

# 2021 Fall Harvest Invitational

hosted by  
Ocean County YMCA

*Held under the sanction of USA Swimming.*

Meet Sanction Info:	<b>NJ Swimming Sanction – NJS101521SCY</b> <b>Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction.</b> 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.		
Date of Meet:	Friday October 15 <sup>th</sup> through Sunday October 17 <sup>th</sup> , 2021		
Location:	Ocean County YMCA 1088 West Whitty Road Toms River, New Jersey 08755 Phone: (732) 341-9622		
Facility Info:	The OCY Pool is a twelve-lane, 25 yard, single course pool with non-turbulent lane lines and Colorado timing system with full display board. Eight lanes will be used for competition and two lanes will be used for warm up/warm down. The depth of the water at the starting blocks is 9'- 0" and the depth at the turn end is 4'-0". No deck chairs, no strollers, and no coolers are allowed in the facility. No pets are allowed on the deck or in the stands.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C (4). Note that this statement is a required meet announcement statement and refers to the pre-certification of the pool length measurement in regard to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C (4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	<u>Corey Matthews</u>	<u>732-341-9622</u> <u>x 2222</u>	<a href="mailto:coachcorey@ocytigersharks.org">coachcorey@ocytigersharks.org</a>
Meet Director:	Justin Alsobrooks/James Alsobrooks	732- 232-9563	<a href="mailto:justina@justintiming.com">justina@justintiming.com</a>
Meet Referee:	Adam Yee (Friday) Doug Griswold (Saturday) Bob Piasecki (Sunday)	917-757-6509	<a href="mailto:adam.g.yee@gmail.com">adam.g.yee@gmail.com</a> <a href="mailto:jerseyvols@aol.com">jerseyvols@aol.com</a> <a href="mailto:R.Piasecki30@comcast.net">R.Piasecki30@comcast.net</a>
Administration Official:	Justin Alsobrooks, James Alsobrooks, Bruno Aquino	732-232-9563	<a href="mailto:justina@justintiming.com">justina@justintiming.com</a>
Safety Marshall:	Jacqui Markatos Nicole Peterson		<a href="mailto:jacqui@ocytigersharks.org">jacqui@ocytigersharks.org</a> <a href="mailto:nicole@ocytigersharks.org">nicole@ocytigersharks.org</a>
Entry Coordinator:	JUST IN TIMING	732.232.9563	<a href="mailto:entries@justintiming.com">entries@justintiming.com</a>
Entries Open:	<b>Wednesday, September 22, 2021, at 6:00 am</b>		
Entry Deadline:	<b>Friday, October 1, 2021</b>		
Swimmers Age:	Age for this meet is as of October 15, 2021.		
Entry Fees:	Individual Entry Fee: \$5.00	Relay Event: \$9.00	Athlete Surcharge: \$20.00
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run as a timed final meet.</li> <li>• There will be 9-10, 11-12, 13-14, and Open Events.</li> <li>• There are no time standards for this meet.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.</li> </ul>		
Entry Limits:	Friday: 2 individual events Sat/Sun Daily: 3 Individual events 1 Relay event	Meet: 8 Individual events 2 Relay events	
Checks Payable To:	Ocean County YMCA		
Email Entry Files To:	<a href="mailto:entries@justintiming.com">entries@justintiming.com</a>		
Checks/Reports:	Mail to: Ocean County YMCA, 1088 West Whitty Road, Toms River, NJ 08755		

**Friday Distance Session 1 – 400 IM & 500 Free Open**  
**Warm-up: 5:15 PM**  
**Start: 6:00 PM**

<b>Girls</b>	<b>Age Group and Event</b>	<b>Boys</b>
#1	Open 400 IM	#2
#3	Open 500 Free	#4

Swimmers are responsible for providing their own timers for 400 IM & 500 FR and counters for the 500 FR.

