



DATE(S)
HOSTED BY CLUB

Sanctioned by USA Swimming through LSC. In granting this sanction it is understood and agreed that USA Swimming and LSC, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

LSC SANCTION NUMBER

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 THEREWITH.

Every club planning to host or attend this competition must develop a "Return to Competition" plan, and hosts must include this plan with their sanction application. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult usaswimming.org and/or your LSC. To address circumstances related to COVID-19, the supplemental "Return to Competition" document to the meet sanction request must include:

- A. A statement of the local protocols and requirements;
- B. The plan for spectator ingress and egress;
- C. The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.;
- D. Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child; and
- E. An attestation statement in which the meet host attests that the conduct of the meet will adhere to local jurisdictional guidelines.

- Location:** Facility, address, phone number
- Date:** Times from sanctioned events between December 1, 2020 and December 13, 2020 may be included in the *2020 USA Swimming 18-Under Winter Championships*. The dates for this specific site are **Date(s)**.
- Eligibility:** This competition is open to all current Premium or Outreach USA Swimming member-athletes who are 18 or under as of December 1, 2020 and who have achieved the published time standards.
- Entry Deadline:** **Entry deadline date and time**
- Qualifying Period:** The qualifying period for this competition is November 1, 2018 through November 30, 2020.
- Format:** All events will be Short Course Yards (SCY).
- Events:** Official events for the competition will include the 50, 100, 200, 500, and 1650 Yard Freestyle, 100 and 200 Yard Butterfly, 100 and 200 Yard Backstroke, 100 and 200 Yard Breaststroke, and 200 and 400 Yard Individual Medley. Official *2020 USA Swimming 18-Under Winter Championships* events will have no delineated age groups. Additional age groups and/or events may be offered but will not be included in the Championship results. Qualified swimmers may compete in the same event multiple times throughout the competition dates (December 1-13); however, only his/her fastest time will be included in the overall results. Additionally, only a swimmer's top scoring six events will be included in the results and in the calculations for high point and team scoring. Any additional event results submitted will be compiled into separate "time trials" results.
- Rules and Safe Sport Information:** USA Swimming Rules and Regulations will govern the conduct of these Championships. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all information contained here within.
- All persons expecting to receive access to the pool deck must be prepared to show a current USA Swimming membership card (Deck Pass is acceptable proof of USA Swimming membership). Information regarding the APT course and the background check is available online at usaswimming.org/protect. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents and must have successfully passed the required background check and APT Course. Coaches must display their coach membership card while on deck.
- No swimmer will be permitted to compete unless he/she is a member as provided in Article 302. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with these requirements.
- No swimmer will be allowed on deck without a coach member present. If the home club coach is not planning to attend event, swimmer must be assigned a supervising coach. If a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training ("APT") in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after [insert date that is 30 days prior to the last date of the local competition], who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after [insert same date], who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

Entry Process: All entry times submitted for this competition must be from official USA Swimming sanctioned, observed, or approved competitions and must be provable. **Entry process (OME or other).**

Automatic Proven Times: If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be

considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

Times from all college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends.

Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

Responsibility Clause:

The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the Corporation for each such time entered, unless absolved of the fine by USA Swimming or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.

Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.

Appeal of fines are to be made to USA Swimming and/or Board of Review. Any appeal of the decision of USA Swimming shall be in accordance with the provisions of Part Four, specifically Article 407.

Schedule and Order of Events:

Schedule and Order of Events. Host may determine format including if event is open/closed to outside clubs, number of days, if events will be prelim/final or timed final, etc.

Meet Director(s):

Names and contact info

Officials:

Names and contact info

Entry Limits:

Insert entry limit rules (dependent on meet format)

Entry Fees:

Entry Fees

Scratches:

Scratch schedule and procedures if applicable

Seeding:

For these Championships, the seeding order is:

1. Short Course Yards (SCY)
2. Short Course Meters (SCM)
3. Long Course Meters (LCM)
4. Non-conforming SCY (1650 Freestyle events)
5. Non-conforming LCM (1650 Freestyle events)

Altitude Adjustments: Where applicable, the following altitude adjustments may be used for qualification and seeding into the Championships, however altitude adjustments cannot be used to adjust results for the competition.

