WICHITA SWIM CLUB

2020-2021 Air Cap Circuit
"Leg 2"
December 4-6 and 11-12, 2020
Wichita, KS

In light of COVID-19 and the need to think creatively to provide opportunities for swimmers, WSC is hosting the Air Cap Circuit consisting of 3 "legs" and an Invitational. Each "leg" will span two weekends and will be comprised of the same events and event order. Teams are welcome to swim at one, two, or all three of the legs provided we have room per our swimmer limit. Those swimmers placing in the top 8 per age and event when looking at the combined results for the "legs" will be invited back to swim at the Invitational.
"Leg" dates: Oct. 9-11 & 23-24, 2020, Dec. 4-6 & 11-12, 2020, and Jan. 15-17 & 22-23, 2021. The Invitational will be Feb. 12-14, 2021.

Sanction

Held under the Sanction of Missouri Valley Swimming, Inc., on behalf of USA Swimming, Inc., **MV-20-59**.
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.

Location

Garvey Aquatics Center
8323 East Douglas Ave
Wichita, KS 67207
(316) 683-1491

Contacts

Entries	Mitchell Wagner	entries@wichitaswimclub.org 316-640-6678
Meet Director	Lori Kitchen	wscvolunteer@gmail.com 316-683-1491
Meet Ref	Jae Davis	jae.lynn.davis@gmail.com 316-759-9093
Administrative Official	Patricia Blessant	wscmeetcoordinator@gmail.com 316-518-2299

COVID - 19 Information

- We have taken enhanced health and safety measures – for athletes, officials, personnel, and spectators, according to USA Swimming guidelines, and consultation and guidelines from Sedgwick County. **You must follow all posted instructions of the facility.** 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. By attending and participating in the Air Cap Circuit - Leg 2, you voluntarily assume all risks related to exposure 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 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 (THE LSC) 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.

COVID-19 Information (cont'd)

Only those athletes swimming in the meet, officials, and other volunteers will be allowed entry into the facility.

Masks must be worn at all times while in the facility, except when stepping up to the block to race. Swimmers will be given 3 short whistles to indicate when it is their turn to step up and remove their mask. A baggie will be provided to each swimmer to store their mask during the race.

Due to the changing conditions that exist due to COVID-19, WSC reserves the right to adjust the max number of swimmers (even after registration is complete) or cancel the meet if necessary due to the local health conditions.

Please see the Meet Guide at the end of this document for specific instructions and protocols.

Facility

8-lane, 50 meter pool with non-turbulent lane lines. Daktronics Timing System with touch pads and horn start. 10-lane display scoreboard. Spectrum Xcellerator starting platforms with adjustable track-start footrest, side handles for forward start, and backstroke bar handles. An additional pool is available for warm-up/cool-down. Pool is 8 ft. deep at the start end and 4 ft. deep at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of this certification is on file with USA Swimming.

Eligibility

- Only athletes and clubs registered with Missouri Valley Swimming are allowed to participate in this meet.
- Age on December 4, 2020 will determine age classification for the entire meet.
- Registration of all athletes will be verified by the MVS Registration Chair prior to the meet. Those not registered will not be allowed to swim in the meet.
- Clubs will be fined $100 for every unregistered swimmer entering and competing in a Missouri Valley competition.

Disability Swimmers

Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Format

This is a timed finals meet for age group and senior swimmers.

Rules Governance

2020 USA Swimming and Missouri Valley Rules and Regulations will govern the meet. MVS safety guidelines and warm-up procedures will be in effect. Only coaches registered with USA Swimming will be allowed to participate in any coaching capacity. All coaches and deck officials should have their cards visible at all times while on deck. Swimmers without a coach
at the meet must check in with the Meet Referee and will be assigned to a coach during the warm-up portion of the meet.

Course

Short Course Yards (SCY)

Fees

Payments must be received by December 4, 2020. Checks should be made payable to Wichita Swim Club.

