

Name of Meet:	2020 IMX Challenge Invitational: Last Chance Invitational		
Date of Meet:	November 20th & 21st		
Meet Sanction:	Held under the sanction of USA Swimming issued by SC Swimming Sanction Number: SC2115SCY & SC2116TT		
Host Club:	South Carolina Swim Club		
Meet Director:	Sara Cavallon	somethingtocelebrate@yahoo.com	843-697-7008
Team Rep:	Meredith David	mdavid@swimscsc.com	856-745-9213
Meet Referee:	Jason Overby	overbyj@cofc.edu	843-801-4201
Meet Entries to:	Victoria & Billy Culbertson	Meet.support@sportstiming.com	843-628-5486
Safety Marshal:	Bora Yatagan	byatagan@northcharleston.org	843-697-4140
Assumption of Risk Disclaimer	<ul style="list-style-type: none"> • South Carolina Swim Club has taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting North Charleston Aquatic Center. 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., South Carolina Swimming, Inc., Sports Timing and South Carolina Swim Club cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/South Carolina 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/South Carolina 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 SOUTH CAROLINA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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. 		

1. This section should include all special instructions for maintaining social distancing and limiting the spread of infectious diseases, including but not limited to:

General Guidelines that Apply to All

- Self-isolation – if you are sick, stay home,
- Practice social distancing of at least six feet distance to the greatest extent possible,
- Wash hands frequently (20 seconds with soap and water or use of a sanitizer that contains at least 60% alcohol),
- Clean and disinfect frequently touched objects (e.g., keyboards, phones) and surfaces (e.g., handrails, workstations, sinks) or remove unnecessary frequently touched surfaces (e.g., trashcan lids),
- Avoid touching of eyes, nose and mouth with unwashed hands,
- Strongly consider wearing a cloth face covering when in public and not in the pool (do not use on children under two years old, people with difficulty breathing, or people who cannot remove the mask themselves)
- Cover mouth and nose when you cough or sneeze and throw used tissues away immediately after use,
- Avoid using other employees' phones, desks, offices or other work tools and equipment when possible, or disinfect them before and after use,
- Minimize the use of soft surfaces like cloth covered chairs or area rugs that are more difficult to clean or disinfect.

Guidelines Specifically for Public Swimming Pool and Large Gathering Events:

- Re-enforcing the social distancing using signage and/or floor/deck stickers and/or by limiting the time a party can remain in the pool/on the pool deck.
- Avoiding group events, gatherings, or meetings both in and out of the water if social distancing of at least 6 feet between people who don't live together cannot be maintained. [Exceptions include rescuing a distressed swimmer or other emergency response scenarios,]
- Staggering the use of communal spaces, when feasible.
- Asking parents to be responsible for ensuring that children stay at least 6 feet apart from people they don't live with at all times while on the pool deck or in the pool.
- Limiting any nonessential visitors, volunteers, and activities involving external groups or organizations.
- Cleaning and disinfecting commonly used surfaces such as bathrooms, doors, handrails, ladders, gates, lawn chairs, drinking water fountains, picnic tables, etc. between each use by a different person, or at a minimum of once a day if unused.
- Installing signs and/or examples of six foot areas related to social distancing.
- Complying with SC Public Swimming Pool Regulation 61-51 is always required.
- Ensuring that life guards who are actively life-guarding are not also expected to monitor
- Hand washing, use of cloth face coverings or social distancing of others. Life guards should continue to follow universal precautions when rendering first aid of any type to patrons.
- Broadcasting regular announcements about how to stop the spread on the PA system.
- Ensure that the ventilation systems of indoor spaces are working properly.
- If planned events must be conducted, staggering drop-off and pick-up times, as much as possible, to maintain distance of at least 6 feet between people who don't live together.
- Asking parents to consider if their children are capable of staying at least 6 feet apart from people they don't live with before taking them to a public aquatic venue.
- Handshakes and "high-fives" are often exchanged at sporting events, and these can be ways in which COVID-19 can be transmitted from person to person. Consider displaying signs (physical and/or electronic) that discourage these actions during the gathering. **Note: Use culturally appropriate messages, materials and resources.**
- Provide COVID-19 prevention supplies to event staff and participants. This includes hand sanitizer that contains at least 60% alcohol, tissues, trash baskets, disposable face masks and cleaners and disinfectants. Clean frequently touched surfaces and objects with detergent and water prior to disinfection, especially surfaces that are visibly dirty.
- Disposable face masks should be kept on-site and available in the event a worker or attendee becomes sick at your event. Those that become sick should be immediately isolated. Identify a space that can be used as an isolation area until the person goes home. Thoroughly disinfect the area prior to and after the event. Note: Providing a sick staff member or event participant with a disposable face mask to wear does not replace the need for that person to leave as soon as possible, stay home and seek medical advice.

