



2021 USA Swimming 18-Under Spring Cup April 29 - May 2 (Thu-Sun)

This event may be capped due to local Health Department guidelines.

Swimmers may enter the 18-Under Spring Cup through USA Swimming's Online Meet Entry (OME) system at (usaswimming.org/ome) beginning Monday, March 15, 2021 at 11:00 am Mountain Time. Swimmers must compete in the specific site designated for the LSC in which they are registered.

The entry deadline is 11:59 pm Mountain Time on Tuesday, April 20, 2021 or until the entry cap is reached. The qualification period is November 1, 2018 through the entry deadline. Entries are not accepted until they have been officially submitted in the OME system.

All individuals attending the USA Swimming 18-Under Spring Cup events should undergo a COVID-19 PCR test within 72 hours prior to arriving to the event. Everyone must also submit to COVID-19 thermal scanning and questionnaire screenings prior to entering the venue each day. Additionally, masks and social distancing will be enforced at each site. USA Swimming and the local host organizations reserve the right to remove any individuals who display COVID-19 symptoms or disregards COVID-19 protocols.

Additional COVID-19 protocols may be implemented according to local guidelines and restrictions. Adjustments may include format changes and/or event cancellation.

COVID-19 INFO

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 THE LOCAL SWIMMING COMMITTEE (LSC) 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 THEREWITH.

Every club planning to attend this competition must develop a "Return to Competition" plan. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult usaswimming.org and/or your LSC.

SAFE SPORT:

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after 30 days prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

LOCATION	Please refer to the enclosed map to determine which site each LSC is eligible to participate.	
SANCTION	This meet is held under the sanction of USA Swimming. If an athlete establishes a Paralympic or USMS record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred.	
ELIGIBILITY	These events are open to swimmers who are 2021 Premium or Outreach members of USA Swimming, and who have achieved the published time standard in one or more events.	
FORMAT	These events will be conducted in LCM. The 800m and 1500m freestyle events will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 24 swimmers from preliminaries advancing to finals. The order of the final events shall be C, B and A (bonus, consolation and championship). At the Meet Referee's discretion, preliminary sessions may be conducted in flights. Information on fighting, if any, will be provided during the Technical meeting. A Ready Room will be used to assemble and parade "A" finalists and the fastest seeded heats of 800m and 1500m freestyle swimmers. These swimmers must report to the Ready Room no later than five minutes preceding the "Parade Time" for the event.	
SCHEDULE	Wednesday:	Practice available Noon to 8:00 p.m.
	Thursday:	Timed finals begin at 5:00 p.m.
	Fri-Sun Prelims:	9:00 a.m.
	Fri-Sun Finals:	5:00 p.m.

The venue will be available for practice 7:00am – until one hour after the conclusion of the evening session Thursday-Sunday.

SEEDING Events shall be seeded in order of LCM, SCY, non-conforming LCM, non-conforming SCY and then any bonus entries in the same order.

TECHNICAL MEETING There will be a virtual (Zoom-based) technical meeting for each site on Wednesday, April 28 at 7:00 p.m. local time. Details will be sent to coaches. Coaches are encouraged to check the USA Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.

DISTANCE EVENTS The 800m and 1500m freestyle events will be swum as timed finals. Swimmers may qualify for these events using any of the 800m/1000yd or 1500m/1650yd qualifying standards (i.e. the conforming or non-conforming distance event standards).

On Thursday, the distance freestyle events will be swum alternating women's and men's heats with the second-fastest seeded heat first, followed by the fastest seeded heat, followed by the remaining heats fastest to slowest.

On Sunday, the fastest-seeded heats of the distance freestyle events will be swum during the evening (Finals) session. All other heats will be swum fastest to slowest, alternating women and men after the conclusion of the morning session.

Swimmers entered in the Women's 1500m and Men's 800m Freestyle events may, when they check-in, indicate their preference to swim the event in the preliminary session. The fastest heat of swimmers that state no preference shall be seeded to compete in the finals session. In order to make their designation, swimmers or their coaches must mark on the positive check-in sheet their preference to swim during preliminaries. The swimmers or coach should include "AM" when they check-in if they desire to swim in the preliminary session.

Positive check-in for the distance events must be submitted by email to the site's Administrative Referee prior to the deadlines.