Individual Entries	**$5.00**
Athlete Surcharge	**$15.00** *WSC has adjusted its athlete surcharge for meets taking place during Covid-19 to help offset the cost of extra cleaning as well as other extra facility expenses it takes to host a meet during this time.*

Warm-Up/ Session Start Times

Session	Day	Age Groups	Format	Warm-Ups	Meet Start
1 (12/4)	Friday PM	10 & under	Timed Finals	4:45 PM	5:30 PM
2 (12/5)	Saturday AM	11	Timed FInals	7:45 AM	8:30 AM
3 (12/5)	Saturday PM	12	Timed FInals	1:45 PM	2:30 PM
4 (12/6)	Sunday AM	13	Timed Finals	7:45 AM	8:30 AM
5 (12/6)	Sunday PM	14	Timed Finals	1:45 PM	2:30 PM
6 (12/11)	Friday PM	15 & over	Timed Finals	4:30 PM	5:30 PM
7 (12/12)	Saturday AM	15 & over	Timed Finals	7:30 AM	8:30 AM
8 (12/12)	Saturday PM	15 & over	Timed Finals	1:30 PM	2:30 PM

Between sessions coaches and swimmers will need to clear the building so our cleaning crew can come in a sanitize. You will then go through the check in process to re-enter.

Scoring

No team or individual scores will be kept.

Ribbons will be awarded to the top 8 swimmers in the following age groups; 10 & under, 11, 12, 13 and 14 year olds.

Results

Results will be posted during the meet electronically to Meet Mobile. Final results will be posted on the Missouri Valley Swimming website and may include the swimmers name, age, and times.

Coaches

Current (2020) USA Swimming membership is required for coaches to be on deck. Coaches must be current with all safety certifications and background check requirements. At the request of the Meet Referee or special designee, coaches and officials must present their USA Swimming credentials. Persons without a valid 2020 USAS Coach Membership will not be allowed access to the deck area and will not be allowed to participate in any coaching capacity.

Each coach must provide an adult to serve as a Marshal for their team. This person will be responsible for helping the team members follow the guidelines and protocols. This can be an assistant coach or a parent, but the sole job of this person will be to monitor. This person should not have split duties (i.e. coaching and monitoring). The Team Marshal will need to report to the facility at the time the team begins warm-up and stay the duration of the session(s) they are assigned.

Warm-Ups

The host team reserves the right to adjust warm-up times based on the session entries. Lane assignments and warm-up times for individual clubs, as well as any changes to the warm-up schedule and lane assignments, will be emailed to the team contact person no later than Wednesday, December 2, 2020.

Swimmers without a coach at the meet must check in with the Meet Referee and will be assigned to a coach during the warm-up portion of the meet.

Warm-Up Guidelines

- Swimmers may not dive into the pool during general warm-up.
- Swimmers must enter the pool by stepping in feet first or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee.
- Swimmers may dive during a designated sprint warm-up.
- **Warm-up and cool down will only be allowed in designated lanes with a max of 2 swimmers per lane.**

Regular Entries

DEADLINE FOR THE RECEIPT OF ENTRIES IS November 20, 2020.

EMAIL ENTRIES TO Mitchell Wagner at entries@wichitaswimclub.org.

- Entries must be submitted using actual best short course yards time using Hy-Tek Team Manager compatible files.
- "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record.
- Swimmers 14 & under may enter a maximum of **three (3) events.**
- Swimmers aged 15 & over may enter a maximum of **two (2) events.**
- **Entries will be limited to 50 swimmers per session.**
- Entries will be accepted in the order in which they are received. No teams will be split.
- **WSC reserves the right to adjust the number of swimmers based on our local situation as it pertains to COVID-19. These adjustments may need to be made even after swimmers are**

registered.

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 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.

Deck Entries & Scratches

There will be NO deck entries at this meet.

Scratches will be reported at the Announcer's table no later than 40 minutes prior to session start.

Seeding & Positive Check-In

All events will be pre-seeded.
AS THE MEET IS PRE-SEEDED, THERE WILL BE NO PENALTY FOR MISSING AN EVENT.