**Saturday Afternoon Session 2 – 9-12 Girls & Boys**  
**Warm-up: 8:00 AM**  
**Start: 9:00 AM**

<b>Girls</b>	<b>Age Group and Event</b>	<b>Boys</b>
#5	9-10 200 Med Relay	#6
#7	11-12 200 Med Relay	#8
#9	9-10 100 IM	#10
#11	11-12 100 IM	#12
#13	9-10 50 Free	#14
#15	11-12 50 Free	#16
#17	9-10 100 Breast	#18
#19	11-12 100 Breast	#20
#21	9-10 50 Back	#22
#23	11-12 50 Back	#24
#25	9-12 200 Back	#26
#27	9-10 100 Fly	#28
#29	11-12 100 Fly	#30
#31	9-10 200 Free	#32
#33	11-12 200 Free	#34

**Saturday Night Session 3 – 13 & Over**  
**Warm-up: TBA**  
**Start: TBA**

<b>Girls</b>	<b>Age Group and Event</b>	<b>Boys</b>
#35	Open 200 Med Relay	#36
#37	13/Over 200 Free	#38
#39	13/Over 50 Free	#40
#41	13/Over 200 Breast	#42
#43	13/Over 100 Back	#44
#45	13/Over 100 Fly	#46

## Sunday AM Session 4 – 9-12 Girls & Boys

Warm-up: 8:00 AM

Start: 9:00 AM

Girls	Age Group and Event	Boys
#47	9-10 200 Free Relay	#48
#49	11-12 200 Free Relay	#50
#51	9-10 200 IM	#52
#53	11-12 200 IM	#54
#55	9-10 100 Free	#56
#57	11-12 100 Free	#58
#59	9-10 50 Fly	#60
#61	11-12 50 Fly	#62
#63	9-12 200 Fly	#64
#65	9-10 100 Back	#66
#67	11-12 100 Back	#68
#69	9-10 50 Breast	#70
#71	11-12 50 Breast	#72
#73	9-12 200 Breast	#74

## Sunday PM Session 5 – 13 & Over

Warm-up: TBA

Start: TBA

Girls	Age Group and Event	Boys
#75	Open 200 Free Relay	#76
#77	13/Over 200 IM	#78
#79	13/Over 100 Free	#80
#81	13/Over 200 Fly	#82
#83	13/Over 100 Breast	#84
#85	13/Over 200 Back	#86

## Meet Schedule:

**The building will open to swimmers 30 minutes before the beginning of each warm-up.**

<b>Friday, October 15, 2021</b>		<b>Warm-up</b>	<b>Start</b>
Session 1	Open 400 IM & 500 Free Check-in Sheets Due by 5:30 pm	5:15 pm	6:00 pm
<b>Saturday, October 16, 2021</b>		<b>Warm-up</b>	<b>Start</b>
Session 2	9-12 Girls/ Boys Check-in Sheets Due by 8:30 pm	8:00 am	9:00 am
Session 3	13 & Over Girls/ Boys Check-in Sheets Due by TBA	TBA	TBA
<b>Sunday, October 17, 2021</b>		<b>Warm-up</b>	<b>Start</b>
Session 4	9-12 Girls/ Boys Check-in Sheets Due by 8:30 am	8:00 am	9:00 am
Session 5	13 & Over Girls/ Boys Check-in Sheets Due by TBA	TBA	TBA

Scoring:	<ul style="list-style-type: none"> <li>This meet will not be scored</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place <b>ONLY</b> for 12 &amp; Under events.</li> <li>13/Over events will be swum together but separated for the 13-14 and 15-Over age-groups in the results.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>The host club will determine if 'Fly-over'/'Over-the-top' starts will be used after a time line has been produced. This information will be posted in the pre-meet information.</li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li><b>No Admission, Swimmer surcharge of \$20 will cover admission fees.</b></li> <li>Meet Mobile and Live Stream will be available.</li> <li>Spectators will be allowed based on facility limitations at the time of the meet.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>No concession. Water filling stations will be available.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>A vendor will be available with swimming merchandise throughout the meet.</li> </ul>
Locker Rooms:	<ul style="list-style-type: none"> <li>The locker room/restroom are for athletes <b>only!</b> All other adults including Coaches &amp; Officials need to make sure that you are only using the facility marked for you.</li> </ul>
Entry Information:	<ul style="list-style-type: none"> <li>All entries are to be of Hy-Tek meet entry format and submitted as an attached file to <a href="mailto:entries@justintiming.com">entries@justintiming.com</a></li> <li>The meet entry coordinator will respond to e-mails entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer's responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone.</li> <li>A signed NJ Swimming waiver, meet verification, entry fee summary, and entry fee check must follow each entry.</li> <li>Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> <li>Teams wishing to enter only one day will be accepted only if there is availability after teams entering events for all days. One day entries will be reviewed and accepted (if the timeline permits) or denied (if sessions are filled) within two weeks of the entry date.</li> <li><b>Special Notice:</b> All entries fees must be paid no later than Session Check-in. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.</li> </ul>
Distance Events: (400IM & 500 Free)	<ul style="list-style-type: none"> <li>Distance events will be seeded fastest to slowest, alternating girls/boys.</li> <li>Swimmers will be responsible for providing timers and counters for 500 free events and timers for 400 IM.</li> <li>We reserve the right to change to ten lanes for distance events.</li> </ul>

