

Don't Give Up the Ship Invite

November 20 – 22, 2020

Everyone is expected to wear a mask and observe social distancing AT ALL TIMES!

Anyone not following protocols will be removed from the meet.

Sanitation will take place between sessions. Please encourage swimmers, coaches, and parents to leave the deck quickly. The facility will be cleared between each session.

Location: The SPIRE INSTITUTE Aquatic Center is located at 5201 SPIRE Circle, Geneva, OH 44041

Please note: The entrance into the building is between the Aquatics and Track Building located at the Northeast side of the Aquatics building. No other doors will be open for entry. Parking has moved as well.

The meet will take place in one pool for all sessions. All competition will take place in the deep/diving board end of the pool

- Friday – 13 & Over 400 IM, 12 & Under 500 free, 13 & Over 1650 free
- Saturday & Sunday
 - Session 1 – 12 & Under girls and boys
 - Session 2 – 13 & Over girls
 - Session 3 – 13 & Over boys

Meet Warm-up and Start Times:

All warm-ups sessions will have assigned lanes. Please see the other document for assigned lanes/times. DO NOT come early for warm-ups. Please arrive 10 minutes prior to the start of your warm-up session.

Friday

- 4:45 – 5:30 pm Warm-ups
- Competition will begin at 5:35 pm

Saturday

- Session 1 (12 & Under girls & boys)
 - 7:30 – 8:10 am Warm-ups
 - Competition will begin at 8:15 am
- Session 2 (13 & Over girls)
 - Warm up: 10:30 – 11:15am
 - Competition will begin at 11:20am
- Session 3 (13 & Over boys)
 - Warm up: 1:00-1:45pm
 - Competition will begin at 1:50pm

Sunday

- Session 1 (12 & Under girls & boys)
 - 7:30 – 8:10 am Warm-ups
 - Competition will begin at 8:15 am
- Session 2 (13 & Over girls)
 - 10:30 – 11:15 am Warm-up
 - Competition will begin at 11:20am
- Session 3 (13 & Over boys)
 - Warm up: 1:10 – 2:05pm
 - Competition will begin at 2:10pm

The non-competition pool will be available for continuous warm-up throughout the meet. No more than 5 swimmers per lane for warm-up/warm-down during the meet. Please remind your swimmers to maintain their distance.

SPIRE HEALTH SCREENING:

SPIRE health screening must be filled out and signed by all swimmers, coaches, meet workers, officials, and spectators DAILY. A parent/guardian must sign the waiver for swimmers under the age of 18. Go on line @ <https://spirecovidform.paperform.co/> or scan the attached QR code to fill out the health screening. A confirmation screen or email sent after filling out the form must be shown at the health screening station. This form **MUST** be filled out every day of competition.

It is recommended you bring a printed copy of the confirmation email to the health screening station to expedite the process.

Athletes:

- Arrive on time and in your suit. Do not arrive early. Swimmers should arrive 10 minutes prior to their assigned warm-up times
- Place personal belongings in designated area and maintaining social distance at all times
- Make sure to pack: Hand sanitizer, adequate water, extra goggles, caps, masks, towels and a **labeled tupperware container for mask storage**. Sharing of items is NOT allowed
- Athletes should bring 2-3 extra masks in the event their masks gets saturated.
- Know your heat and lane assignments - there will **NOT** be heat sheets posted on walls.
- When not swimming swimmers are to be in their designated area

Mask Protocol - PLEASE BRING a LABELED TUPPERWARE Container to place mask in

- Your mask must be secured on your ears, over your nose and mouth and under your chin
- Once on bulkhead swimmers should use ear loops to remove mask
- After your swim, take the mask out of the container, only hold it by the loops, and place it back on your face and around your ears before leaving the bulkhead.
- If you need to adjust your mask do so from the inside.
- You should never touch the outside of your mask. If you do please sanitize your hands.
- You may want to have several masks in case they get wet etc.

Coaches:

- Only TWO (2) coaches per team per session will be permitted on the pool deck due to space restrictions.
- There will be a coaches' meeting on Saturday morning prior to the start of the meet.
- Coaches will be required to show current credentials in addition to the required SPIRE Health Screening in order to be on deck. Coaches MUST present their registration card issued by their LSC registrar with valid dates or their Deck Pass App verification of their coach's education requirements. Wristbands will be issued to those who verify current coach membership. Please note that the cellular service at SPIRE is not very good so do not rely on it to access Deck Pass. A screen shot of your Deck Pass or coach membership card will be permitted. Coaches who cannot display their Deck Pass or membership card will NOT be issued a wrist band and will NOT be permitted on the pool deck. There will be a coaches' check in table in the hallway by the doors to get onto the pool deck.
- Hospitality will be limited. LSSC will have drinks and pre-packaged snacks available. Coaches will NOT be permitted to "hang out" in the hospitality room and all must clear the deck between sessions.