Safe Sport Compliance

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 ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

The following USA Swimming rules are in place at our facility and at this meet for the protection of our swimmers. We believe swimmers are kept safe when parents, spectators, coaches, and officials are educated and have an active role in keeping our swimmers and venue safe. If you witness any of the following prohibited behaviors, please alert an official, a
Meet Director, or the Meet Referee immediately:

- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
- 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.
- No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time. If you see someone taking video or photos behind the blocks, please inform an official
- Bullying and taunting are prohibited at all times, and good sportsmanship is expected at all times.
- Athlete rubdowns or massages not provided by a licensed and credentialed massage therapist are prohibited.
- Athletes are not allowed to sit on the lap of any coach or other non-athlete member who is not part of their family.

Remember. If you see or hear something, say something!

Officials

A current 2020 USA Swimming membership is required for all working officials. Officials also must be current with all certifications and background check requirements.

Due to our COVID-19 guidelines, only those officials that are assigned prior to the meet will be allowed to officiate. We are running this meet on the minimum number possible. We appreciate your understanding.

Officials and shadows should check in for the Official Stroke & Turn Briefing prior to each session. The briefing location will be announced at the meet.

Heat Sheets

A heat sheet will be provided to each swimmer upon check-in.

Concessions

Due to COVID-19 restrictions, there will be NO CONCESSIONS. PLEASE PLAN ACCORDINGLY AND SEND WATER AND SNACKS WITH YOUR SWIMMER.

Seating

Due to COVID-19 restrictions, there will be NO SPECTATORS allowed in the facility. You are welcome to set up outside the swim club provided you are observing the 6 foot distancing guideline between family groups.

The meet will be available for viewing on Facebook. Your swimmer's coach will be given the link.

Parking

Wichita Swim Club is located on The Independent School of Wichita's campus, and traffic flows one way through campus. The entire Independent School Campus parking lot is available for your convenience with the exception of designated spots reserved for Wichita Swim Club volunteers and handicapped patrons. *RV or camper parking is **not** allowed in the Independent/Wichita Swim Club parking lot. Plugging into power sources anywhere on The Independent campus, outside of the Wichita Swim Club facility is strictly prohibited.*

Hotels

La Quinta Northeast – BRAND NEW HOTEL! (Conveniently located ten minutes from WSC, free Bright Side Breakfast in the great room, comfy pillow top beds, and full service bar.) Conveniently located close to lots of restaurants, shopping, and other fun activities.

2660 N. Greenwich Ct.
Wichita, KS 67226
(316) 500-6220, www.6922.lq.com

2020-2021 Air Cap Circuit - Leg 2 Events		
Friday PM: Timed Finals, 10 &UNDER		**(DECEMBER 4)**
Girls	**Event**	**Boys**
1	100 FREE	2
3	50 BREAST	4
5	100 FLY	6
7	50 BACK	8
9	100 BREAST	10
11	50 FLY	12
13	100 BACK	14
15	50 FREE	16
17	100 IM	18
Saturday AM: Timed Finals, 11 YEAR OLDS		**(DECEMBER 5)**
Girls	**Event**	**Boys**
19	100 FREE	20
21	50 BREAST	22
23	100 FLY	24

25	50 BACK	26
27	100 BREAST	28
29	50 FLY	30
31	100 BACK	32
33	50 FREE	34
35	100 IM	36
37	200 FREE	38
Saturday PM: Timed Finals, 12 YEAR OLDS		**(DECEMBER 5)**
Girls	**Event**	**Boys**
39	100 FREE	40
41	50 BREAST	42
43	100 FLY	44
45	50 BACK	46
47	100 BREAST	48
49	50 FLY	50
Saturday PM: Timed Finals, 12 YEAR OLDS (cont'd)		**(DECEMBER 5)**
Girls	**Event**	**Boys**
51	100 BACK	52
53	50 FREE	54
55	100 IM	56
57	200 FREE	58
Sunday AM: Timed Finals, 13 YEAR OLDS		**(DECEMBER 6)**
Girls	**Event**	**Boys**
59	200 FREE	60
61	100 BACK	62
63	100 BREAST	64
65	200 FLY	66
67	50 FREE	68
69	100 FREE	70