Relays:	<ul style="list-style-type: none"> <li>• All relays will be deck seeded. Coaches must turn in relays with scratches at swimmer check-in.</li> <li>• Coaches must turn in relays on check in sheets listing correct swimmers' names and correct order prior to the start of the event.</li> <li>• Unattached swimmers may not swim in any relay.</li> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>• All entry times must be in short course yards.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• No swimmer will be permitted to compete unless the swimmer is a member of USA swimming as provided in Article 302.</li> <li>• All swimmers must be members of USA Swimming to enter and compete in this meet. All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation.</li> <li>• All Unattached swimmers must be listed on the team's official waiver entry form.</li> <li>• <b>All swimmers 18 &amp; Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.</b></li> </ul>
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> <li>• The host club will provide one timer for each lane throughout the meet with exception to distance events noted.</li> <li>• The host club will e-mail all club entries back to the participating clubs.</li> <li>• The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than 1 week before the meet.</li> <li>• The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> <li>• Provide heat sheets to the coaches after scratches have been taken and post the heat sheets so swimmers may know their heat and lane assignment for each event.</li> <li>• The host club will have stop watches available for volunteers helping to time.</li> <li>• A hospitality room will be maintained for coaches and officials ONLY.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>• Participating club parents must stay off the pool deck except for timing assignments, or officials working the meet.</li> <li>• Participating clubs must help with timing assignments. Timing assignments will be proportional to the size of the participating clubs entries they have in each session. Teams will be contacted one week prior to the meet regarding their timing assignments.</li> <li>• Participating clubs should help with officiating whenever possible.</li> <li>• Participating club swimmers will be responsible for providing timers and counters for 500 free events and timers for 400 IM.</li> </ul>
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</li> <li>• Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</li> <li>• As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping.</li> <li>• All coaches "on the deck" must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App.</li> <li>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</li> <li>• All Coaches must have some form of USA coaching credential verification with them at all times.</li> <li>•</li> </ul>

<p>Officials Conduct &amp; Eligibility:</p>	<ul style="list-style-type: none"> <li>• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</li> <li>• Make sure all interactions with athletes are observable and interruptible.</li> <li>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>• Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</li> <li>• All officials must wear the standard white and blue uniform.</li> <li>• Officials will be required to work the entire session and will receive free admission.</li> </ul>
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance with current USA Swimming Rules.</li> <li>• The host club has the right to change the format of the meet with the approval of the sanctioning Chairman and either the Age Group or Senior Chairman.</li> <li>• These changes would be made for a more efficient swim meet for the swimmers and the host club.</li> <li>• Reasons for these changes include: 1) To allow more swimmers to swim, 2) To conform to facility capacity limits, 3) To condense the meet into smaller time frame.</li> <li>• Some of the changes that can be made: 1) change estimated start times, 2) combine sessions and 3) limit the number of swimmers.</li> </ul>
<p>Warm-up Procedures:</p>	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> <li>• Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines.</li> <li>• Teams will be assigned lanes for warm-ups. When more than two teams share a common lane for warm-ups, all teams must agree to a warm-up procedure. If clubs sharing a lane can't agree on a warm-up procedure, that lane will be a general warm-up lane.</li> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams <b>MUST</b> get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes.</li> </ul> <p>Entry Into Pool:</p> <ul style="list-style-type: none"> <li>• All swimmers must enter the pool from the starting end of the pool.</li> <li>• All swimmers must enter feet first.</li> </ul> <p>Host Team Monitoring Warm-ups.</p> <ul style="list-style-type: none"> <li>• New Jersey Swimming officials will monitor warm-ups.</li> <li>• Uniformed and designated meet marshals will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> </ul> <p>Warm-up with assigned lane procedures.</p> <ul style="list-style-type: none"> <li>• When all teams are assigned their own warm-up lanes, (without any team sharing a lane with another team) teams can run their own warm-ups.</li> </ul> <p>Warm-up Schedules.</p> <ul style="list-style-type: none"> <li>• The warm-up sessions will be two warm-ups divided by teams.</li> <li>• Warm-up schedules will be e-mailed and posted on the website 1 week prior to the start of the meet.</li> </ul>
<p>Check-In:</p>	<ul style="list-style-type: none"> <li>• All check-in sheets are to be turned into the scoring table 30 minutes before the start of each session. Swimmers that are swimming are to have a line through their name. Swimmers that are being scratched are to have their names circled with a "SCR" next to the circle. Swimmers scratching a single event are to have a line through his/her name and the event number circled with "SCR" next to the circle. Failure to follow these procedures may result in the swimmer(s) being scratched from the session.</li> </ul>
<p>No-Show Policy:</p>	<p>No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.</p>
<p>Internet Website Posting:</p>	<p>Note that the meet announcement, Hy-Tek Event List (.HYV file), and meet results will be posted on New Jersey Swimming website. (<a href="http://www.njswim.org">www.njswim.org</a>)</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> <li>• Meet announcement</li> <li>• Downloadable Hy-Tek Events list (.HYV file)</li> <li>• Updated meet schedule</li> <li>• Warm-up Schedule and Team Warm-up Assignments</li> </ul>