2. The listed Safety Marshall is responsible for coordinating Return to Competition Plan and SafeSport Protocols.

3. All non-competing persons ie...officials, coaches, timers, spectators, and meet administrators must wear face coverings and comply with mandated social distancing and mass gathering rules. Athletes are strongly encouraged to wear masks between events. Athletes must wear a mask the entire time they are in the facility. The only time an athlete may take his/her mask off is when he/she is swimming in warm-up or when heading to the starting blocks for their swim. Only 2 heats of swimmers are allowed behind the blocks at one time. There will be chairs set 6 feet apart behind each lane where swimmers will sit as they move forward to the starting blocks. Swimmers will be responsible for getting to the starting blocks on their own but will be monitored by 5 deck marshals behind the blocks.
4. Describe the ingress and egress of athletes and spectators. Describe any entry screening to take place upon facility entry. All competitors will enter the building through the front doors. Upon entering the building they will be asked to use hand sanitizer and be required to wear a face mask at all times within the building when not swimming. As participants arrive at the facility, his/her legal guardian will be asked to sign indicating that they have read and agreed to the waiver (sent out ahead of time, to be signed at the meet), fill out a questionnaire indicating his/her swimmer is healthy and pass a temperature check. There will be parent volunteers at this location making sure that everyone that enters the building is in compliance of the rules. If they are not in compliance then they will be asked to leave the facility. Once they enter the building, the swimmers will head directly to the pool area bleachers that are assigned to their team. They will be greeted by their coaches and told where to sit and put their items in the bleachers that are assigned to them. A swimmer will then listen for their event to be called. They will be allowed to leave their masks with their stuff at their marked location on the bleachers. No more than 3 heats will be allowed at the block side of the pool for each event. Heat 1 will line up behind the blocks, heats 2 and 3 will sit on the provided chairs that will be situated 6 feet apart behind the lane. After the swimmers swim their event they will do a warm down (10 and under will do a 25, 11 and over will do a 75, depending on the event that they just finished) Once they finish their warm down they will exit the pool at the far end. They will return immediately to their marked spot in the bleachers. The interval for the younger kids will be 1 minute between heats. The interval for the older kids will be 2 minutes between heats.
5. Describe precautions being taken in regards to spectator seating. No parents will be allowed inside of the building unless they are volunteering, using the restrooms, headed to the concession stand or needed by the volunteers to take care of something for their children. If parents or spectators are not volunteering they will be required to remain outside of the building. The side of the building along with other areas lends very well for parents or spectators to social distance in these areas. It will be their responsibility to remain social distanced and masked. All parents and spectators that are not able to attend the meet will be able to watch the live feed of the session on our Facebook page. We highly suggest that each swimmer only bring one parent or spectator to the meet. Spectators are allowed as well to sit in their vehicles. Vehicles can be parked at the pool or in the parking lot at Fort Dorchester.
6. Swimmers must arrive in their suits. Locker rooms will be designated for restroom use only. No changing or showering will be allowed. Locker room and restroom use must comply with all Safesport guidelines.
7. Parents/Guardians will be able to observe and have access to their children in the following manner: All parents and spectators will be able to watch the live feed of the session on our Facebook page. If parents or spectators are not volunteering they will be required to remain outside of the building. The side of the building along with other areas lends very well for parents or spectators to social distance in these areas. It will be their responsibility to remain social distanced and masked. We highly suggest that each swimmer only bring one parent or spectator to the meet. Spectators are allowed as well to sit in their vehicles. Vehicles can be parked at the pool or in the parking lot at Fort Dorchester.
8. Meet Personnel for each session are as follows: list number of timers: 10 timers, officials: 7 officials, safety marshals (list number and areas of responsibility): 15 safety marshals (5 behind the blocks, 5 by the bleachers and 2 at end of the pool to keep them moving after event , meet administrators: 2 meet directors, 2 with Sports Timing /announcers: 2 announcer/Facebook Live, 8 lifeguards on deck, 12 coaches on deck.
9. Facility Personnel for each session are as follows: list number of lifeguards, custodians, security or any other facility personnel: 8 Lifeguards, 4 custodian and other facility
10. There will be a total of 50 Meet Personnel on deck for the meet. According to state and local guidelines, the facility can have a maximum of 250 on deck. This will allow for a maximum of 200 athletes in each session.

