

Sharks and Dolphins July 23rd Summer Final

Host: Sherwood Sharks and Arkansas Dolphins

Dates: Friday, July 23rd, 2021

Deadline: Entries must be received by Monday, July 19th, 2021

Sanction:

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are
- encouraged to visit the AAU web site www.aausports.org to obtain their membership. **Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.**

Sanction Number: TBD

Location:

Bill Harmon Recreation Center
51 Shelby Road
Sherwood, AR 72120

Facility: Eight lane 25-yard indoor course with non-turbulent lane lines. The competition course has not been certified in accordance with Section 104.2.2C(5) The minimum water depth, measured in accordance with Article 202.4.10C, is 4' 0" at the start end and 4' 0" at the turn end.

Meet Type: Invitational

Starting Times: Warm ups 4:00 PM meet starts 5:00 PM

Rules: 2021 USA Swimming rules will govern the meet. ARSI safety guidelines and warm-up procedures will be in effect.

Attending Coaches: Coaches must be registered through AAU

Eligibility: All AAU registered swimmers 18 and Under

Entries: Entries need to be received no later than Monday, July 19, 2021. The meet will be limited to the first 250 swimmers entered.

Entry Fees: \$10 per swimmer

Make checks payable to the **Sherwood Sharks Swim Team**

Entry Limit: All swimmers may swim a maximum of Five (5) individual events per day.

Seeding: All events will be pre-seeded.

Deck Entries: Deck entries will be allowed for extenuating circumstances and at the discretion of the host based on available space in pre-seeded heats; and must be turned in NLT 4:30pm.

Scratches: ARSI pre-seeded timed finals scratch rules will be in effect. Swimmers who do not report for a pre-seeded event will not be penalized. Entry fees will not be refunded for scratches or no-shows.

Warm-Up: All ARSI warm-up rules will be followed. Any swimmer who does not enter the pool feet first during any portion of a warm-up/warm-down period which requires feet first entry shall receive a warning for the first offense rather than a disqualification. Disqualifications are automatic for subsequent violations. In the session in which the penalty is enforced, the swimmer cannot deck enter an event to replace the event from which they were removed. Swimmers may dive into the pool during a designated sprint warm-up.

Awards: ribbons will be given for 1st-8th Place in the following age groups Individual events 6&U, 7-8, 9-10, 11-12, 13-14, 15-18. Relays 8-U, 12&U, 18&U.

Scoring: No scoring

Disclosure: We have taken enhanced health and safety measures - for swimmers, coaches, officials, and spectators. You must follow all posted instructions while attending the Sharks and Dolphins July 23rd Summer Final at the Bill Harmon Recreation 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 Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the Sharks and Dolphins July 23rd Summer Final, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming Covid-19 Release: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent 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 ARKANSAS SWIMMING INC. 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.

Additional Rules: Use of a still or video camera or a cell phone with video capability is prohibited in all dressing rooms, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person found using such devices in these areas will immediately be removed from the meet with all fees forfeited, and subject to further LSC or USA Swimming sanctions and penalties.

Smoking and use of other tobacco products are prohibited on the deck, in the bleachers, locker rooms, and throughout the Bill Harmon Recreation Center.

Swimmers must use the locker rooms or changing rooms to change. On deck changing is not allowed.

This meet will have a “nut-free” deck. Please do not bring food items containing nuts on the pool deck.

Arkansas DOH Guidelines: Maintain minimum physical distancing of six feet between participants at all times, except when actively participating in the sports activity. Athletes, Coaches, and All Staff must be screened prior to any activity by asking the following questions and excluded if the answer is yes.

- Have had a fever of 100.4°F or greater in the last 2 days
- Have a cough, difficulty breathing, sore throat, or loss of taste or smell
- Had contact with a person known to be infected with COVID-19 within the previous 14 days

Coaches and All Staff must have temperature checked by digital thermometer prior to entry, and those whose temperature is greater than 100.4°F must be excluded.

Face coverings that completely cover the nose and mouth are required for everyone 10 years of age or older for indoor sports. Face coverings are strongly encouraged for outdoor sports.

Athletes - Face coverings are strongly encouraged when not actively participating in an outdoor sports activity. - Face coverings or masks must be worn during indoor sports where a face covering is not inhibitory.

Coaches and Staff - Face coverings must be worn at all times for indoor sports and are strongly encouraged for outdoor sports.

Use of communal spas, showers, saunas or other similar equipment are prohibited. Locker rooms may only be used for storage of personal items. Social distancing of 6 feet must be maintained in the locker rooms.

An alcohol-based hand sanitizer or adequate handwashing facilities must be provided for use by all attendees. Sports equipment, restrooms, lockers, water fountains and other high touch surfaces must be sanitized frequently during each event. For a list of cleaning products that will

eliminate the Covid-19 virus, visit <https://www.epa.gov/pesticide-registration/list-ndisinfectants-useagainst-sars-cov-2019>.

Avoid non-sport related personal contact at all times. This includes, but is not limited to, huddles, high-fives, hand shaking, fist bumping, and chest bumping.

For games, competitions, tournaments, meets, and other athletic events held in a facility, the facility hosting the event must follow the current Directive for Large Indoor or Large Outdoor Venues. Spectators are covered under these Directives.

For training and conditioning held in an athletic facility, the facility must follow the current Directive for Gym, Fitness Center, Athletic Club and Weight Rooms.

Concession Stands may operate but must follow all applicable sections of the Directive for Resuming Restaurant Dine-In Operations.

Admission and gate ticket sales should be taken online when possible.

Order of Events

Girls		Boys
	Mixed 6 & Under 25 Kickboard	
01	8 & Under 100 Free Relay	02
03	12 & Under 100 Free Relay	04
05	18 & Under 100 Free Relay	06
07	8 & Under 25 Free (6&U, 8&U will be awarded separately)	08
09	9-18 50 Free (9-10, 11-12, 13-14, 15-18 will be awarded separately)	10
11	8 & Under 25 Back (6&U, 8&U will be awarded separately)	12
13	9-18 50 Back (9-10, 11-12, 13-14, 15-18 will be awarded separately)	14
15	8 & Under 25 Breast (6&U, 8&U will be awarded separately)	16
17	9-18 50 Breast (9-10, 11-12, 13-14, 15-18 will be awarded separately)	18
19	8 & Under 25 Fly (6&U, 8&U will be awarded separately)	20
21	9-18 50 Fly (9-10, 11-12, 13-14, 15-18 will be awarded separately)	22
23	18 & under 100 IM (6 & Under, 7-8,9-10, 11-12, 13-14, 15-18 will be awarded separately)	24