71	200 BACK	72
73	200 BREAST	74
75	500 FREE	76
77	100 FLY	78
79	200 IM	80
Sunday PM: Timed Finals, 14 YEAR OLDS		**(DECEMBER 6)**
Girls	**Event**	**Boys**
81	200 FREE	82
83	100 BACK	84
85	100 BREAST	86
87	200 FLY	88
89	50 FREE	90
91	100 FREE	92
93	200 BACK	94
95	200 BREAST	96
97	500 FREE	98
99	100 FLY	100
101	200 IM	102

Friday PM: Timed Finals, 15 & OVER		**(DECEMBER 11)**
Girls	**Event**	**Boys**
103	100 BREAST	104
105	50 FREE	106
107	500 FREE	108
Saturday AM: Timed Finals, 15 & OVER		**(DECEMBER 12)**
Girls	**Event**	**Boys**
109	200 IM	110
111	100 FLY	112
113	200 BACK	114
115	100 FREE	116

117	200 BREAST	118
Saturday PM: Timed Finals, 15 & OVER		**(DECEMBER 12)**
Girls	**Event**	**Boys**
119	400 IM	120
121	200 FLY	122
123	100 BACK	124
125	200 FREE	126

(continue reading for COVID-19 specific information and instructions)

WICHITA SWIM CLUB

Air Cap Circuit Meet Guide

The following guidelines **MUST** be followed in order for us to be in compliance with USA Swim, Missouri Valley Swim and our State and Local mandates.

We were given approval to host this meet with the understanding that **these items are not negotiable**.

We thank you for your cooperation and patience.

- ★ **"Mask or other face covering" means a covering of the nose and mouth that is secured to the head with ties, straps, or loops over the ears or secured to the head by other means.**
- ★ **Holding the mask on is NOT considered an appropriate means of "securing" the mask.**
- ★ **Tie back masks, double knotted that can be slipped over the swim cap or mask extenders are a way around having to put the straps around the ears.**

ENTERING AND EXITING THE BUILDING

Only those swimming in a given session, officials, and other essential volunteers will be allowed in the facility.

Swimmers will **enter through the double doors on the South side of WSC** . This is where you will answer the screening questions and have your temperature taken. Please maintain distance while in line - look for the tape marks.

Volunteers **will enter through the doors near the main WSC office on the West side of the building.**

All other doors will be **EXIT only.** *Once you leave the building you will not be allowed back in without going through the checkpoint again.*

Please be patient with this process. Swimmers will have a check in time - Please do not arrive more than 5 minutes before your check in time.

ENTERING THE BUILDING/CHECKPOINT

- Please maintain 6 feet between swimmers while waiting in line. Look for the markings on the sidewalk.
- While waiting in line to enter you **must** have your mask on.

- Temperature will be taken before you may enter the facility. No person will be admitted with a temperature over 100.4 F.
- Each athlete will be expected to answer health screening questions which a volunteer will record, along with a temperature for records.
- At check-in, each swimmer will be given a heat sheet and a baggie (to store the mask during races). If your swimmer requires a different container to hold their mask, please send it with them. A sharpie is also a good idea if your swimmer will need to write the races on their arm or leg. **Swimmers will NOT be permitted to share items.**
- After checking in, swimmers will be directed to their team area where they will need to sit socially distanced at 6 feet from other swimmers. This distance will need to be maintained throughout the meet.
- Swimmers are not allowed to mill about - **unless instructed (warm up, racing, etc), swimmers will be seated.**

WHILE IN THE BUILDING

- A mask or equivalent face covering MUST be worn at all times in the building by anyone older than 5 years of age. The mask needs to cover both your mouth and nose. This includes coaches, officials, swimmers, and volunteers.
- Swimmers - Masks MUST be worn at all times, except when stepping up to the block to race. Each swimmer will be given a baggie so they have a safe, dry place to store his/her mask. Swimmers should wear their mask and bring the baggie with them when they are called to line up in the staging area.
- Prior to your race and following your race, swimmers must be seated at their socially distanced spot.
- Social distancing of 6 feet must be maintained between swimmers/coaches when in the building.
- High fives or physical contact between swimmers will not be allowed.
- Swimmers will not be allowed to congregate - any cheering will be done from your seating area.
- When waiting to talk to your coach prior to or after a race, social distancing guidelines must be adhered to.
- Swimmers need to bring enough water and snacks for the entire meet. Water fountains will not be available and sharing will not be allowed.
- Swimmers will be allowed access to the bathroom for emergencies ONLY.
- Swimmers must arrive in their suit ready to swim - locker rooms will be CLOSED. There will be no changing in the locker rooms during or after the meet.