General Information:

- Only ONE (1) spectator per swimmer per session will be permitted. Admission is included in the entry fee.
- All sessions/events will be conducted in 10 lanes in the deep/diving board end.
- All events are pre-seeded
- There will be NO deck entries or time trials
- NO tech suits for 12 & Under swimmers
- Heat sheets will NOT be sold at the meet. Heat sheets will be emailed to team entry chairs prior to the meet. Heat sheets are posted on meet mobile. The meet will be on meet mobile barring any technical difficulties.
- Swimmers should arrive/depart in their suit, locker rooms will be open for restroom use only. Only 4 swimmers are permitted in the locker room at a time.
- You will be removed from the meet for violation of protocols.
- Swimmers are not permitted to share caps, goggles, food and drinks.
- Fly over starts will be used for all sessions. Swimmers should remain in the water and move to the right of the lane and put their head down while the next swimmer's starts the race.
- The backstroke wedges will be available

- Swimmers in the last event for each session will have a few minutes to warm down in the scoreboard/shallow end of the pool. Swimmers must leave after their session so we can sanitize and get the next session started
- There will be no charge for parking.
- Please plan accordingly and bring enough food and drinks (both spectators and swimmers) for the duration of your stay. There are no water fountains available nor will Fuel be open.
- Check-in will be required for all meet workers on deck.
- Those counting for a swimmer for the 1650 or 500 free will be permitted on the deck only to count for the swimmer.

Order your Lake Erie T-Shirt [here](#) – The shirt and name of this meet was designed with the spirit of the Lake Erie District in mind especially during these trying times. It is not so much specific to this meet as it is a nod to our whole district, the support we show each other and how much we can accomplish together.

SPIRE Institute is requiring EVERY PERSON who enters the facility to complete an online self health assessment for EVERY DAY they are on the SPIRE Campus.

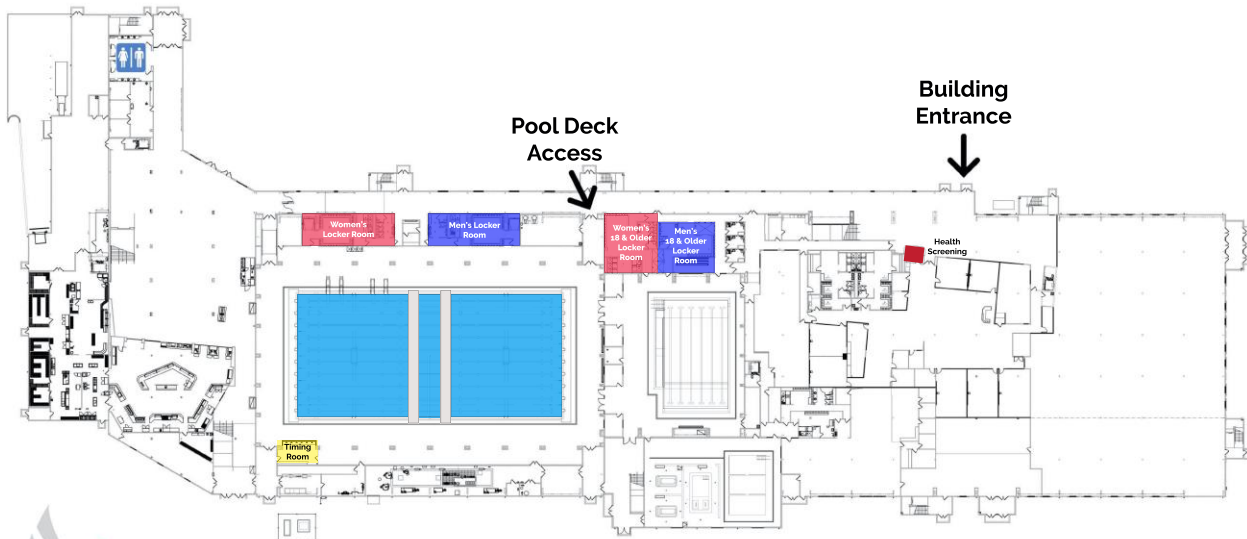
Once filled out, you must show either the success screen for the day you are coming to SPIRE or bring a printed copy of the confirmation email stating that it was completed successfully on the day you are coming to SPIRE.

Temperatrues will be verified at the Health Screening Station when success screen is shown.

**SCAN HERE
FOR ONLINE
HEALTH
SCREENING
FORM**



**EVERYONE MUST
COMPLETE DAILY**



Aquatics Center
Main Level