RULES Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

It is understood and agreed that USA Swimming, the Meet Host(s), Facility Owner(s), and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

WARM UP Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) is permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet. More detailed warm up procedures will be distributed at registration and during the Technical Meeting.

SCORING AND AWARDS Team scores will be kept but there will be no team or individual awards. Team scoring will be as outlined in the USA Swimming Rules and Regulations.

MEMBERSHIP REQUIREMENT All persons expecting to receive a deck pass must show a current USA Swimming membership card and be prepared to show acceptable identification (driver's license, passport, etc.) Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and Athlete Protection Training course.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the swimmer must be assigned a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

SWIMS DATABASE Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned competition
- B. USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.

- C. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the event will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

SWIMS data entry from meets in which time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. Requesting SWIMS data entry won't enter a swimmer into a competition nor place a club on the USA Swimming mailing list.

RESPONSIBILITY CLAUSE

The coach, swimmer or swimmer representative who enters a USA Swimming Championship thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to USA Swimming for each such time entered, unless absolved of the fine by USA Swimming or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming. Such penalty shall also be levied against any USA Swimming verification officer who knowingly entered such a false time(s) into the SWIMS Database. Appeal of fines must be made to the Meet Referee or designee and/or Board of Review. Any appeal of the decision of USA Swimming shall be in accordance with the provisions of Part Four of the USA Swimming Rulebook.

ENTRIES

All entries must be made online at usaswimming.org/ome. You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. For questions about OME, please refer to the specific meet site page included with this information.

OME is not an eligibility report. It is the coach's responsibility to know for which events his or her athlete is qualified. Events can be added to the entries however you may not delete an online entry once it has been submitted/paid for. Once entries are completed, a confirmation will be sent via e-mail. All confirmations should be printed and brought to the meet. All entry times (including scratched events) must be proven, and USA Swimming reserves the right to challenge any submitted time. Drug waiver forms will automatically be sent via e-mail after the entry deadline closes and should be filled out and brought to the meet.

Each swimmer may participate in a maximum of seven individual events per meet, with no more than three individual events per day including time trials.

BONUS EVENTS

Any athlete who qualifies for one or more individual events will be permitted to enter and swim unlimited bonus events provided they have achieved the published bonus time standard for those events and do not exceed the event limits listed above. All entry times, including bonus events, must be proven.

RELAXED TIME STANDARDS

If a specific event site has not reached its capacity cap by Monday, March 29, the published bonus time standards will become the new qualifying standards for the site. The entry deadline for the new time standards will remain 11:59 pm Mountain Time on Tuesday, April 20, 2021 or until the entry cap is reached, and the qualification period for these standards will also remain as November 1, 2018 through the entry deadline.

ENTRY FEES

Individual Events	\$20 per event
Coach/Team Staff Credential	\$20 per person
COVID-19 Surcharge	\$25 per person

RELAYS

There will be no relays at these events.

COACH CREDENTIALS

Because of capacity limits, each team or unattached swimmer will be limited to one coach credential.

