompanied by a \$4.00 late fee per event.

NO DECK ENTRIES ALLOWED

Entry Chair: NJST, PO Box 746396, Arvada, CO 80006 jeffcoentrychair@yahoo.com
Meet Referee: Gregg Gracheck email: Gregg.Gracheck@hotmail.com phone: 303.885.341

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:Brett.Stoyell@brewstoy.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: *duckies for heat winners*

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. TWO TWENTY MINUTE WARMUPS FOR 12&U and TWENTY-FIVE MINUTE WARMUPS FOR 13&O PER SESSION ALLOWING A TOTAL OF 40 SWIMMERS IN THE POOL WITH 2 PER LANE FOLLOWING SOCIAL DISTANCING GUIDELINES. Teams will enter the pool for warmup thru the entry gate on the rear patio and exiting thru the West Garage doors. This is the same entry/exit for seeding procedures for each event. 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 2020 USA Swimming and CSI rules and regulations shall apply.

1. The meet referee 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 Sept 26th, 2020. 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 and swimmers should report directly to the seeding area on the patio behind the blocks on the south side of the pool for their races.
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. COVID POLICIES

Athletes & 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 in the seeding area and inside the facility. Post race - mask on, move to warm-down lanes for 2minutes recovery or exit out west garage doors. 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 YouTube Live and will be able to get ready to enter the facility at the appropriate time using the coned / marked ready areas on the back patio (see diagram on last page of info. Event and heats will be displayed on a TV outside the seeding area. 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. 1 Parent per swimmer maximum may be on Apex/Meyers pool property. 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 coaches meeting at 7:50AM on Saturday morning.

Concessions: NO Concessions all participants must bring 100% of food and water you want to the meet.

**Session 1 – Saturday September 26
Warm up 7:00-7:50am / Start 8:00am**

Girls	Event	Boys
1	11-12 50 FREE	2
3	11-12 50 BREASTSTROKE	4
5	11-12 50 BACKSTROKE	6
7	11-12 50 FLY	8
9	11-12 100 IM	10

**Session 2 – Saturday September 26
Warm up 9:30-10:20am / Start 10:30am**

Girls	Event	Boys
11	10&U 50 FREE	12
13	8&U 25 FREE	14
15	10&U 50 BREASTSTROKE	16
17	8&U 25 BREASTSTROKE	18
19	10&U 50 BACKSTROKE	20
21	8&U 25 BACKSTROKE	22
23	10&U 50 FLY	24
25	8&U 25 FLY	26
27	10&U 100 IM	28

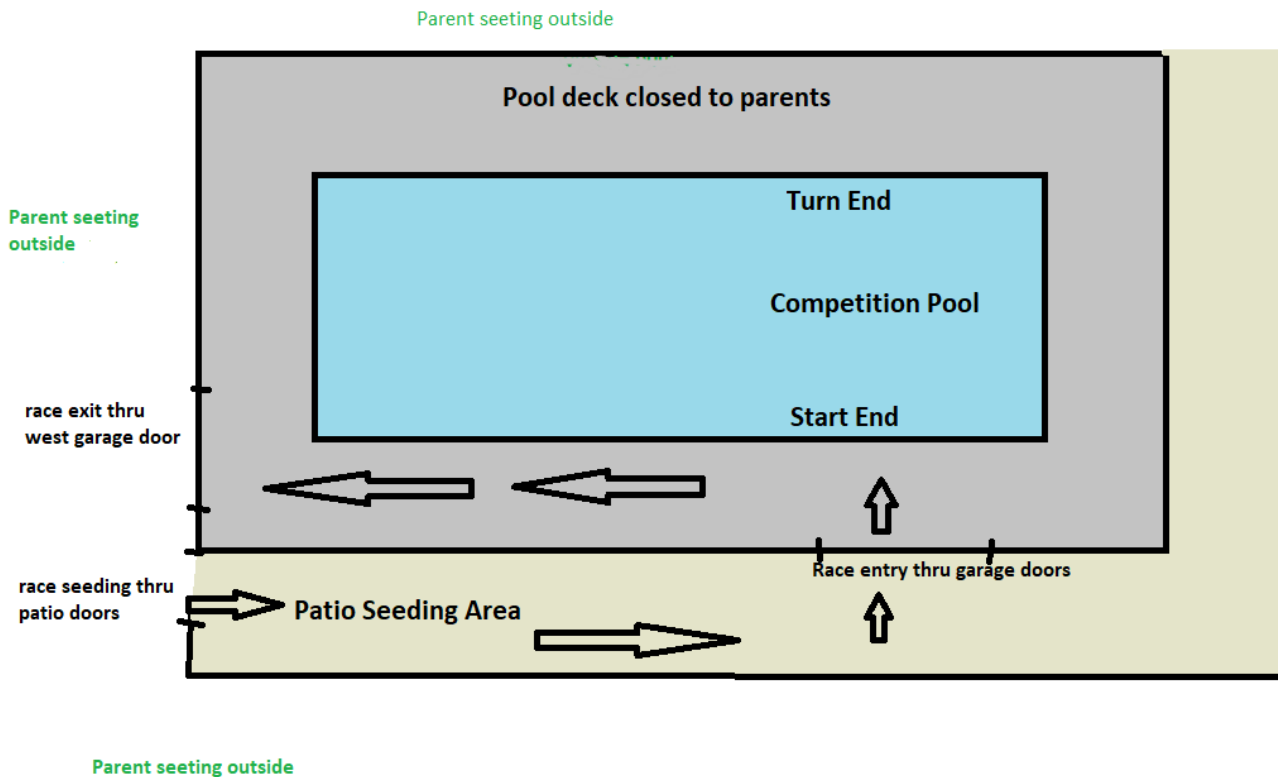
Session 3 – Saturday September 26
Warm up 12:15-1:15pm / Start 1:25pm

Girls	Event	Boys
29	13-14 100 FREE	30
31	13-14 100 BREASTSTROKE	32
33	13-14 100 BACK	34
35	13-14 50 FREE	36
37	13-14 100 FLY	38
39	13-14 200 FREE	40

Session 4 – Saturday September 26
Warm up 3:30-4:30pm / Start 4:40pm

Girls	Event	Boys
41	Open 100 FREE	42
43	Open 100 BREASTSTROKE	44
45	Open 100 BACK	46
47	Open 100 FLY	48
49	Open 50 FREE	50
51	Open 200 IM	52

POOL MAP AND FLOW OF ATHLETES



Pool limited to 50 people including all meet staff, swimmers, lifeguards and officials.
Outdoor space limited to 125 swimmers/parents following social distancing protocols.
Swimmers will be seeded entering thru gate of back patio of Meyers pool and each individual heat will enter thru the south west garage door behind the blocks. At the conclusion of each heat swimmers will

exit the facility across the start end of the pool deck towards the west garage doors. Meet marshalls will be directing swimmer traffic in/out of the facility

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.