

2021 NYA Intrasquad Meet

Norfolk YMCA Aquajets

December 10, 2021

- SANCTION:** The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS21066
- It is understood and agreed that USA Swimming and Midwestern Swimming Inc., Norfolk YMCA Aquajets, and the Norfolk Family YMCA, 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 the 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.
- LOCATION:** Norfolk Family YMCA
301 W Benjamin Ave, Norfolk, NE 68701
- POOL:**
- 25-yard, 6 lane indoor pool, anti-turbulent lane markers, starting blocks. 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" (1.0 meter) to 16'5" (5.0 meters) is 4' to 4'6". USA-S Rule 202.3.4.D. 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 pool has not been certified in accordance with 104.2.2C(4).
- FACILITY:**
- Concessions will not be offered. Personal food and drink brought by the swimmer/families will be allowed ONLY in designated areas of the YMCA. There will be no exceptions. All coolers and drinks must be kept in this designated area. Social distancing will be required. 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 or 402-649-9700.
- SCHEDULE:** Warm-ups will be split into 2 sessions.
Warm-Up Session 1, 4:10-4:30pm
Warm-Up Session 2, 4:30-4:50pm
Meet start time of 5:00pm

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- MEET DIRECTOR:** Gary Hebb garyhebb48@gmail.com (402) 860-0071
- OFFICIALS:** Meet Referee: Kent Olberding
Admin Official: Nick Cleveland
Meet Marshal: Nick Kahny
- MEET FORMAT:** NYA Intrasquad
Timed Finals; Pre-seeded; NO deck entries
Age Groups: 8 & Under, 9-10, 11-12, 13-14, 15-18
- DISABILITY SWIMMERS:** Athletes with a disability are welcomed 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 Deck Referee of any disability prior to competition.
- RULES:** Current USA Swimming Rules and Midwestern Rules 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 (MAAPPP, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- CREDENTIALS:**
- Presentation of coach's membership credentials will be required at coach sign-in. Credentials shall be available at all times. Deck Pass is acceptable proof of USA Swimming membership.
 - In accordance with MWS Policy, only those coaches who hold current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- ELIGIBILITY:**
- All swimmers, coaches and clubs must be currently registered with USA Swimming and MIDWESTERN Swimming.
 - NO on deck registration permitted. NO late entries permitted.
 - Athletes who appear as unregistered on the first pre-meet recon must register with Midwestern immediately. A second pre-meet recon will be run 4 days prior to the start of the meet and any unregistered athlete that appears on that list must register with Midwestern Swimming and will be charged an additional \$30.00 above the current MW registration fee and must provide proof of registration before being allowed to swim in the meet. Meet management must delete unregistered athletes from the meet file prior to meet commencement.
 - The age of the swimmer on December 10, 2021, determines his/her age for the entire meet.
 - Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- ENTRY LIMITS:**
- A swimmer may participate in up to 4 individual events and 1 relay
 - Meet limit – 80 swimmers per session.
 - No time trials.
 - The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & Under swimmers where a 4-hour projected time limit is reached. The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit (205.3.1F). Teams will be notified of any and all necessary adjustments.
- EVENT FEES:** \$1.75 flat fee per swimmer (not per event)
\$3.25 Midwestern Splash Fee per swimmer
No Refunds
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email.
 - All entry times should be YARD times.
 - A check for the entry fees must accompany all entries.
 - Make checks payable to Norfolk YMCA Aquajets. NO REFUNDS
 - Entries submitted electronically will be acknowledged within 24 hours of receipt.
- ENTRY DEADLINE:**
- All Entries must be received **by 12pm CST on Friday, December 3, 2021.**
 - NO late entries. NO deck entries.

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| ENTRY CHAIR: | Nick Cleveland necleveland@gmail.com (402) 750-0541 |
| GENERAL MEET CONDUCT: | <ul style="list-style-type: none">• All events will be timed finals and pre-seeded.• Report any scratches as soon as possible.• Starts will be off blocks in the deep end of the pool.• All events swum Slowest to Fastest.• Fly over starts may be used at the discretion of the meet referee and meet director.• 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.• No exhibition swimmers. No time trials. |
| WARM-UP PROCEDURES: | <ul style="list-style-type: none">• 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.• Swimmers are to sit and slide entering water.• No starts will be allowed for the first 15-minutes of warm-ups. After 15-minutes, the coach(es) in each lane may decide when to implement sprints/starts for their lane.• During sprint starts, swimmers must swim one direction only from deep to shallow. |
| TEAM SUPERVISION: | <ul style="list-style-type: none">• Deck changes are prohibited.• Designated areas will be provided on deck, for all swimmers to camp during the meet• An adult with non-athlete USA Swimming membership to supervise the swimmers in the team area at all times. Only registered coaches, swimmers, and officials will be allowed on deck. |
| SCORING: | No team scoring. Individual 1-6. |
| AWARDS: | No awards. |
| MEET RESULTS: | Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – www.mwswim.org . |
| PHOTOGRAPHY POLICY: | The MWS Photography Policy will be followed (MWS Policies and Procedures 8.5.15). Photographers taking pictures must adhere to MW policies and have advanced, written permission from the Meet Director or the Meet Referee to be on deck. |
| GENERAL INFORMATION: | NO CONCESSION STAND AT THE MEET. Personal food and drink brought by the swimmer will be allowed ONLY in a designated area of the YMCA. There will be no exceptions. All coolers and drinks must be kept in this area. Social distancing will be required. |

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List of Events

Session 1

Warm-ups

4:10pm

Meet Starts 5:00pm

| Mixed | Age | Distance | Event |
|-------|------------|----------|--------------|
| 1 | 18 & Under | 100 | Freestyle |
| 2 | 12 & Under | 50 | Butterfly |
| 3 | 18 & Under | 100 | Butterfly |
| 4 | 18 & Under | 50 | Freestyle |
| 5 | 12 & Under | 50 | Backstroke |
| 6 | 18 & Under | 100 | Backstroke |
| 7 | 12 & Under | 100 | Ind Medley |
| 8 | 18 & Under | 200 | Medley Relay |
| 9 | 12 & Under | 50 | Breaststroke |
| 10 | 18 & Under | 100 | Breaststroke |
| 11 | 18 & Under | 200 | Ind Medley |
| 12 | 18 & Under | 200 | Freestyle |