



# **2021 LA COSST Damon McCoy Invitational hosted by YMCA of Northwest Louisiana Southside Swim Club, Shreveport, LA June 4-6, 2020**

## **CONDITION OF SANCTION**

As a condition of this sanction, YNWL agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, Louisiana Swimming, the State of Louisiana, local jurisdictions, and the YNWL Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

## **ASSUMPTION OF RISK DISCLAIMER**

The YNWL has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. 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. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID- 19.

## **COVID-19 RELEASE**

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 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 LAND 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 UNSEEN, IN CONNECTION THEREWITH.

## YNWL COVID 19 MEET PLAN

**FACE COVERINGS All Participants:** must *comply with mandated social distancing (6 ft) and mass gathering rules when possible* **When within 6ft of another individual outside of your immediate household: All meet participants – coaches, officials, administrators, spectators, vendors, and athletes must wear face coverings/masks .**

*\*guidelines subject to change based on local restrictions at the time of the event*

### ENTRY/EXIT PROCEDURE

*Please enter & exit through the gate from the parking lot*

### EVENT CAPACITY

*350 Swimmers. First 350 to enter. Once entered, fees are owed for each swimmer entered. Spots will not be held without entries being received. Changes/Updates are welcome through the entry deadline. See below for further entry details. The HOST reserves the right to change and amend the capacity based on changes to local, state, and Lsc covid regulations*

### SPECTATORS

SPECTATORS are permitted but must follow all Local, State, and LSC guidelines including staying 6ft apart from non-immediate household members

Sponsored by:  
Sanctioned by:

YMCA of Northwest Louisiana, [www.ynwlswim.com](http://www.ynwlswim.com), & Southside Swim Club  
Louisiana Swimming, Inc., Sanction #\_2021-06-01\_\_

Meet Director:  
Meet Referee:

John Janszen, [jjanszen@ymcanwla.org](mailto:jjanszen@ymcanwla.org)  
Trey Fegley, [3fegley@gmail.com](mailto:3fegley@gmail.com)

Location:

Southside Swim Club  
2815 Mackey Lane  
Shreveport, LA 71105

Facilities:

- Outdoor**, eight lane 50 meter pool. Non-turbulent lane lines.
- Warmup/warmdown pool available.
- Fully automatic timing equipment will be used.

Seating: Limited bleacher seating is available on the pool deck. There is plenty of space for folding chairs and tents **on the large lawn space surrounding the pool**. Please keep in mind that temperatures are in the 90s. Concessions will be available on site.

Pool Measurement and Depth:

-The competition course has not been certified in accordance with 104.2.2C(4). Water depth is 6' to 6' measured for a distance of 3'3.5" (1 meter) to 16'5" (5 meters) from the starting platform on the south end. Water depth is 4' to 4'3" measured for a distance of 3'3.5" (1 meter) to 16'5" (5 meters) from the starting platform on the north end.

### MEET FORMAT

Timed Finals

Meet will be pre-seeded in accordance with USA Swimming Rules for Timed Finals, except for 1500 free.

Swimmers must check in for 1500m free 30 minutes prior to the beginning of Friday's session.

If necessary, the 1500 free and 400 free will be swum two (2) swimmers to a lane as a mixed event.

Fly-Over starts will be used to ensure timely sessions. Host reserves the right to change to a dual end meet with chase starts if necessary.

## **RULES**

**This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.**

## **TECHNICAL SUIT BAN for 12&Us**

**Per LSI Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet.**

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type (KNIT material is approved)

## **MAAPP**

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

## **SAFE SPORT**

The LSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet who is 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. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials, and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

## ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete.

## MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

YNWL welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit YNWL's ability to accommodate all requests.

**ENTRY LIMITATIONS** The meet will be limited to 350 Swimmers and/or when estimated timelines are maxed out, as determined by the entry chair. Once capacity is reached the meet will be closed. Teams will not be split.

Swimmers may swim a maximum of 4 individual events + 1 relay per day (not per session).

**Qualifying Times for the Senior 400 IM, 400 Free, 1500 Free and 12&Under 200 IM, 200 Free, & 400 Free will be enforced**

The Host Team reserves the right to ask accepted teams to revise entries down to 3 Individual Entries per day if the timelines are too long, even if the meet is not full, to maintain compliance with USA Swimming per session time limits and/or facility restrictions

## ENTRY PROCEDURE

Entries must be submitted in HyTek/Team Unify - Meet Manager compatible format. Entries are accepted on first come basis and an electronic entry file from the Head Coach/Team Entry Chair is required for entry. Deck Entries will be accepted only if the meet has not reached capacity and only to fill open lanes. No new heats will be created-This includes ANY changes from one event to another during the meet

- o Entries should be sent to John Janszen, [jjanszen@ymcanwla.org](mailto:jjanszen@ymcanwla.org)
- o NO SPOTS will be held/reserved without entries in hand
- o Once entries (including drafts) are received, all entry fees and surcharge amounts are owed in full
- o Teams submitting draft entries and subsequently pulling out of the meet will still owe all entry fees and surcharges based on the highest entry totals submitted
- o Deck entries will be accepted to fill open lanes only, no new heats will be created. Deck Entry fees are double pre-meet fees