	<p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>Downloadable Results (.CL2 file)</li> <li>Printable results (.PDF file)</li> </ul>
Results:	<ul style="list-style-type: none"> <li>Meet results files for TM will be emailed to all participating teams.</li> <li>Meet results will also be posted in the New Jersey Website: <a href="http://www.njswim.org">www.njswim.org</a> &amp; <a href="http://www.ocytigersharks.org">www.ocytigersharks.org</a></li> <li>Real time results will be available at <a href="http://www.ocytigersharks.org">www.ocytigersharks.org</a></li> <li>Live Stream information will be emailed to coaches 1 week before the meet.</li> </ul>
USA-S Racing Start Certification Statement:	<p>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.</p>
Audio/Visual Recording Statement:	<p>All forms of photography and video, including cell phones, are strictly prohibited from all areas of the facility except for the spectator seating area located in the upper level stand area. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>
Meet Safety	<ul style="list-style-type: none"> <li><b>All Spectators are strictly prohibited from deck and athlete seating area.</b></li> <li>No parents should be in the locker room; this is a place for the swimmers to use only.</li> </ul>
USA-S Deck Change Policy Statement:	<p>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p>
Minor Athlete Abuse Prevention Policy (“MAAPP”):	<p>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.</p>
USA-S Drone Policy Statement:	<p>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.</p>
Tech Suit/Swimwear Policy:	<p><b>Swimwear must conform to USA Swimming Rules.</b></p> <ul style="list-style-type: none"> <li><b>Rule 102.8.</b> Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. “Tech suits” are not permitted at this meet for 12 &amp; under swimmers. “Tech Suits” are defined as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; <a href="http://www.njswim.org">www.njswim.org</a>.</li> <li><b>Rule 102.8.1E</b> explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body.</li> <li><b>Pursuant to USA Swimming Rule 205.10.1</b>, it is permissible for a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</li> </ul>
Meet Requirement Statement:	<p>In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.</p>
COVID-19 Assumption of Risk Disclaimer	<p>We have taken enhanced health and safety measures for all participants. You must follow all posted instructions while at the Ocean County YMCA. 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 visiting Ocean County YMCA Pool, you voluntarily assume all risks related to exposure to COVID-19.</p>
Directions:	<p><b>Directions:</b> <b>FROM THE NORTH</b> Take Garden State Parkway South to Exit 89 C-B-A and follow Exit 89 B-A on the left toward NJ 70/Lakehurst/Brick. Merge onto Route 70 West. Take Route 70 West to New Hampshire Avenue South. (To make left turn you must use jug handle to right). Continue 2 ½ miles on New Hampshire. Make right turn at traffic light onto West Whitty</p>

	<p>Road (just before the Garden State Parkway Overpass). The "Y" will be on the right just past the cemetery.</p> <p><b><u>FROM THE SOUTH</u></b>  Take Garden State Parkway Exit 83 (You will be on Route 9 North). Continue North, West Whitty Road will be the second traffic light. Turn right onto West Whitty Road and the "Y" will be a quarter mile further on the left.</p> <p><b><u>FROM THE WEST</u></b>  Take Route 70 East to Route 571 East. (Right Turn onto Route 571). At the Route 9 intersection make left turn to Route 9, West Whitty Road will be the second traffic light. Turn right onto West Whitty Road and the "Y" will be a quarter mile further on the left.</p>
<p><u>Hotels:</u></p>	<p><b><u>Hilton Garden Inn Lakewood</u></b>  1885 Route 70 West, Lakewood, NJ 08701p  732-262-5232</p> <p><b><u>Days Hotel Toms River Jersey Shore</u></b>  290 Route 37 East  Toms River, NJ 08753  732-244-4000</p> <p><b><u>Ramada of Toms River</u></b>  2373 Route 9  Toms River, NJ 08755  732-905-2626</p>





**NEW JERSEY  
SWIMMING**

# Fall Harvest Invitational

October 15-17, 2021

## **Waiver**

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, Ocean County YMCA, OCY Swim Team, JUST IN TIMING and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

## **Covid-19 Waiver**

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 THEREWITH.