Event Distance	3,000-4,250 Feet	4,251-6,500 Feet	Above 6,500 Feet
200	0.50 Seconds	1.20 Seconds	1.60 Seconds
400 or 500	2.50 Seconds	5.00 Seconds	7.00 Seconds
800 or 1000	5.00 Seconds	10.00 Seconds	15.00 Seconds
1500 or 1650	11.0 Seconds	23.00 Seconds	32.50 Seconds

Subtract the time indicated above from the actual time achieved at altitude. This is the time that may be used for qualification and seeding. Information relative to the adjustment accompanying the entry must include name of swimmer, event, date of performance, elevation location, actual time, corrected time, and signature of coach.

Distance Events: Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.

Pool hours and warm-up procedures: Pool hours and warm-up procedures as per safety plan

Results: Results must be submitted by the host to the LSC Times Officer(s) no later than 11:59 pm MST on December 13, 2020. Only results for athletes who have achieved the published USA Swimming time standards and meet the eligibility criteria will be included in the official USA Swimming 18-Under Winter Championship results.

Awards: Nation-wide results will be compiled by USA Swimming by December 16, 2020 and awards will be mailed for the top three girls, boys, and combined teams, the top eight individual finishers in each event, and individual girls and boys high point winners. There will be no separate scoring or awards for East and West regions.

Scoring: Scoring will be on a sixteen (16) place basis with individual events scored 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Qualified swimmers may compete in the same event multiple times throughout the competition dates (December 1-13); however, only his/her fastest time will be included in the overall results. Additionally, only a swimmer's top scoring six events will be included in the results and in the calculations for high point and team scoring. Any additional event results submitted will be compiled into separate "time trials" results.

Spectator Info: Spectator info as per safety plan

Swimmers with Disabilities: Please inform the Meet Referee of any swimmers needing additional accommodations prior to the start of each session.

Timing System: Timing system information

Additional Information: Additional Information (Medical Assistance, Locker Rooms, Parking, Tickets, Concessions, Hospitality, etc.)



2020 * 18 & UNDER
WINTER
CHAMPIONSHIPS

TIME STANDARDS

2020 USA SWIMMING 18 & UNDER WINTER CHAMPIONSHIPS

GIRLS			EVENT	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
24.39	27.29	27.69	50 FR	21.69	24.69	25.19
52.69	59.49	59.99	100 FR	46.99	53.39	54.39
1:53.79	2:07.99	2:09.09	200 FR	1:42.89	1:56.79	1:59.29
5:06.59	4:29.39	4:31.49	400/500 FR	4:39.89	4:08.79	4:12.49
10:26.69	9:18.39	9:19.39	800/1000 FR	9:40.09	8:39.79	8:45.99
17:24.79	17:48.89	17:50.79	1500/1650 FR	16:15.19	16:37.19	16:48.99
58.69	1:06.39	1:07.59	100 BK	52.69	59.59	1:01.49
2:06.29	2:23.59	2:25.49	200 BK	1:53.99	2:09.89	2:13.29
1:06.69	1:15.89	1:16.79	100 BR	59.29	1:08.49	1:09.39
2:24.19	2:42.79	2:45.09	200 BR	2:09.89	2:27.09	2:30.59
58.09	1:05.29	1:05.39	100 FL	51.69	58.79	58.99
2:06.69	2:22.99	2:23.39	200 FL	1:54.89	2:09.39	2:11.49
2:09.59	2:25.99	2:27.89	200 IM	1:56.29	2:11.29	2:14.19
4:33.49	5:07.69	5:10.39	400 IM	4:10.09	4:39.59	4:45.29

Qualifying period is November 1, 2018 through November 30, 2020

Hosts may opt to allow slower time standards to meet local needs; however, only results for swimmers that have achieved the published time standards will be included in the competition results