

**Norfolk YMCA Aquajets – Y League Meet**  
**October 9, 2021**

- LOCATION:** Norfolk Family YMCA  
301 W Benjamin Ave, Norfolk NE 68701
- APPROVAL #:** MWSAP2106
- In granting this approval it is understood and agreed that USA Swimming and Midwestern Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
  - Norfolk YMCA Aquajets has agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Nebraska, and City of Norfolk.
- DISCLAIMER:**
- Norfolk YMCA Aquajets has taken enhanced health and safety measures for all athletes, officials, and family members. Participants must follow all posted instructions while in and around the venue of *Norfolk 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, people with underlying medical conditions are especially vulnerable. By attending and participating in this activity, participants voluntarily assume all risks related to exposure to COVID-19.
  - To Parents: USA Swimming, Inc., cannot prevent you or your children 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 this 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 MIDWESTERN SWIMMING 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- POOL:**
- Indoor 25 yard, 6 lane pool, anti-turbulent lane markers, starting blocks. Timing and place judging equipment is a fully automatic Colorado 6, complete with touch pads at one end, Electronic horn start and LED scoreboard.
  - The water depth of the competition pool measured for a distance of 3' 3 1/2" (1.0 meter) to 16' 5" (5.0 meters) from the start wall is 12'5" to 10'9" and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" (1 meter) to 16' 5" (5.0 meters) is 4' to 4'6". USA-S Rule 202.3.4.D.
  - The competition course has not been certified in accordance with 104.2.2C(4).
- FACILITY:**
- Masks will be required for all participants.
  - Team seating in separate areas for athletes only.
  - Spectator seating availability: at this time there are no restrictions due to Covid. However, there is limited seating available in the pool area. Norfolk YMCA Aquajets asks that you remain in the pool area only to watch your athlete, and return to the gyms/camping areas to allow for other spectators to watch when your athlete is not competing. One to two gyms will be used for camping, and viewing area will be available behind the glass/starting blocks.
  - Concessions will be offered. Personal food and drink brought by the swimmer will be allowed ONLY in designated areas of the YMCA. There will be no exceptions. Any coolers and drinks must be kept in this designated area. No glass containers.
  - Disinfecting stations will be available throughout the YMCA, in gyms, locker rooms, and on pool deck.
  - Norfolk YMCA Aquajets and the Norfolk Family YMCA reserve the right to remove from the premises any individual who might jeopardize safety and facility privileges.
  - Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, 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.
  - Gender-neutral/family facilities are available at this facility. Locations of these facilities can be found by contacting the Norfolk Family YMCA at 402-371-9770 or for more information contact the meet director at [bethkahny@gmail.com](mailto:bethkahny@gmail.com) or 402-649-9700.
- SCHEDULE:** There will be two warmup sessions, 9:00am and 9:25am.  
Session 1 start time 10:00am. Session 2 will start 30 minutes after the conclusion of the first session but not before 12:00pm.

## Norfolk YMCA Aquajets – Y League Meet

October 9, 2021

- MEET DIRECTOR:** Beth Kahny 402-649-9700 [bethkahny@gmail.com](mailto:bethkahny@gmail.com)
- OFFICIALS:** Meet Referee: Kent Olberding  
Admin Official: Nick Cleveland  
Meet Marshal: Kandy Ortez
- MEET FORMAT:** YMCA Invitational  
Timed Finals; Pre-seeded; NO deck entries  
Age Groups: 8&Under, 9-10, 11-12, 13-14, 15-0
- RULES:**
- Current USA Swimming Rules and YMCA rules will apply.
  - Meet is a USA Swimming/MW Swimming Approved meet. Times for currently registered USA Swimming/Midwestern swimmers will be loaded in SWIMS and the MW database.
- ELIGIBILITY:**
- All swimmers must be active members of the YMCA they are swimming for as of October 9, 2021.
  - The age of the swimmer on December 1, 2021 determines his/her age for the entire meet.
  - Swimmers will be scored as 8 & U, 9-10, 11-12, 13-14, 15-18.
- ENTRY LIMITS:**
- A swimmer may participate in a maximum of 4 individual events plus 2 relays.
  - Each club may enter unlimited swimmers in individual events.
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (electronic entry file with hard copy) or entry roster.
  - All entry times should be YARD times.
  - Entries submitted electronically will be acknowledged within 24 hours of receipt.
- ENTRY DEADLINE:**
- DEADLINE FOR RECEIPT OF ENTRIES IS Wednesday, September 29, 2021, by 9:00pm.
  - NO late entries.
  - NO deck entries.
- ENTRY CHAIR:** Beth Kahny [bethkahny@gmail.com](mailto:bethkahny@gmail.com) 402-649-9700  
84876 559<sup>th</sup> Ave, Hoskins NE 68740
- COACH MEETING:** 9:45am in Northeast corner of pool deck
- GENERAL MEET CONDUCT:**
- All events will be timed finals and pre-seeded.
  - Report any scratches as soon as possible.
  - All events swum Slowest to Fastest or Fastest to Slowest.
  - Fly over starts may be used.
  - Each swimmer shall report promptly to his/her assigned lane prior to the start of each race in which he/she is entered and stand on tape provided behind the blocks when waiting for their heat to be called to help with social distancing behind the blocks.
- WARM-UP PROCEDURES:**
- MWS Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
  - Teams will be assigned time and lanes for warm-ups.
  - Swimmers are to sit and slide entering water.
  - During sprint starts, swimmers must swim one direction only from deep to shallow.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
  - Team area will be located on deck.
  - Teams must provide responsible adults to supervise swimmers at all times. Please make sure your swimmers act safely at all times.
- AWARDS:** 1<sup>st</sup> – 6<sup>th</sup> place individual events – ribbons  
1<sup>st</sup> – 3<sup>rd</sup> place relay events – ribbons  
No team scoring. Results of meet will be broken down into 8&Under, 9-10, 11-12, 13-14, 15&Over
- CONCESSION AND GENERAL INFORMATION:**
- A concession stand will be offered. Swim goggles and clothing will also be available for purchase.
  - Meet programs will be available for purchase.
  - Meet results will be posted in the hallways and on Meet Mobile. Times for USA Swimming registered swimmers will be sent to Midwestern for uploading to the USA Swimming database and MW's database.

