



## Bangor Y Barracudas

### ME BYB Y State Championships – Apr 11 - Approved Meet

17 2<sup>nd</sup> Street, Aloupis Competition Pool, Bangor, ME 04401

Date: April 11, 2021

Held under the sanction of USA Swimming/Maine Swimming, Inc. #ME-2021-0401YMCA

<b>USA Official/Referee:</b>	Marie Wefering	207-852-2804	weferling5@gmail.com	Y Level -II
<b>YMCA Official/Starter:</b>	Jessica Buck	207-712-8844	Jessica_s_buck@hotmail.com	Y Level - II
<b>YMCA Official:</b>	Sheila Rentosa	914-320-5245	Shelia_pascual26@gmail.com	Y Level - II
<b>YMCA Official:</b>	Terry Savage	207-307-1121	Terry.savage@kelloggmarine.com	Y Level - I
<b>YMCA Official (AO)</b>	Amanda Gleason	207-852-2804	lilibet475@gmail.com	Y Level -II
<b>Safety Monitor</b>	Paul Monyok	207-902-2474	pmonyok@bangory.org	

**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) or their designated team room, off-deck.

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 athlete's. 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](mailto: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 closed meet. 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. The competition course has not been certified in accordance with 104.2.2C(4).

**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 April 9th at noon to be eligible to attend the meet. NO EXCEPTIONS!!!!**

**ELIGIBILITY** All swimmers must be currently registered YMCA. If swimmers wish to have their times entered into the SWIMS database they must be currently registered with USA Swimming. (This is meet is part of a state-wide competition, with teams at various locations. The meet as swam at this facility, with be a tri-meet, other teams competing in person that day include Mid-Maine Dolphins and Twin City Swim Team).

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](https://www.usaswimming.org/docs/default-source/officialsdocuments/misc-officials/tech-suit-for-officials.pdf). (<https://www.usaswimming.org/docs/default-source/officialsdocuments/misc-officials/tech-suit-for-officials.pdf>)

**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 12:00PM; meet starts at 12:30PM

**ENTRY LIMITS:** Athletes may enter and swim in a maximum of 3 events per day. Time Trials count in the per day event count.

**ENTRY FEES:**

Swimmer Participation Fee is \$0.00 per swimmer

**RELAYS:** NO RELAYS will be competed at this meet..

**TIME TRIALS:** No time trials will be offered.

**ADMISSION:** Spectators are not permitted at this meet. A live broadcast will be available.

**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.

**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 be scored. Scoring will be done using standard scoring for places 1-16. Final scoring will be completed by the league once all meet results are submitted and combined.

**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.

BYB – Y State Championship Swim Meet (with MMD & TCST)

**SESSION SCHEDULE:** The meet is slated for 1 session following the format below.

Session:01 (Apr-11)

warm ups: 9:30AM ; meet starts at 11:00AM

Event #	Gender	Age Group	Event Desc
SESSION: 01 – 12 & under (5 minute break after each event)			
1	Mixed	8 & under	25 Fly
2	Mixed	8 & under	25 Back
3	Mixed	8 & under	25 Breast
4	Mixed	8 & under	25 Free
5	Mixed	12&under	50 Free
6	Mixed	12&under	100 IM
7	Mixed	9-12	50 Fly
8	Mixed	9-12	50 Back
9	Mixed	9-12	50 Breast
10	Mixed	9-12	100 Freestyle

Session:02 (Apr-11)

warm ups: 2:30PM ; meet starts at 4:00PM

Event #	Gender	Age Group	Event Desc
SESSION: 01 – 13 & over (10 minute break after each event)			
11	Mixed	11 & over	200 Freestyle
12	Mixed	13 & over	50 Freestyle
13	Mixed	13 & over	100 Butterfly
14	Mixed	13 & over	100 Backstroke
15	Mixed	13 & over	100 Breaststroke
16	Mixed	13 & over	100 Freestyle
17	Mixed	13 & over	200 IM
18	Mixed	13 & over	500 Freestyle