SWIMMERS WITH DISABILITIES

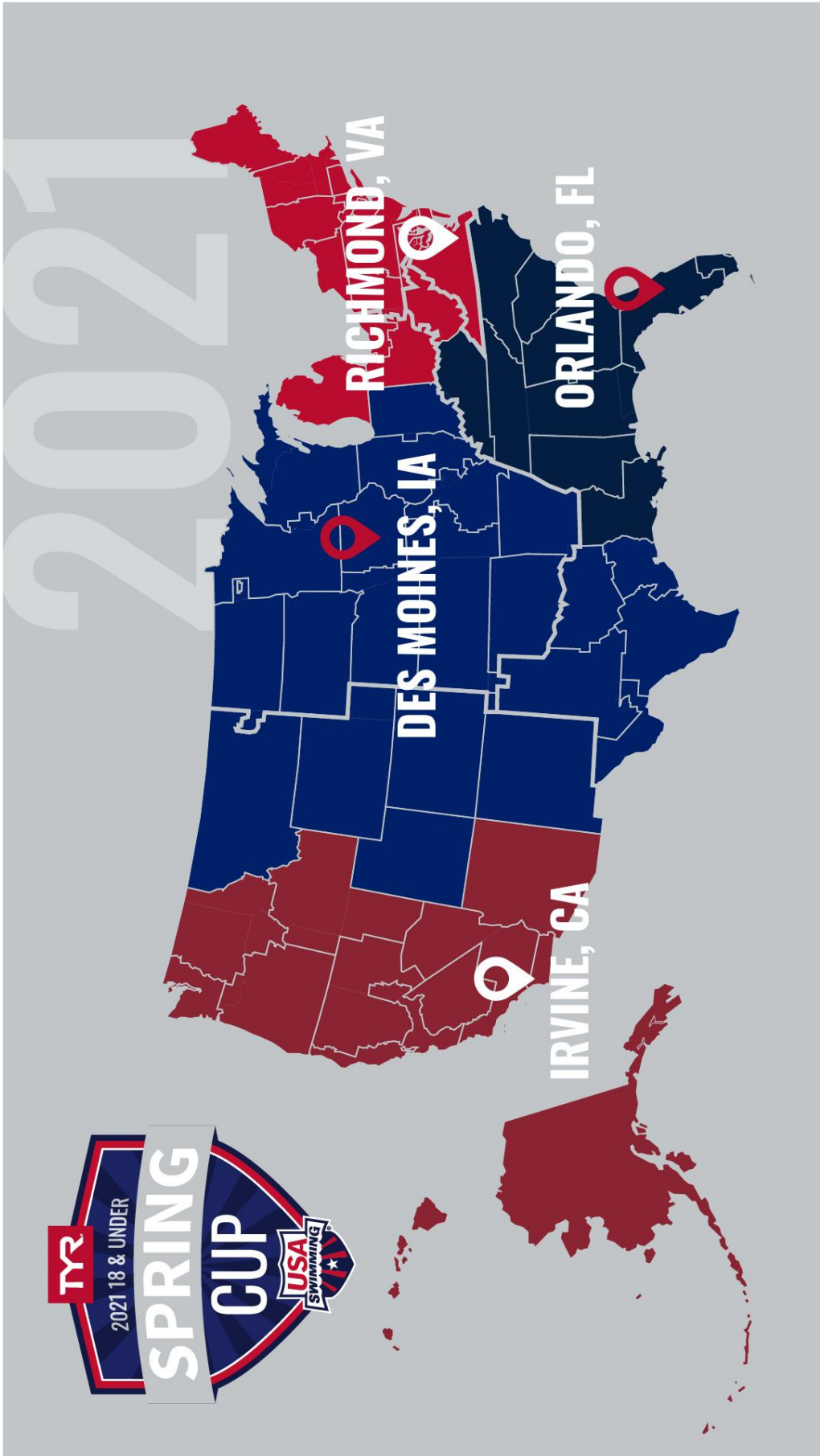
Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

CHECK-IN	Any unproven entries must be cleared prior to the scratch deadline or the swimmer will be scratched from the event. If an entry cannot be proven, the coach is subject to a \$100 fine. All swimmers entered in the 800m and 1500m Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event. Positive check-in must be submitted by email to the site's Administrative Referee prior to the deadlines.
REGISTRATION	Registration will be open in the during the following hours: Wednesday: Noon to 7:30 p.m. Thursday: Open from 7:00 a.m. until the conclusion of the event. Friday - Sunday: Open 7:00 a.m. until the conclusion of prelims
SCRATCHES	Thursday's Events: Positive check-in and/or scratches close Wednesday, 15 minutes after the conclusion of the technical meeting. All subsequent day's events scratches are due 30 minutes after the start of the previous evening's finals. These events will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rulebook. Scratches must be submitted by email to the site's Administrative Referee prior to the scratch deadlines.
TIME TRIALS	Time Trials may be conducted at the discretion of the Meet Referee. Entry fees for time trials will be the same as the meet entry fees. Each swimmer is limited to a maximum of two time trials during the course of the meet, and time trials will count toward the swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events. Time Trial entries will be accepted through USA Swimming's Online Meet Entry (OME) system. Time Trial entries will be accepted for that day's session and will close at 10am each day. if conducted, time trials will begin approximately 15 minutes after the conclusion of the preliminary session.
SAFETY	Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. A warm-up schedule will be posted in the venue. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with USA Swimming safety procedures. Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. The main competition pool will be reserved the last 60 minutes for swimmers competing in that session's events.
BROADCAST	Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.
IMAGE AUTHORIZATION	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.
LIABILITY	USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.
DOPING CONTROL	Doping Control may occur at this competition. All athletes competing in the meet are eligible to be tested. All athletes should check the status of all medications they consume at the US Anti-Doping Agency's (USADA) Drug Reference website (usantidoping.org/dro). Documentation may be required to be submitted well in advance of the meet.
SPECTATORS	Spectators will not be allowed at these events.