## **Meet Verification**

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the Fall Harvest Invitational, are registered members of USA Swimming. All USA Swimming members are correctly entered according to; Article 302.4 of the USA Swimming Rules and Regulations. False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

**All Information must be filled and submitted to the Host club with a check at the start of the meet.**

Club Name/Club Code \_\_\_\_\_

Signature of Coach and/or Parent/Guardian \_\_\_\_\_

Telephone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Name(s) of Coach(es): \_\_\_\_\_

Name/E-Mail/Phone Number of person to contact regarding this entry:

\_\_\_\_\_  
NAME/E-Mail/Phone Number of person to contact regarding timers/officials:

\_\_\_\_\_

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Entry Fee Summary:	_____ Individual event entries @ \$5.00 =	\$ _____
	_____ Relay event entries @ \$9.00 =	\$ _____
	_____ Athlete Surcharge @ \$20.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **Ocean County YMCA**

## Ocean County YMCA – COVID 19 PROTOCOLS

- In applying for this approved event, the Host, OCY Tiger Sharks agree to comply and enforce all health and safety mandates and guidelines of USA Swimming, NJ Swimming (LSC), the State of New Jersey and the Ocean County Department of Health.
- The OCYMCA reserves the right to modify these protocols based on the most current health and safety mandates and guidelines of USA Swimming, NJ Swimming (LSC), the State of New Jersey and the Ocean County Department of Health. Any changes made will be communicated to all teams via email.
- **COVID Contact Person-** The Head Coach/Coach on duty will serve as the immediate COVID contact person.
  - **Main Covid Contact Person:** Gretchen Insole
  - **Covid Ambassador:** Corey Matthews

### Personal Protective Equipment (PPE)

- **Swimmers, Coaches, Officials, Staff, & Spectators: Unvaccinated individuals should wear a mask indoors.** Masks are **encouraged** but not required for vaccinated individuals especially when in crowded common areas such as seating areas and bathrooms
- Staff will be required to wear masks and gloves when helping patrons or providing aid.

### COVID- 19 Awareness Training

- All staff members will be trained on the New Jersey Department of Health guidelines to keep themselves and the patrons safe. COVID- 19 awareness training will continue throughout the season as more information is provided.

### Screening and Documenting Meet Attendees & Staff

- Any meet attendees with symptoms of COVID- 19 will be encouraged to stay home. Any staff member with symptoms of COVID-19 will be encouraged to stay home and will require a note from a physician to return to work. Symptoms related to COVID-19 include:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

### **Admittance and Access to the Facility**

- The Ocean County YMCA pool area will be limited to meet participants and staff only.
- Face masks will not be required in the water.
- A limited number of spectators will be allowed in the building until the maximum number of spectators has been reached.
- **Unvaccinated individuals should wear a mask indoors.** Masks are **encouraged** but not required for vaccinated individuals especially when in crowded common areas such as seating areas and bathrooms.
- Swimmers will sit in their team's designated area. Spectators will sit in the designated spectator area.
- Only officials, timers and other meet volunteers will be allowed on deck in addition to swimmers and coaches.

### **Infection Control Strategies**

#### **Meet Management**

- The swimmers will be marshalled in a 2 stage process along the scoreboard wall.
- While swimmers are not swimming, they will sit in their designated team area.

#### **Communication with Local Health Authority**

- Ocean County YMCA Staff will contact the local health department IMMEDIATELY by phone if we suspect a confirmed case of COVID-19. When reporting the staff will give the pool location and where the patient's contact information.
- If the local health department cannot be reached, the New Jersey Department of Health will be contacted (1-800-367-6543). If after hours, then the emergency after hour's phone number will be called (609) 392-2020.
- If the Ocean County YMCA experiences a confirmed case of COVID-19, management will work with the Local Health Authority to determine if the facility should be shut down temporarily.

#### **Restrooms and Shower Access**

- The health and safety of our swimmers and staff remains our highest priority.
- Locker rooms will be available for use by swimmers.

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**REV 8/12/21**