**Norfolk YMCA Aquajets – Y League Meet  
October 9, 2021**

**Event List**

| <b>Event#<br/>Girls</b>   | <b>Age</b> | <b>Event Name</b> | <b>Event #<br/>Boys</b> |
|---|------------|-------------------|-------------------------|
| <b>Session 1      Start time: 10:00 AM</b>  |            |                   |                         |
| 1   | Open       | 500 Freestyle     | 2                       |
| 3   | 8 & Under  | 100 Medley Relay  | 4                       |
| 5   | 9 & 10     | 200 Medley Relay  | 6                       |
| 7   | 11&12      | 200 Medley Relay  | 8                       |
| 9   | 13-14      | 200 Medley Relay  | 10                      |
| 11  | 15 -18     | 200 Medley Relay  | 12                      |
| 13  | Open       | 50 Freestyle      | 14                      |
| 15  | 8 & Under  | 25 Butterfly      | 16                      |
| 17  | 12 & Under | 50 Butterfly      | 18                      |
| 19  | Open       | 100 Butterfly     | 20                      |
| 21  | 8 & Under  | 25 Backstroke     | 22                      |
| 23  | 12 & Under | 50 Backstroke     | 24                      |
| 25  | Open       | 100 Backstroke    | 26                      |
| <b>Session 2      Start time: Begins 30 minutes after conclusion of first session but not before 12:00 PM</b> |            |                   |                         |
| 27  | 8 & under  | 25 Freestyle      | 28                      |
| 29  | Open       | 200 Freestyle     | 30                      |
| 31  | 8 & Under  | 25 Breaststroke   | 32                      |
| 33  | 12 & Under | 50 Breaststroke   | 34                      |
| 35  | Open       | 100 Breaststroke  | 36                      |
| 37  | Open       | 100 Freestyle     | 38                      |
| 39  | 10 & Under | 100 IM            | 40                      |
| 41  | Open       | 200 IM            | 42                      |
| 43  | 8 & Under  | 100 Free Relay    | 44                      |
| 45  | 9&10       | 200 Free Relay    | 46                      |
| 47  | 11 & 12    | 200 Free Relay    | 48                      |
| 49  | 13 -14     | 200 Free Relay    | 50                      |
| 51  | 15 – 18    | 200 Free Relay    | 52                      |

Age groups: 8&U, 9-10, 11-12, 13-14, 15-18

**Norfolk YMCA Aquajets – Y League Meet**  
**October 9, 2021**

**USA Swimming and Midwestern Swimming**  
**Supplement Document for Approval**

The following information must be provided for approval

- a) A statement of the local protocols and requirements
- b) The plan for spectator ingress and egress
- c) The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc
- d) Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child
- e) An attestation statement in which the meet hosts attest that the conduct of the meet will adhere to local jurisdictional guidelines.

In applying for this sanction(ed event), the Host, Norfolk YMCA Aquajets (specifically named Club of other entity) agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, Inc, the State of Nebraska, and the City of Norfolk (local city/jurisdiction).

The assumption of risk disclaimer language (listed in the Meet Information under Disclaimer) must be included in all meet information, announcements, and heat sheets.

**Pool Safety Protocols:**

- 1. All Parents and family members will camp in the 2-4 gyms and masks must be worn at all times and social distancing is required. Due to local mandates and facility rules, masks must be worn while in the gyms and hallways.
- 2. No NON volunteering parents will be allowed on deck. Coaches, officials, timers and swimmers are the ONLY people allowed on the pool deck.
- 3. Markers behind the blocks, for heats will be placed on the pool deck, for social distancing, and timers' chairs, will be spaced accordingly. We could add a "clerk of course" ready area if needed.
- 4. Designated disinfecting stations will be available in the YMCA lobby and on the pool deck.
- 5. We are asking that swimmers come in their suits and leave in their suits in order to limit locker room usage.
- 6. As stated above, Norfolk YMCA Aquajets is abiding by our state, local and city guidelines. We are also abiding by the Norfolk Family YMCA guidelines - with limiting the number of people allowed in the pool area to 25% capacity (currently 75 people maximum including volunteers and, plus a maximum of 25 swimmers in the water), and CDC protocols.