11. There will be a minimum of 30-60 minutes in between sessions to allow for full facility evacuation and disinfection.
12. Hospitality for coaches and officials: We will have coolers on deck for officials and coaches to get bottles of water. We will also have prepackaged snacks in both the coaches' room and officials room for them to have during breaks. For meals coaches and officials will be able to order from the concession stand. Each will be given \$10.00 to purchase a meal.
13. Facility staff and team personnel will be on hand to ensure all safety precautions and facility guidelines are followed.
14. If at all possible Coaches and Officials meetings will be held virtually prior to the start of the meet.
15. If vendors will be present, describe how and where they will be set up in compliance with facility numbers. Augusta Swim, will be setup outside of the building in tents. These will be in full view of spectators and easily accessible to everyone at the event. In the case of inclement weather Augusta Swim will be moved into the building in the hall.
16. Failure to comply with the submitted COVID-19 Meet Plan could result in the sanction being rescinded and possible denial of future sanctions for a term of not longer than one season (short course or long course).

Facility:

North Charleston Aquatic Center
8610 Patriot Blvd, North Charleston, SC 29420

Indoor 20-lane 25-yard competition pool with a moveable bulkhead and 8-lane 25 yard warm down pool with non-turbulent lane lines. Bleacher seating for over 1000 is available but will be limited to 250 due to Covid-19. Spectators may bring chairs and tents to use on the outside patios and grass areas. Chairs, food and coolers are not permitted on the pool deck.

The water depth of the competition course is seven (7) feet, measured from one (1) meter to five (5) meters, on the starting end of the course, and seven (7) feet, measured from one (1) meter to five (5) meters, at the turn end of the course. The water depth of the warm down course is six (6) feet, measured from one (1) meter to five (5) meters, on the starting end of the course, and four (4) feet, measured from one (1) meter to five (5) meters, at the turn end of the course. The competition course has not been certified in accordance with 104.2.2C

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.

Rules:

1. Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein.
2. The Meet Director reserves the right to adjust the warm-up times & start times.
3. The total number of eligible swimmers per session is set at 200 swimmers. The Meet Director reserves the right to limit events, heats, number of swimmers per team, or to adjust the format to conform with the 4 hour provision for 12 and Under sessions in accordance with Rule 205.3.1 F as well as to conform to the local protocols and requirements established due to Covid-19.
4. **Entries will be accepted on a first come, first served basis. Once we reach the total number of eligible swimmers for each session no other entries will be accepted.**
5. In accordance with USA Swimming there will be a designated swimmer area. This area will be clearly marked and is only open those swimming in the meet. Parents are not permitted in the building except to use the rest room. Parents are asked to sit outside the building or in their car.
6. **SWIMWEAR:** No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet (effective September 1, 2020).
7. **Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Use of these devices is also not allowed behind the starting blocks.**
8. Deck changing is prohibited by USA Swimming and South Carolina Swimming. A first offense will result in the disqualification of the offending swimmer from the next scheduled event. The second offense for the same swimmer will result in the disqualification from the remainder of the meet.