EVENT ORDER

<u>Women's Events</u>		<u>Men's Events</u>
<i>Timed Finals Begin at 5:00pm</i>	<u>Day 1– Thursday, April 29</u>	<i>Timed Finals Begin at 5:00pm</i>
1	800 Freestyle	-
-	1500 Freestyle	2
<i>Heats Begin at 9:00am</i>	<u>Day 2– Friday, April 30</u>	<i>Finals Begin at 5:00pm</i>
3	200 Freestyle	4
5	100 Breaststroke	6
7	100 Butterfly	8
9	400 IM	10
	<u>Day 3 – Saturday, May 1</u>	
11	200 Butterfly	12
13	50 Freestyle	14
15	200 Breaststroke	16
17	100 Backstroke	18
19	400 Freestyle	20
	<u>Day 4 – Sunday, May 2</u>	
21	100 Freestyle	22
-	800 Freestyle*	23
24	200 Backstroke	25
26	1500 Freestyle*	-
27	200 IM	28

*Preliminary heats for events 23 and 26 will be swum after event 28. The fastest-seeded heat in events 23 and 26 will be swum in event order during the finals session.





WOOLLETT AQUATICS CENTER
4601 WALNUT AVE
IRVINE, CA 92604X

THIS MEET WILL BE CAPPED AT 250 WOMEN AND 250 MEN

EVENT PERSONNEL	Referee	Mike Dilli	mdilli@q.com
	Administrative Referee	Traci Johnson	traci@tdjohnsoncpa.com
	Meet Director	Kim Hoesterey	khoest@aol.com

OME Questions about OME and proof of times should be directed to the Administrative Referee listed above.

ABOUT THE FACILITY William Woollett Jr. Aquatics Center was completed as a major renovation of the original Heritage Park Aquatics Complex – site of the 1980 USA National Championships and the 1990 Junior Nationals West Championships. The newly renovated center was completed in September 2004. The center is an outdoor facility consisting of one constant depth (7 feet) competition pool (50 meters by 25 yards) and a variable depth warm-up pool (50 meters x 25 yards). In addition, a 25 yard x 25 meter teaching pool is available for additional warm down space as needed. Restrooms and outdoor showers are available on site. No locker room facilities available.

In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with the event participation and that said list in no way limits the operation of this Agreement.

LOCKERS No locker space available

MEDICAL ASSISTANCE First aid will be administered by the City of Irvine Lifeguard staff who will serve as first responders.

CONCESSIONS No Concessions will be available

HOSPITALITY Hospitality for coaches and officials will be limited to drinks and grab and go snacks

PARKING Parking in the front lot will be limited. Additional parking will be available on the north side of Irvine High School accessible via Escalar – on the East side of the Aquatics center accessible via Yale Avenue behind Heritage Park.

HOTELS Coming soon!



