

2021 CT LC Senior Championship

Thursday-Sunday, July 8th-11th

Dear Coaches and Team Representatives,

First, welcome to the 2021 LC Senior Championship, we are happy to be able to run our Championship Meets again this year! Please read through the information below for safety protocols, how the Meet will be run, what is expected of your Team (Coaches, Swimmers, & Parents), and other information you'll need as we progress throughout the Meet.

1) Swimmer Safety

- a. Coach & Swimmer Changing Rooms / Restrooms
 - Coaches Restrooms will be the two Adult/Family/Handicap Bathrooms near the front doors
 - Swimmers may change in the Locker Room (please try to limit the numbers in the Locker Rooms)
- b. Livestream
 - The Meet will be Livestreamed via our CDOG Facebook page which can be accessed here: <https://www.facebook.com/SeaDogSwimClub>
 - You do not need to Like or Follow in order to view the Meet
 - Results will be updated Live on Meet Mobile
- c. Deck Access
 - Only Credentialed Coaches will be allowed Deck Access. Please see the Meet Managers Table when you arrive (will be located between Bleachers and Diving Boards).

2) Volunteer Assignments

- a. Your Team Obligation
 - Volunteer Assignments are in an attached document, by Session by Team
 - All Timers should be ready to enter the Deck for the Timers Meeting, which will be held 20 minutes before the start of each session (Subject to Change as Officials see fit). Please report to the Meet Manager's Table upon arrival.
 - All other Volunteers should report to the Meet Manager's Table, located near the Diving Board end of the pool upon arrival, and will be given a timeframe of when they need to return for their scheduled duties.

3) COVID-19 Protocols

- a. Please bring the Waiver filled out and signed for ALL SWIMMERS participating
- b. Mask Wearing:
 - Coaches – No mask required if FULLY VACCINATED
 - 13/Over Swimmers – No mask required if FULLY VACCINATED
 - 12 Year Old Swimmers – No mask required if FULLY VACCINATED
 - Volunteers – No mask required if FULLY VACCINATED
- c. Unvaccinated Swimmers should ALWAYS WEAR A MASK IF NOT FULLY VACCINATED & should bring a Plastic Bag with them to place their mask in before entering the Pool, and put their mask back on before exiting the Pool for Warm-Up and Competition.

- d. Maintain at least 6 feet of social distance at all times with other Teams (Your Team is your bubble, but please respect other Teams).
- e. All swimmers will enter through the main entrance and proceed directly to pool area and team area. Please do not stop and congregate in the Lobby.

4) Team Areas

- a. All Teams are recommended to situate themselves outside with tents and folding chairs. Tents WILL NOT be provided. However, you may store them at the pool in between sessions, but please take them down first.
- b. There should be ample space along the 50M course side of the pool for all Teams.
- c. There will also be some space indoors for smaller teams.

5) Parking

- a. Please park in the main Pool Parking Lot (before the Traffic Circle)
- b. Please do not clog the Traffic Circle, it is for Drop Off purposes ONLY

6) Warm-Up Assignments

- a. Warm-Up Sessions
 - Please see other Attachment for Warm-Up Assignments
- b. During the Session
 - There will be short Warm-Up/Warm-Down periods during the 10 Minute Breaks. (Subject to Change per Meet Referee)

7) Scratch Deadlines

- a. Final Entries were due by 2:00pm Friday, June 18th.
- b. We will accept scratches up until 5 minutes before the start of the 3rd Warm-Up

8) Events

- a. Thank you to everyone for approving the changes that were made in order to run what we think will be a better Championship experience for all of our Swimmers. Here is a rundown of the changes:
 - Change the breaks designated in the meet announcement from 5 minutes to 10 minutes.
 - Change the AM session starting times to 7:00-8:30am Warm-up with an 8:30am start. The meet announcement initially had a 6:00-7:30am warm-up with a 7:30am start.
 - Change the warm-up time to 6:00-7:00pm and start time of 7:00pm for the Friday-Sunday PM sessions. The initial Friday thru Sunday PM session warm-up time was 6:00-7:15pm with a 7:15pm start time.
 - Bring 1 heat of the top 8 swimmers (after scratches) from the AM session events back to swim at night. The AM session events will still be timed final events for places and scoring purposes. The 1 heat at night will be a purely exhibition event but will allow for some swimmers to get a second swim.
 - Allow 1500 Swimmers to opt to compete in the 1500 in the AM session on Sunday after the Men's 400 Medley Relay.
 - There will be a Positive Check-In Sheet for this starting on Thursday's PM Session. We ask that you date and timestamp your initials, and the AM swim will be first come, first serve, any may be a combined gender heat based on timeline needs.

9) New Schedule/Timeline

- a. Thursday PM
 - Warm-Up @ 6:00pm, Start @ 7:00pm
- b. Friday/Saturday/Sunday AM
 - Warm-Up @ 7:00am, Start @ 8:30am
- c. Friday/Saturday/Sunday PM
 - Warm-Up @ 6:00pm, Start @ 7:00pm

10) Hospitality

- a. There will be food/beverage items available in the Kiddie Pool area.

11) Awards

- a. Awards have not come in yet. We will get them to all Teams as soon as possible after the Meet concludes.
- b. There will be an Event Winner T-Shirt for the Event Champion. You must collect a coupon from the Meet Managers Table and bring it to the T-Shirt Vendor to collect the shirt.