Athlete Eligibility:	<p>This meet is open to all swimmers currently registered with USA Swimming. All USA Swimming registration numbers will be verified with the SC LSC registration database. Age is to be determined on the first day of the meet.</p> <p>USA Swimming registrations will not be accepted on deck.</p> <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 or the swimmer's legal guardian to ensure compliance with this requirement.</p>
Entry Fees:	<p>\$4.00 per individual event \$20.00 pool/facility fee per swimmer \$3.00 Electronic heat sheet fee \$2.00 SCLSC Travel Fund/Program fee per swimmer \$2.00 SCLSC Sports Development fee per swimmer \$2.00 out-of-state SCLSC Travel Fund/Program fee \$7.00 for time trials</p> <p>Make checks payable to SCSC. Entry fees are non-refundable. The Clerk of Course will accept deck entries for open lanes only. Payment for all deck entries is due before the end of warm-ups to Clerk of Course.</p>
Meet Format:	<ol style="list-style-type: none"> 1. This is a timed finals meet and will be limited to the first 200 swimmers per session. 2. Warm-up procedures: Team lane assignments will be made for each session. All SCLSC and USA Swimming safety guidelines will be enforced. In order for swimmers to warm-up a USA Registered coach must be present. If a coach cannot attend warm-up for his or her team please contact the meet host. 3. All events will be pre-seeded. There will be no positive check-in events. 4. Seeding/Scratches: All Open Events will be seeded by gender with no age separation. The 500 Free, 1650 Free and 400 IM will be seeded as combined male and female and will swim fastest to slowest heats. Meet host reserves the right to limit the 500 free and 400 IM to conform to the meet timeline. Swimmers may choose to have a counter for the 500 free. All counters must be masked and if possible that counter must be a fellow swimmer/teammate. If no counter can be found then a parent may count with Meet Director approval. 5. A swimmer that misses their assigned heat will not be entered into another heat of that event unless circumstances are beyond the swimmer's control as determined by the meet referee and the swimmer may be allowed to swim.
Time Trials	<p>Time Trials will be offered after each session, time permitting, and at the discretion of the Meet Referee. Time trials can be in addition to the swimmer's 3 events per day but a swimmer cannot exceed 6 events per day.</p> <p>A swimmer may time trial any event, regardless if it is in the meet or not. Any event 400 and over will only be contested if time permits at the discretion of the Meet Ref. Order of events will be determined by the Meet Ref.</p> <p>Time Trials will cost \$8 per individual event payable in cash at sign-up. Time Trial only swimmers must still pay the LSC and Pool fees associated with the meet. Swimmers must provide their own timers. Time Trials will commence within 15 minutes of the end of the session.</p>
Time of Meet:	<p>Friday Evening Warm-up: 4:00 p.m. Friday Evening Meet Start: 5:30 p.m.</p> <p>Saturday Morning Warm-up: 8:00 a.m. Saturday Morning Meet Start: 9:30 a.m.</p>