**WELLMARK YMCA
501 GRAND AVE.
DES MOINES, IA 50309**

THIS MEET MAY BE CAPPED AT 250 WOMEN AND 250 MEN

EVENT PERSONNEL	Referee Administrative Referee Meet Director	Mickey Smythe Lucy Duncan John Van Meter	mickeysmythe@comcast.net lucyuss@aol.com john.vanmeter@dmymca.org
OME	Questions about OME and proof of times should be directed to the Administrative Referee listed above.		
ABOUT THE FACILITY	The Wellmark YMCA is located at 501 Grand Ave, Des Moines, IA 50309 in downtown Des Moines at the corner of 5th and Grand Ave. The facility is centrally located and attached to the downtown skywalk system. It is within walking distance to many hotels, restaurants and amenities. The venue consists of an eight-lane 50-meter competition pool and four-lane 25-yard warm-up pool. Depths vary from 7' to 10'8" in the competition pool and 3'6" to 5'0" in the program pool. Lane width is 8 feet 3 inches. Colorado electronic timing systems will be used. All events will start from the south end of the competition pool. Touch pads will be on both ends. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with the event participation and that said list in no way limits the operation of this Agreement.		
LOCKERS	Men's and Women's Locker rooms are adjacent to the competition pool. Social distancing will be marked accordingly. Both locker rooms will have LIMITED capacity. Swimmers are encouraged to come to the pool with their practice/warmup suits already on and to shower/change at the hotel and to only utilize the locker rooms to change into tech suits and for bathroom needs. Facemasks required. The facility is not liable for lost or stolen items.		
MEDICAL ASSISTANCE	First Aid is located between the competition and warm up pools. Facility Lifeguards will be on site for the duration of the event. EMS is located a few minutes from the Wellmark YMCA.		
CONCESSIONS	The Wellmark YMCA will have a general concession stand in the spectator seating area. The Wellmark YMCA is conveniently located near restaurants downtown in the skywalk system and at street level. www.catchdesmoines.com Additional details will be provided at www.dsmymarlins.com as the event draws near.		
HOSPITALITY	Hospitality for coaches and officials will be limited to drinks and grab and go snacks		
PARKING	Wellmark YMCA parking is available throughout downtown The 5th & Keo garage is conveniently located across the street from the YMCA. Also available is street (metered) parking and most of the downtown hotels have their own parking/shuttle service and are within walking distance of the YMCA via the skywalk system.		
HOTELS	Hotel Room blocks can be found on our website: dsmymarlins.com under the hosted events / 2021 Spring Cup tabs.		



SWIM RVA
5050 RIDGEDALE PKWY
RICHMOND, VA 23234

THIS MEET MAY BE CAPPED AT 250 WOMEN AND 250 MEN
(ATHLETES MAY BE REQUIRED TO SIT OUTDOORS BETWEEN EVENTS)

EVENT PERSONNEL	Referee	Dave Olack	daolack@yahoo.com
	Administrative Referee	Peter LeGow	peterlagow@gmail.com
	Meet Director	Adam Kennedy	adam.kennedy@swimrichmond.org

OME Questions about OME and proof of times should be directed to the Administrative Referee listed above.

ABOUT THE FACILITY The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. The 50-Meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swim wall to bulkhead. This meet will be swum in the 50 Meter course. Omega Starting Blocks, Colorado Timing GEN7 automatic and semi-automatic timing, backup Dolphin wireless stopwatches. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming

In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with SwimRVA participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with SwimRVA program participation and that said list in no way limits the operation of this Agreement.

LOCKERS At this time, locker rooms will be available for bathroom facilities only. Athletes should arrive and leave in their swimsuits and should not change on site.

If it is determined that the meet will be flighted by gender, all locker rooms will be used for the single gender. Should any session contain both genders in any capacity, the locker/bathroom areas will be designated as posted by permanent signage within the facility.

MEDICAL ASSISTANCE SwimRVA lifeguards will be primary responders in the case of an emergency inside the aquatics center. If a transport is required, it will likely be to the Chippenham Medical Center (address below). Urgent care is available at:

Patient First – Midlothian (19 min. from facility)
8110 Midlothian Turnpike
Chesterfield, VA 23235

CONCESSIONS Concessions will not be available at this event.

HOSPITALITY Hospitality for coaches and officials will be limited to drinks and grab and go snacks

PARKING There is no charge for parking at Collegiate School Aquatics Center. There are 300+ spaces around the facility and overflow areas are available as needed. A portion of the lot immediately adjacent to the Health Screening Tent will be closed to team drop off. Buses may not park in the lower lot at CSAC. There is dedicated bus parking up the hill behind the Aquatics Center (see attached map). Team vans may park anywhere in the lower lot.

HOTELS Hotel room blocks will be made available and listed on the USA Swimming website.



