

2020 Deeper Freeze Dual Meet
Sponsored by Team Sopris Barracudas
November 8, 2020

DATE: November 8, 2020

SANCTION: This event is held under the sanction of USA Swimming #xxxxxxx. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. In applying for this sanctioned event, the Host, Team Sopris and Aspen Speedos agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Colorado Swimming, the State of Colorado, Garfield County and the City of Glenwood Springs.



MEET DIRECTOR: Tiffany Lindenberg – lindy@rof.net

REFEREE: Katie McManus – skier_pt@yahoo.com

ADMIN OFFICIAL: Cristi Newton – info@teamsopris.org

SAFETY CHAIR: Tom Newton – info@teamsopris.org

ENTRY CHAIR: Cristi Newton - meetentries@teamsopris.org

LOCATION: Glenwood Springs Community Center
100 Wulfsohn Road
Glenwood Springs, CO 81601
(970)384-6316 phone | (970)928-8418 fax | Altitude – 5,763ft
<http://www.glenwoodrec.com/community-center>

FACILITIES: 25-yard indoor pool, 7 lanes. Due to COVID 19 – **there will not be a continuous warm-up/cool down lane.** The competitions course has not been certified in accordance with 104.2.2C (4). Water depth: 4 feet at shallow end; 6’3”-12’ at diving end. All races will start at diving end.

TIMING: Colorado Timing System with touch pads and electronic display board will be used for all events. Back-up timing will consist of one button and one stopwatch. Hy-Tek Meet Manager software will be used.

VOLUNTEERS: The only volunteers allowed on the deck will be the USA Swimming Officials with current 2020-2021 credentials who are working the meet, and the assigned timers working the meet.

COVID-19 SAFETY: Swimmers/coaches MUST always wear their mask.

Swimmers cannot bring gear bags onto the pool deck area and must arrive/leave in a suit. Swimmers are advised to bring only mask, towel or parka, cap/goggles, shoes, water bottle.

All persons, including coaches and officials will be checked in by their teams’ coach or the head referee with Daily Health Screening questions. Any person not feeling well or who has been exposed to COVID19 cannot participate in the swim meet.

High touch areas of the facility are cleaned hourly and City of Glenwood Springs staff will be deep cleaning the facility every 24 hours.



PARTICIPANT
ASSUMPTION
OF RISK:

We have taken enhanced health and safety measures to reduce the spread of COVID-19; however, we cannot guarantee that you will not be exposed to COVID-19. 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 guests with underlying medical conditions are especially vulnerable. Physical presence at the meet may increase the risk of contracting COVID-19. Meet participants and spectators voluntarily assume all risks related to exposure to COVID-19 and voluntarily accept sole responsibility for any personal injury, illness, permanent disability, or death that may result.

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, TEAM SOPRIS AND THE CITY OF GLENWOOD SPRINGS 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.

Waiver of Liability – this document will be circulated to each team for the coach to distribute to team members. The form will need to be completed by each participant and returned to host team prior to the start of the meet. It will be responsibility of the head coach to ensure that each participant has returned a signed waiver before they are allowed to swim. The document will be sent to team coaches for distribution.

SCHEDULE: Sunday morning: Warm-up 10:00am | Start 11:10am

(Warm-ups may be split into two 25-minute sessions, and 5-minute transition. Each Team will be assigned a full 8 lane, 25-minute session. USA Swimming proper protocol for lane usage should be followed. Warm up times will be communicated and are at the discretion of the meet host.)

We reserve the right to change the format of the meet should the number of entries warrant such a change. The meet director and meet referee reserve the right to reorganize the sessions to accommodate the 4-hour rule.

ELIGIBILITY: Open to all Sopris, and Aspen USA swimmers holding a 2020-2021 USA Swimming membership card. Any swimmer who appears on the CSI exceptions report without registration must come to the meet prepared to show their card. There shall be no deck registrations allowed.

We encourage swimmers who are registered with a disability to enter the meet. It is the swimmer or coach's responsibility to notify the Meet Referee of the events the swimmer has been entered.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as proficient in a racing start or must start each race from within the water. When unaccompanied by a member-coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement.

Deck pass is an acceptable proof of Membership.

SCORING: Team scores will not be kept

AWARDS: **None**



RULES: Current 2020 USA rules will govern the format of the meet.
Colorado Swimming, Inc. warm-up procedures will be observed.
Age as of November 7th will determine the swimmer's age group.

There will be ample seating available spread out outside the pool area for families to sit. When swimmers are within ten minutes of their race slot, they should report to the Swimmer seeding area. Seeding stations will be spread out 6 feet apart, with indicated heats and lanes for the swimmers to position themselves. One heat will be in the pool area at a time. All successive heats will be organized and held in the outside seeding area. Upon the completion of each heat the successive heat will be escorted into the building to the blocks.

Swimmers MUST wear a face mask until they are behind the blocks ready to race. Face masks shall be put back on immediately after each race. Exception: During Team warm-up.

Exhibition swimming will not be allowed.

Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 per swimmer who shows up on the post meet registration check charged to the team account. Teams will receive one Meet Recon email as a reminder to register the swimmers. As soon as the post meet registration check is run, the team will be charged.

At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. Swimmers at the meet without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision.

Coaches that are in non-compliance will not be allowed on deck.

Deck changes are prohibited.

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.

Use of audio and visual recording devices, including cell phones, are not permitted in the changing areas, restrooms, or locker rooms.

No on deck photography from behind the starting platforms or during the starts.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet

The meet referee will have the final authority on all procedures regarding the conduct of the meet. The referee may combine individual events by age, gender and/or distance.