Entries:	<p>Entries are to be sent to Sports Timing, Inc. Go to www.sportstiming.com, click on upcoming meets and click on the 2020 IMX Challenge Invitational. Complete the form, upload your entry file and click submit. You will receive an email confirmation. If you need to submit updated entry files, you are able to submit a new form and file. Entry questions can be emailed to meet.support@sportstiming.com</p> <p>Entries are due by Tuesday, Nov. 10th at 5 PM.</p> <p>SC Swimming does not accept deck registrations, all swimmers entered must be registered at time of entry deadline.</p>
Entry Limit:	<p>Swimmers may enter up to One (1) individual event on Friday and up to Three (3) individual on Saturday. The session event maximum(s) maybe amended based on timeline and total number of athletes competing, at the sole discretion of the host team's Meet Director.</p>
Awards:	Awards to heat winners
Scoring:	No Scoring
Timing:	Timing and Data Processing will be provided by SportsTiming, Inc. Colorado electronic timing system, with touch pads & plungers, will be used. Stop watches will also be used.
Coaches Eligibility:	Coaches must be coach members of USA Swimming and they must have their credentials visible at all times. Coaches meeting will be announced via email prior to meet.
Other Information:	<ol style="list-style-type: none"> 1. Certified officials are welcome to assist with the meet. Please contact Jason Overby at overbyj@cofc.edu. 2. Heat Sheets will be emailed out to all participating swimmers before the meet. We will not have heat sheets available for sale at the meet.

South Carolina Swim Club

2020 IMX Challenge Meet

Nov. 20th – 21st, 2020

Held under the sanction of USA Swimming issued by SC Swimming:
Sanction Number: SC2115SCY & SC2116TT

Order of Events

Saturday Morning Warm-up: 8:00 a.m.; Saturday Morning Meet Start: 9:30 a.m.

Saturday Mile Warm-up: 1:30 p.m.; Saturday Mile Start: 2:00 pm

Friday Mile Session

Warm-Up at 4:00 p.m.; Meet start at 5:30 p.m.

Girls				Boys
1	Open	1650	Freestyle	2

Saturday Morning 12&U Session

Warm-up at 7:30 a.m.; Meet start at 9:00 a.m.

Girls				Boys
3	Open	200	IM	4
5	10&U	100	IM	6
7	12&U	100	Butterfly	8
9	10&U	50	Butterfly	10
11	Open	200	Freestyle	12
13	10&U	50	Freestyle	14
15	12&U	100	Backstroke	16
17	10&U	50	Backstroke	18
19	12&U	100	Breaststroke	20
21	10&U	50	Breaststroke	22
23	12&U	100	Freestyle	24
25	Open	500	Freestyle	26

Saturday Afternoon 13&O Session

Warm-Up at 12:30; Meet Start at 2:00

Girls				Boys
27	13&O	400	IM	28
29	13&O	200	Butterfly	30
31	13&O	200	Backstroke	32
33	13&O	200	Freestyle	34
35	13&O	200	Breaststroke	36
37	13&O	200	IM	38
39	13&O	500	Freestyle	40

2020 IMX Challenge Invitational
Nov. 20th – 21st, 2020
North Charleston Aquatic Center
Held under the sanction of USA Swimming issued by SC Swimming:
Sanction Number: SC2115SCY & SC2116TT

Meet Entry Summary Sheet

Total Number of Swimmers _____	x \$2.00 SCLSC Travel Fund/Program Fee	= \$ _____
Total Number of Swimmers _____	x \$2.00 SCLSC Sports Development Fee	= \$ _____
Total Number of out-of LSC _____	x \$2.00 SCLSC Travel Fund/Program Fee	= \$ _____
Total Number of Swimmers _____	x \$20.00 Facility Fee	= \$ _____
Total Number of Swimmers _____	x \$3.00 Electronic Heat Sheet Fee	= \$ _____
Total # Individual Events: _____	x \$4.00 Individual Events	= \$ _____
Total # of Relays: _____	X\$8.00 Relay Fee	= \$ _____
Total Fees: _____		= \$ _____

Team: _____ Team Code: _____

Number of coaches at meet: _____

Head Coach: _____

Send e-mail results to: _____

Send Paper copy in lieu of e-mail to: _____

Make Checks Payable To: MPSC Parent Association	
Mail entries to: Mount Pleasant Swim Club -PA PO Box 882 Mount Pleasant, SC 29465-0882 (Please waive signature for overnight deliveries)	
WAIVER, ACKNOWLEDGMENT 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 and SC Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet. 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. It is further understood that the SC LSC, the South Carolina Swim Club, Park West Pool, and SportsTiming, Inc. 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.	

Signature/Title

Date