**ENTRY OPEN/DEADLINE** Returning Teams Only: Entries Open Monday May 3, 2021 at 12:00am

New Teams: If space allows, entries will open for NEW teams on Monday May 10, 2021 at 12:00am

## ENTRY FEES

\$16 per swimmer surcharge (which includes the \$8 Louisiana Swimming surcharge) – Free Heat Sheets online and on Meet Mobile  
\$4 per individual event, \$10 per relay (\$2.50 per swimmer). Deck Entry=\$8/\$20 (payable on site)

- Makes checks payable to YMCA of Northwest Louisiana-deliver in person or mail to BHP Billiton YMCA, 3455 Knight Street, Shreveport, LA 71105, c/o John Janszen

<b>SEEDING</b>	The conforming time standard for this meet is Long Course Meters. Swimmers will be seeded and swim from slowest to fastest.
<b>SCRATCHES</b>	No additional penalty for scratches, no refunds
<b>SCORING</b>	Standard 16 Place Scoring
<b>AWARDS</b>	<p><b>-12 &amp; Under events:</b> 1<sup>st</sup>-8th</p> <p><b>-High-Point Winners:</b> Awarded in 10-under, 11-12, 13-14, and Senior.</p> <p><b>-Damon McCoy Ironman Award:</b> Awarded to the Male and Female High Point winners for Friday's 400IM and 1500 freestyle combined, regardless of age.</p>
<b>RESULTS</b>	Meet Mobile (unofficial) & Team Website (official)
<b>COACHES</b>	All coaches on deck must be registered and certified with USA Swimming. discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.
<b>OFFICIALS/TIMERS / VOLUNTEERS</b>	<p>Each team will provide timers in proportion to meet entries in a session.</p> <p>-Swimmers must provide their own Timer &amp; Counter for the 1500</p> <p>Officials-available official should contact Referee: Trey Fegley:  <a href="mailto:3fegley@gmail.com">3fegley@gmail.com</a></p>
<b>HOSPITALITY / CONCESSIONS</b>	TBD
<b>WAIVER / RELEASE</b>	As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and Louisiana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. YNWL, Louisiana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.
<b>IMAGE RELEASE</b>	All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or LSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Louisiana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. TEAM HOST, FACILITY, Louisiana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE

Times below are subject to change pending entry totals.

**Friday, June 4 – SESSION 1**                      **Warmup 2:30PM (OPEN) Meet 4:00PM**  
**Swimmers Must Provide Their Own Timer & Counter for the 1500 Free**  
**1500 will be contested Slowest to Fastest, Mixed Gender, and possibly 2 per lane.**

GIRLS	Qual. Time	EVENT	Qual. Time	BOYS
1	06:08.99	13&Over 400 IM	05:41.99	2
3	03:52.00	12 & Under 200 IM	03:44.09	4
5	21:40.99	13&Over 1500 Free	20:15.99	6

**Saturday, June 5 – SESSION 2**                      **Warmup 7:30AM Meet 8:30AM**

GIRLS	Qual. Time	EVENT	Qual. Time	BOYS
7	06:02.99	12 & Under 400 Free	05:53.99	8
9		12 & Under 100 Back		10
11		12 & Under 100 Breast		12
13		12 & Under 100 Free		14
15		12 & Under 50 Fly		16
17		10 & U 200 Free Relay		18
19		11-12 200 Free Relay		20

**Saturday, June 5 – SESSION 3**                      **Warmup 12:00PM Meet 1:00PM**

GIRLS	Qual. Time	EVENT	Qual. Time	BOYS
21		13&Over 50 Free		22
23		13&Over 200 Breast		24
25		13&Over 200 Free		26
27		13&Over 100 Back		28
29		13&Over 200 Fly		30
31		13&Over 200 IM		32
33		13&Over 200 Free Relay		34

**Sunday, June 6 – SESSION 4**                      **Warmup 7:30AM Meet 8:30AM**

GIRLS	Qual. Time	EVENT	Qual. Time	BOYS
35		12 & Under 50 Free		36
37		12 & Under 50 Breast		38
39		12 & Under 50 Back		40
41		12 & Under 100 Fly		42
43	03:41.09	12 & Under 200 Free	03:36.09	44
45		10 & U 200 Medley Relay		46
47		11-12 200 Medley Relay		48

**Sunday, June 6 – SESSION 5****Warmup 11:30PM Meet 12:30PM**

<b>GIRLS</b>	<b>Qual. Time</b>	<b>EVENT</b>	<b>Qual. Time</b>	<b>BOYS</b>
49		13&Over 100 Free		50
51		13&Over 100 Breast		52
53	05:37.99	13&Over 400 Free	05:25.99	54
55		13&Over 200 Back		56
57		13&Over 100 Fly		58
59		13&Over 200 Medley Relay		60