



Bangor Y Barracudas ME BYB YMCA – Mar 21 - Approved Meet

17 2nd Street, Aloupis Competition Pool, Bangor, ME 04401

Date: March 21, 2021

Held under the sanction of USA Swimming/Maine Swimming, Inc. #ME-2021-0321BYB

USA Official:	Amanda Gleason	lilibet475@gmail.com	207-941-8491
YMCA Official:	Jessica Buck	Jessica_s_buck@hotmail.com	Y Level - II
YMCA Official:	Sheila Rentosa	Shelia_pascual26@gmail.com	Y Level - II
YMCA Official (AO)	Alecia Wilcox	aleciabwilcox@hotmail.com	Y Level -II
Safety Monitor	Paul Monyok	pmonyok@bangory.org	207-902-2474

SAFETY INFORMATION: 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.

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 approved 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 MAINE 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 THEREWITH.

SAFETY PROTOCOLS DUE to COVID RESTRICTIONS: Please refer to the *BYB's Return to Competition* document

Maine State Department of Health protocols and requirements: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/communities-workplaces-schools.shtml>

Please refer to the Bangor Y return to competition document for specifics on the facility and the event as it relates to protocols. Included is a sketch of the pool and deck. During the course of the meet swimmers will be required to follow a counter clockwise rotation around the pool deck. Swimmers will enter the block area from one direction, near lane 6 and exit after the race near lane 1. Only two heats will be allowed behind the blocks. The heat that is currently up to swim and the following heat. All other athletes will wait in the staging area. (see the sketch)

The use of locker rooms will be allowed. Access to other parts of the facility not needed for ingress or egress will be restricted.

The meet will not be open to spectators, only meet personnel and athletes. The meet will be broadcast on the team's Facebook page. (<https://www.facebook.com/BangorYmcaSwimTeam>)

All relevant meet related documents, including meet entries and heat sheet can be found on the team's website (<https://www.bangory.org/aquatics/competitive-teams/barracuda-swim-team/meet-schedule/>)

Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting Coach Paul Monyok (pmonyok@bangory.org) at:207-902-2474

“In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”

MEET FORMAT: This is a YMCA invitational. This meet will be swum as timed finals. The meet will be pre-seeded and will be swum as per the pre-seeded heat sheet. No deck entries or lane changes will be permitted. Heat sheets will be emailed out and posted online prior to the start of the meet. During the meet, heat sheets will be posted around the pool deck.

The 500 freestyle will be swum mixed fast-to-slow.

SITE: The pool is located inside the Bangor Regional YMCA, 17 2nd Street, Bangor, ME 04401. Please enter through the main entrance on Second Street. Directions may be found later in this document. The competition course has not been certified in accordance with 104.2.2C(4).

FACILITY: The Bangor Regional Y's Aloupis Competition Pool is a 6-lane, 25-yard pool with 7-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Time Systems electronic timing system with touchpads at the finish end of the pool with single-line electronic display. There are no touchpads at the turn end of the pool. Separate from the main pool is a second pool area (called Means Pool) that is available for warm-up and warm-down, approximately 10x25 yards in size. The starting/finish end of the pool is 12 feet deep; the turn end of the pool is 4.5 feet deep. Spectator seating is for 100.

COURSE: Short course yards (25 yards)

25-YARD EVENTS: 25-yard events will start at the turn end of the pool. There are no starting blocks at the turn end of the pool. Swimmers that need to start from that end, due to a relay, will not dive in from the wall. They must enter the water feet first and push-off. All 25s will be swum from the starting block end with touchpads at the opposite end.

CUT PROTOCOL: The size of each session must comply with all federal, state and local guidelines.

SOCIAL DISTANCING POLICY: This meet will follow all social distancing rules set forth by Maine and USA Swimming and will follow recommendations outlined by the CDC. Please see separate documentation for these details.

ALL USA REGISTERED SWIMMERS, COACHES, OFFICIALS, AND OTHER PERSONNEL MUST complete a COVID Waiver by March 20th at noon to be eligible to attend the meet. NO EXCEPTIONS!!!!

ELIGIBILITY All swimmers must be currently registered BYB-YMCA or YWTS-ME. If swimmers wish to have their times entered into the SWIMS database they must be currently registered with USA Swimming. (If this is a dual meet or invitation, please include teams attending).

Any swimmer entered in the meet 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. 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.

