



**Cavalier Aquatics
Sprint Pentathlon
September 25, 2022
SANCTION NO.VS-23-23**



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Brooks Family YMCA. 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. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-23-23 - USA Swimming, Inc., Virginia Swimming, Inc., the Brooks Family YMCA, and Cavalier Aquatics/ Piedmont Family YMCA shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. - 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. - USA Swimming, Inc., Virginia Swimming, Inc., the Brooks Family YMCA, and Cavalier Aquatics/ Piedmont Family YMCA cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia 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/Virginia 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 VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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.	
LOCATION:	Brooks Family YMCA 151 McIntire Park Drive Charlottesville Va. 22902 434-974-9622	
FACILITY	10 lane 25Y indoor pool with a depth of 9' at the start end and 4' at the turn end. Lanes are 7' wide with nonturbulent lane lines. Colorado starting blocks and Colorado timing system will be used with 1 button and 2 watches per lane.. - The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). - In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.	
MEET DIRECTOR:	Marco Mejias marcomejias@hotmail.com 512-786-3179	Kristen Wells Kw2fm@virginia.edu 804-363-8645
ELIGIBILITY	- Open to all athletes on Cavalier Aquatics/Piedmont Family YMCA who are registered with USA Swimming before the first day of the meet. - Age on September 25, 2022 will determine age for the entire meet. - No on deck Virginia Swimming athlete registration will be permitted.	
DISABILITY SWIMMERS:	Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.	

	The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	- All athletes will swim in the morning session - All events will be timed finals - The meet director reserves the right to add breaks if needed after receiving meet entries. 8 lanes will be used.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday, September 15, 2022. - Swimmers may enter a maximum of 5 individual events (pentathlon format). Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. No deck entries will be accepted.
FEES:	- Swimmer Surcharge: \$2.50 per person (entered in the meet in any capacity) - Swimmer meet fee: \$15.00 per person (flat rate regardless of number of swims)
SEEDING:	All events will be pre-seeded.
WARM-UP:	- Morning sessions: Warm-ups at 8:00 a.m.; competition starts at 9:10 a.m. - The host team will email warm-up times to participants no later than Friday, September 22, 2022. Warm-up times will also be posted to the Cavalier Aquatics website. - The meet director retains the right to modify warm up times after receiving meet entries
AWARDS:	No awards will be given
PENALTIES:	- A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as - Entries using fraudulent or non-verifiable times. - Athlete competed in the incorrect age group. - Athlete is not registered with USA Swimming prior to the first day of the meet. - If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. - Any event in which an athlete participated illegally will be rescored and re-awarded.
COVID RULES	- In accordance with YMCA policies, all unvaccinated individuals are encouraged to wear a mask when not swimming. - The meet director reserves the right to modify COVID safety protocols in accordance with requirements set by the state of Virginia and the YMCA.
RULES:	- The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. - 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 policy is a condition of participation in the conduct of this competition. - Any swimmer entered in the meet must be certified by a USA-S 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. - 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 without written USA Swimming approval. - Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. - Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. - In accordance with VSI best practices, all swimmers should shower before entering the pool. - An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The

	athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	Meet Referee: Gordan Hair Email: grhair919@aol.com - Officials will be needed for all positions and all sessions for this meet. - Team Officials Chair should submit the names and session availability of certified officials as well as the names and session availability of trainees to Lisa Bendall at mailto:lbendall75@gmail.com no later Tuesday, September 20, 2022. - An officials meeting will take place at 8:10 a.m.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	There will be 2 timers per lane. 2 button and 1 watch will be used in each lane.
GENERAL:	- Hospitality will be available on a minimal basis. - The meet may be livestreamed on Facebook live. If livestreamed, the link will be posted to the Cavalier website prior to the start of the meet. - The heat sheet will be posted to the Cavalier Aquatics website prior to the start of the meet.
FACILITY RULES:	- Deck access to the pool will be strictly enforced. Swimmers, coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. - YMCA lifeguards will be on deck and available for first aid. - The YMCA and its property are a smoke-free environment. Smoking, including e-cigarettes, or any kind of tobacco is NOT permitted on YMCA property.

**CAVAIER AQUATICS/PIEDMONT FAMILY YMCA
INTRASQUAD SPRINT ORDER OF EVENTS**

Sunday, September 25, 2022

Morning Session

Warm-up: 8:00a.m.; Start: 9:10 a.m.

Girls	Events	Boys
1	8 and under 25 freestyle	2
3	9-10 50 freestyle	4
5	11-12 50 freestyle	6
7	13-14 100 freestyle	8
9	Open 100 freestyle	10
11	8 and under 25 backstroke	12
13	9-10 50 backstroke	14
15	11-12 50 backstroke	16
17	13-14 100 backstroke	18
19	Open 100 backstroke	20
21	8 and under 100 IM	22
23	9-10 100 IM	24
25	11-12 100 IM	26
27	13-14 100 IM	28
29	Open 100 IM	30
31	8 and under 25 butterfly	32
33	9-10 50 butterfly	34
35	11-12 50 butterfly	36
37	13-14 100 butterfly	38
39	Open 100 butterfly	40
41	8 and under 25 breaststroke	42
43	9-10 50 breaststroke	44
45	11-12 50 breaststroke	46
47	13-14 100 breaststroke	48
49	Open 100 breaststroke	50
51	8 and under 50 freestyle	52
53	9-10 100 freestyle	54
55	11-12 100 freestyle	56