**ROSEN AQUATIC & FITNESS CENTER
8422 INTERNATIONAL DRIVE
ORLANDO, FL 32819**

THIS MEET MAY BE CAPPED AT 250 WOMEN AND 250 MEN

EVENT PERSONNEL	Referee Administrative Referee Meet Director	Sue Talwar Allan Golding Mike Brady	talwarsue@aol.com Allan.c.golding@comcast.net mike.brady@rosenhoteles.com
OME	Questions about OME and proof of times should be directed to the Administrative Referee listed above.		
ABOUT THE FACILITY	The Rosen Aquatic & Fitness Center is located at 8422 International Drive, Orlando, FL, 32819 behind the Allure Resort and Clarion Inn. The facility is located in the heart of the I-Drive entertainment corridor just minutes off Interstate 4 and within walking distance to many hotels, restaurants and amenities. The venue consists of an eight-lane 50-meter competition pool and an eight-lane 25-meter warm-up pool. Pool depth is 7' in the competition pool with 9' wide lanes. Colorado electronic timing systems will be used with touch pads on both ends. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with the event participation and that said list in no way limits the operation of this Agreement.		
LOCKERS	Men's and Women's Locker rooms for athletes only are located off the competition pool. Social distancing guidelines will be clearly posted. Swimmers are encouraged to come to the pool with their practice/warmup suits already on and to shower/change at the hotel and to only utilize the locker rooms to change into tech suits and for bathroom needs. Facemasks required. The facility is not liable for lost or stolen items.		
MEDICAL ASSISTANCE	First Aid is located between the competition and warm up pools. Facility Lifeguards will be on site for the duration of the event. EMS is located a few minutes from the Rosen Aquatic & Fitness Center.		
CONCESSIONS	Concessions will not be available at this meet.		
HOSPITALITY	Hospitality for coaches and officials will be limited to drinks and grab and go snacks		
PARKING	Limited parking will be available on site, along with free parking available at the parking structure across the street.		
HOTELS	Hotel Room blocks can soon be found on our website: rosenaquatic.com		



TIME STANDARDS

WOMEN		EVENT	MEN	
LCM	SCY		SCY	LCM
26.89	23.39	50 Freestyle	20.79	24.29
58.19	50.69	100 Freestyle	45.39	52.89
2:04.99	1:49.29	200 Freestyle	1:39.39	1:55.69
4:23.79	4:53.09	500 Freestyle	4:30.49	4:05.29
9:03.49	10:03.59	1000 Freestyle	9:25.49	8:33.79
17:20.49	16:46.19	1650 Freestyle	15:46.99	16:14.99
1:05.19	55.79	100 Backstroke	49.99	58.89
2:20.39	2:00.99	200 Backstroke	1:49.99	2:08.99
1:13.79	1:03.19	100 Breaststroke	56.99	1:06.99
2:39.09	2:18.79	200 Breaststroke	2:04.59	2:25.79
1:02.99	55.39	100 Butterfly	49.59	57.09
2:18.99	2:02.09	200 Butterfly	1:51.59	2:07.69
2:22.09	2:02.69	200 Individual Medley	1:50.79	2:09.79
5:00.99	4:22.39	400 Individual Medley	3:59.09	4:37.29

BONUS

WOMEN		EVENT	MEN	
SCY	LCM		LCM	SCY
24.09	27.39	50 Freestyle	24.89	21.39
52.09	59.39	100 Freestyle	53.79	46.49
1:52.59	2:07.79	200 Freestyle	1:58.09	1:41.79
5:03.49	4:28.79	400 Freestyle	4:09.99	4:37.09
10:20.49	9:13.79	800 Freestyle	8:40.69	9:34.29
17:14.39	17:40.19	1500 Freestyle	16:38.99	16:05.49
58.09	1:06.89	100 Backstroke	1:00.79	52.09
2:04.99	2:23.99	200 Backstroke	2:11.89	1:52.79
1:05.99	1:15.99	100 Breaststroke	1:08.69	58.69
2:22.69	2:43.39	200 Breaststroke	2:29.09	2:08.59
57.49	1:04.69	100 Butterfly	58.39	51.09
2:05.39	2:21.89	200 Butterfly	2:10.19	1:53.69
2:08.29	2:26.39	200 Individual Medley	2:12.79	1:55.09
4:30.69	5:07.29	400 Individual Medley	4:42.39	4:07.59

* Qualifying period November 1, 2018 until the entry deadline.