SWIMWEAR: Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under [Tech Suit Restriction for 12-and-Under Swimmers](#).

REGISTRATIONS: All swimmers who wish to have their times entered into the SWIMS database must be registered with USA Swimming before the first day of the start of the meet.

DECK REGISTRATIONS AND DECK ENTRIES: DECK REGISTRATIONS AND DECK ENTRIES WILL NOT BE ACCEPT AT THIS MEET

EVENTS and SESSIONS: See attached list.

Session-01: 12&under. Warm-ups start at 1:30PM; meet starts at 2:00PM

Session intermission from 3-3:15 for cleaning

Session-02: 13&over. Warm-ups start at 3:30PM; meet starts at 4:00PM

ENTRY LIMITS: Athletes may enter and swim in a maximum of 6 events per day. Time Trials count in the per day event count.

ENTRY FEES:

Swimmer Participation Fee is \$2.00 per swimmer

RELAYS: RELAYS will be competed at this meet. Three options are available for relays, all male, all female, or mixed. Mixed relays must consist of two males and two females.

TIME TRIALS: Time trials will be offered at the discretion of the Head official if time allows. There is no cost for time trials.

ADMISSION: Spectators are not permitted at this meet

MEET MOBILE Meet Mobile will be functional for this meet. All users should be aware that Meet Mobile publishes unverified raw data which cannot be relied upon until the official results have been published and posted in the facility.

WARM-UPS: The pool will open for warm-ups one half hour before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received.

OFFICIALS: No walk on officials permitted. Please email the Head Official prior to the meet if you would like to officiate. All USA officials must have completed a [COVID waiver](#) by the day prior to the meet at noon to be eligible to work the meet.

SAFETY:

1. No shaving is permitted at the competition site.
2. No glass containers are permitted within the facility.

3. No food is allowed on the pool deck.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
6. Deck changes are prohibited.
7. 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.

SAFE SPORT: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to an official, the Head Official or the Meet Director to be resolved.

PHOTOGRAPHY: PHOTOGRAPHERS ON DECK: As per Maine Swimming policy, only coaches are permitted to use video equipment on deck, but this is not permitted from behind the blocks. The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests.

SCORING: The meet will not be scored.

AWARDS: no prizes will be awarded

MISCELLANEOUS: Bangor Y Barracudas assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

LIABILITY RELEASE: Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, Maine Swimming, Bangor Regional Y and/or the Bangor Y Barracudas for any and all injuries suffered by him/her at said meet. In submitting this entry the undersigned team certifies that all athletes in the entry are registered with USA Swimming or YMCA Swimming.

SESSION SCHEDULE: The event is slated for 2 sessions following the format below.

Event #	Gender	Age Group	Event Desc
SESSION: 01 – 12 & under (5 minute break after each event) Starts at 2:00 PM			
1	Girls	8 & under	100 Medley Relay
2	Boys	8 & under	100 Medley Relay
3	Mixed	8 & under	50 Butterfly
4	Mixed	8 & under	25 Breaststroke
5	Mixed	8 & under	25 Backstroke
6	Mixed	8 & under	100 Freestyle
7	Mixed	8 & under	100 Breaststroke
8	Mixed	12 & under	50 Backstroke
9	Mixed	12 & under	50 Breaststroke
10	Mixed	12 & under	25 Butterfly
11	Mixed	12 & under	25 Freestyle
12	Mixed	12 & under	100 Free Relay
13	Mixed	12 & under	100 Backstroke
14	Mixed	12 & under	100 IM
15	Mixed	12 & under	200 Freestyle
16	Mixed	12 & under	50 Breaststroke
17	Mixed	12 & under	100 Butterfly
SESSION: 02 – 13 & over (5 minute break after each event) Starts at 4:00PM			
18	Mixed	OPEN	50 Freestyle
19	Mixed	OPEN	200 Medley Relay
20	Mixed	OPEN	200 IM
21	Mixed	OPEN	200 Freestyle
22	Mixed	OPEN	100 Backstroke
23	Mixed	OPEN	200 Breaststroke
24	Mixed	OPEN	100 Butterfly
25	Mixed	OPEN	400 IM
26	Mixed	OPEN	100 Freestyle
27	Mixed	OPEN	200 Butterfly
28	Mixed	OPEN	100 Breaststroke
29	Mixed	OPEN	200 Backstroke
30	Mixed	OPEN	200 Free Relay
31	Mixed	OPEN	500 Freestyle