WHILE OUTSIDE THE SWIM CLUB DURING THE MEET

- You are welcome to bring canopies, chairs, etc to crash outside.
- When outside, you must maintain social distancing of 6 feet between family groups if you wish to remove your mask. If you are within 6 feet of those not in your family, you MUST have your mask on.

LOCKER ROOMS & RESTROOMS

- Locker Rooms will be **CLOSED.** Swimmers should arrive ready to swim.
- Bathrooms will be OPEN and we will have hand sanitizer for you to use prior to entering. Please reserve bathroom use for emergencies ONLY.

CONCESSIONS

- Cafe will be CLOSED. This means no concessions will be sold. **Please plan accordingly and bring drinks and snacks. Hydration is always important.**

ATHLETE STAGING AREAS

- We will be utilizing a staging area. Instructions will be given at the start of each session.
- Swimmers are expected to wear their masks through the staging area and until they hear the short whistles prior to THEIR race. The mask must be independently secured to the swimmer's head meaning they CANNOT hold the mask to their face. Mask extenders or tie back masks are easy to slip over the caps if this is a concern.
- Swimmers must listen to the announcements and head to the staging area **WHEN THEY ARE CALLED AND NOT BEFORE**.
- Once at the staging areas, swimmers will be told where to stand and when to proceed to the area behind the blocks.

BEHIND THE BLOCKS

- We will only have one swimmer at the block at any given time.
- Swimmers will have time to place their mask in their baggie prior to race start.
- Swimmers will be given time when the race ends to exit the pool, dry off their face, and put their mask back on **securely** before exiting the blocks area.

PICK UP INSTRUCTIONS

- **For the safety of the swimmers… If your swimmer is 10 & under, an adult or older sibling is REQUIRED to come to the swimmer entry door or the volunteer entry door to pick them up at the end of the session.**
- Please send ONE(1) person to the swimmer entry double doors or the volunteer door on the west side of the building to let the check in attendant know who you are there to pick up.

OTHER INFO

- Heat sheets will be communicated to families at least the day prior to the start of the meet. This way swimmers can familiarize themselves with the order of events and when they will be racing. **PARENTS:** If your swimmer needs heat/lane assignments written on their arm, please assist us and do this for them prior to bringing them to the pool. We will have a bare minimum of volunteers working the meet and will not be able to help with this the day of the meet.

- Parents or additional family members will not be permitted in the building unless they are assigned as a volunteer. Coaches will be sent the link for the live stream on Facebook.

- If you are volunteering, your name will be on the check in sheet. If your name is not on the sheet, you will not be allowed in. We understand this is hard for parents to not be able to participate in the ways you are used to, but for the safety of the swimmers and the continued ability for us to provide these opportunities, we ask for your cooperation.

- **If you are waiting on a COVID-19 test result for someone who resides in your house, your swimmer MAY NOT attend the meet.**

- **Your swimmer will be told to leave the meet if they choose not to abide by the guidelines.** This includes not wearing a mask or the improper wearing of a mask, and not maintaining a 6 foot distance as those are not suggestions, but requirements. A reminder will be given,

and following that they will be asked to leave. In the event your swimmer is told to leave, you must be available to pick them up as quickly as possible. While waiting to be picked up, they will not be allowed to compete. The guidelines are in place for the safety of all in attendance and adherence to them allows us to continue to provide these types of opportunities.

- A small towel for drying off the face prior to putting the mask back on might be handy.

- **By signing up and attending the meet, you and your swimmer agree to follow these guidelines.**

COVID-19 Screening Questions

1. Do you have a cough or trouble breathing?

2. Have you had a fever within the past day - 24 hours?

3. Do you have a sore throat?

4. Do you have muscle aches not related to swimming or other activities?