All coaches and uniformed officials must display their USA/CSI cards when on deck. Current certification is mandatory. Deck pass is an acceptable proof of certification.

Colorado Swimming, Inc. does not support, recommend, endorse, or take responsibility for the sale or marketing of dietary supplements. It is the swimmers' responsibility to know the contents of any food or drink they ingest. For more specific information on supplements, please refer to the drug information on the USA Swimming website at www.usaswimming.org.

ENTRY LIMITS: Swimmers are limited to 4 individual events. Entries will be limited in accordance with the 4-hour guidelines. The Meet Director reserves the right to alter the sessions to conform to this rule.

Due to COVID-19 the team limits will be dictated by city and county ordinance. The meet will be limited to approximately 40 swimmers. Teams will not be split up (this pertains only to entries received at the same time while still under the cap of 40 swimmers).



The meet will be pre-seeded.

Coaches must declare scratches no later than thirty (30) minutes prior to the start of each session.

ENTRY FEES: \$4.00 per Individual Event
\$8.00 per Swimmer Surcharge
(\$.15 of each entry fee goes to Zone 4)
Make check payable to Team Sopris Barracudas - P.O. Box 1851, Glenwood Springs, CO 81602

HAND ENTRIES: Will not be accepted.

ENTRY PROCEDURE: The TM Event template will be emailed **October 23, 2020**.

All entries must include times where available. Submit short course yard times only.

All entries must be submitted by email in HY-TEK compatible format. The entry chair will confirm any e-mail entries received.

NO DECK entries will be accepted. The meet will be pre-seeded.

Only emailed entries will be accepted. "NO TIME" or incorrect times will be placed in the slowest heat. Times for all events should be in short course yards. A current Colorado Swimming Meet Verification Form must accompany all entries.

E-mail entries to **Cristi Newton at meetentries@teamsopris.org** and attach a PDF or Word document of the Hy-Tek meet entry report by swimmer. If you do not receive an email confirmation, your entries were not received. Checks and Meet Verification may be hand-delivered at the meet. Awards will not be distributed until checks are received by the Clerk of Course

ENTRY DEADLINE: **Tuesday, November 3, 2020 by 5:00pm** – No entries will be accepted after 5:00pm on this date. You will receive a team psych sheet to confirm your swimmers by 7:00pm on **Wednesday, November 4, 2020**. You will have until **Thursday, November 5, 2020** at 5:00pm to make any changes to your swimmers' events. The meet will be seeded after the change deadline.

PROGRAMS: Heat sheets will be posted on the Team Sopris Barracuda website and on the WSL website by **Friday, November 6, 2020** at 5:00pm. **Heat sheets or Programs will NOT be available at the meet**, so please print them and bring them with you. Heat and Lane information will be available for FREE through the Meet Mobile app.

RESULTS: Results will be posted on the Sopris Barracuda website and the WSL website within five (5) days after the meet. Teams providing a thumb-drive and using Hy-Tek for the results will be accommodated at the meet. Results will be emailed to all teams.

LODGING: **Rooms are available at the Courtyard and the Residence Inn, across the street from the pool.**

PARKING: There is ample parking at the Community Center. Please limit your parking to the front lot. Unauthorized cars parked on the east side of the pool are subject to towing.

OFFICIALS: All coaches and uniformed officials must display their USA membership cards when on deck. Current certification is mandatory. The Meet Referee reserves the right to hold a coach's meeting prior to the start of the meet or at any time the need arises.

If you are interested in officiating at this meet, please contact Katie McManus (skier_pt@yahoo.com). We will need many officials to cut down on the deck time each official works over the two days. A mandatory Officials meeting will be held before each session. Officials wear standard white over navy blue.

TIMERS: Each team should be prepared to provide timers and safety marshals throughout all the meet.



INFORMATION: No smoking on the pool deck, in the building or any area frequented by swimmers. Any damage to pool property will be grounds for dismissal from the remainder of the meet and the offenders will be held liable to the fullest extent that the law allows. **NO VIEWING WILL BE PERMITTED ON THE POOL DECK.** Please plan to set up outside.

Due to COVID19, the inside pool capacity is limited to 50 individuals, not including officials and coaches, the inside gymnasium capacity is limited to 41 individuals, weather permitting the outside capacity is limited to 175 individuals, all complying with proper social distancing parameters. Teams are encouraged to limit the number of non-swimmers attending the swim meet. Team Sopris will attempt to live stream the event for everyone to watch.

Additional links:

Garfield County Public Health general information page
<https://www.garfield-county.com/public-health/novel-coronavirus/>

State of Colorado general page:
<https://covid19.colorado.gov/>

City of Glenwood Springs Face Covering Requirement
<http://cogs.us/568/MasksFace-Coverings>

City of Glenwood Springs coronavirus main page
<https://city-of-glenwood-springs-coronavirus-response-gwsco.hub.arcgis.com/>



Deeper Freeze Dual Meet Event Schedule

SESSION 1		
Warmup: Starts at 10:00am, 25 minutes for each team, followed by 5-minute transition period		
Meet Start: 11:10am		
Mixed	Event Description	Age Group
1	100 Free	12&U
2	25 Free	12&U
3	100 Fly	12&U
4	100 Back	12&U
5	25 Back	12&U
6	50 Breast	12&U
7	100 IM	12&U
8	200 Free	12&U
9	50 Back	12&U
10	50 Fly	12&U
11	25 Fly	12&U
12	100 Breast	12&U
13	25 Breast	12&U
14	50 Free	12&U
15	200 IM	12&U

