

H₂O! H₂O! H₂O! Invitational NTS

Mariners Swim Club

12/17/21 – 12/18/21

- SANCTION:** The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS21069
- 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.
 - Mariners Swim Club has agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Iowa, and Sioux City.
- DISCLAIMER:**
- Mariners Swim Club 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 West High School. 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:** West High School
2001 Casselman St. Sioux City, IA 51104
- POOL:**
- Indoor 25-yard pool. Six racing lanes with starting blocks at one end. Daktronics timing system with touch pads and 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 11'9" to 10'3", 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 3'8" to 4'0".
 - Pool has not been certified in accordance with 104.2.2C(4)
- FACILITY:**
- No mask requirements
 - SCM & West High School reserves 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.
 - 2 gender-neutral/family facilities are available at this facility. Locations of these facilities can be found on deck next to pool office. For more information contact the meet director at rfreemanlmt@gmail.com
 - 2-3 Gyms will be used for camping, with live streaming on the wall.
- SCHEDULE:**
- **Session 1** Warm-ups will begin at **5:00 pm on Friday (12/17/21)**. Meet will begin at **6:00 pm**.
 - **Session 2** warm-ups will begin at **8:00 am on Saturday (12/18/21)**. Meet will begin at **9:00 am**.
- MEET DIRECTOR:** Robin Freeman 712-490-0831 rfreemanlmt@gmail.com
- OFFICIALS:** Meet Referee: Dean Burger dean.burger56@gmail.com Admin Official: Krista Nelson
Meet Marshal: Nate Nelson Nnelson1@landolakes.com

H₂O! H₂O! H₂O! Invitational NTS

Mariners Swim Club

12/17/21 – 12/18/21

- MEET FORMAT:** **Invitational - NTS**
Timed Finals; Pre-seeded; NO deck entries
Age Groups: 8 & under, 9-10, 11-12, 13-14, 15 & over
- 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 (unless waiver is obtained from host's LSC and adjacent LSC).
 - NO on deck registration permitted. NO late entries permitted.
 - MW 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, including unregistered athletes from another LSC, from the meet file prior to meet commencement.
 - The age of the swimmer on December 17, 2021, determines his/her age for the entire meet.
 - This is NTS 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 five (5) individual events and two (2) *relay* events per day.
 - Relays must be 2boy/2girl.
 - 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:** Individual Events: 4.00
Relay Events: 4.00
Midwestern Fee: 6.50
Facility Fee: 6.00
- 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 Mariners Swim Club. NO REFUNDS
 - Entries submitted electronically will be acknowledged within 24 hours of receipt.
- ENTRY DEADLINE:**
 - DEADLINE FOR RECEIPT OF ENTRIES IS Tuesday, December 7, 2020
 - NO late entries; NO deck entries
 - Psych sheets will be sent to club entry chair within 24 hours of entry deadline.

H₂O! H₂O! H₂O! Invitational NTS

Mariners Swim Club

12/17/21 – 12/18/21

- ENTRY CHAIR:** Robin Freeman rfreemanlmt@gmail.com 712-490-0831
4431 Jefferson St. , Sioux City, IA 51108
- COACH MEETING:** 8:45am Saturday in Southwest corner of pool
- GENERAL MEET CONDUCT:**
- All events will be timed finals and pre-seeded.
 - Report any scratches as soon as possible.
 - A clerk of course staging area may be used in order to social distance behind the blocks
 - 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 .No Exhibition Swimming.
 - No Time Trials.
- WARM-UP PROCEDURES:**
- Athletes should arrive in their suits and depart in their suits. Locker rooms will be available.
 - 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.
 - Each team must provide 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:** Meet will not be scored.
- AWARDS:**
- Individual events: Ribbons 1-6; Relays: Ribbons 1-6
 - Results of events will be broken down into 8 & Under, 9-10, 11-12, 13-14, 15 & Over.
 - 6-place scoring for individual events – 7, 5, 4, 3, 2, 1
 - High point and reserve high point will be awarded to the top 2 boys and girls in each age group.
 - There will be no heat ribbons, however, personal best times will be recognized.
- MEET RESULTS:** Results of events will be broken down into 8&U, 9-10, 11-12, 13-14, 15&over
Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – www.mswim.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.

H₂O! H₂O! H₂O! Invitational NTS

Mariners Swim Club

12/17/21 – 12/18/21

Meet Dates 12/17/21 – 12/18/21

Session 1 Warm-ups: 12/17/21 5:00pm

Meet Start: 6:00pm

Session 2 Warm -up: 12/18/21 8:00am

Meets Start 9:00am

Mixed	Age Group	Distance and Stroke
1	8 & U	100 Medley Relay
2	8 & U	25 Backstroke
3	8 & U	100 Ind Medley
4	11 & O	400 Ind Medley
5	8 & U	25 Breaststroke
6	8 & U	25 Freestyle
7	11 & O	500 Freestyle
8	8 & U	25 Butterfly
9	11 & O	200 Butterfly
10	8 & U	100 Free Relay

Mixed	Age Group	Distance and Stroke
11	9-10	200 Med Relay
12	11-12	200 Med Relay
13	13 & O	200 Med Relay
14	9 & O	50 Freestyle
15	9-12	50 Breaststroke
16	9 & O	100 Butterfly
17	11 & O	200 Freestyle
	5 Minute Break	
18	9-12	100 Ind Medley
19	9-12	50 Butterfly
20	9 & O	100 Backstroke
21	11 & O	200 Breaststroke
	5 Minute Break	
22	9 & O	100 Freestyle
23	11 & O	200 Backstroke
	5 Minute Break	
24	9-12	50 Backstroke
25	9 & O	100 Breaststroke
26	11 & O	200 Ind Medley
27	9-10	200 Free Relay
28	11-12	200 Free Relay
29	13 & O	200 Free Relay

H₂O! H₂O! H₂O! Invitational NTS

Mariners Swim Club

12/17/21 – 12/18/21

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

The following information must be provided for sanction.

Pool Safety Protocols:

- a) All Parents and family members will camp in the gyms social distancing is optional. The meet will be live streamed on the gym wall, and throughout the main hallway and concession area via TV's.
- b) Masks and face coverings are optional
- c) As stated above SCM< is abiding by our state, local and city guidelines. We are also abiding by the Sioux City Community School Districts guidelines.
- d) Entrance to the building will be thru the Pool doors.
- e) .

In applying for this sanction the Host, Sioux City Mariners Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, Inc, the State of IOWA and Sioux City.

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