

## **Proposal to SCS BOD to Approve Sanction for Modified 2020 Senior Race Series**

The 2020 Senior Race Series is proposed as an SCS sanctioned event on three weekends in September and October. The event will be run live, with two teams competing in a specially prepared venue, capable of sequestering each team in complete separation throughout the competition.

### **Conditions of Competition:**

Participating teams will be limited in size to 20 athletes and 2 coaches as of this date (the team size limit may change should the CDC and County guidelines determining the allowable group size of gatherings outdoors change to allow more than 50 in the near future). Teams may compete in A and B squads if there are fewer than 16 teams.

### **Dual Meet Dates:**

1. Sept 19/20
2. Oct 10 / 11
3. Oct 24 / 25

### **Important Details:**

A maximum of 16 teams will be allowed into the SRS for this year. Should more than one facility meet the requirements as listed below and receive permission from their controlling authority, that maximum could be raised to 32 teams. Currently, the Splash Aquatic Center in La Mirada is the only facility that has authorized the event in accordance with the guidelines listed below.

There will be 4 dual meets each day at each venue, using the following schedule for both days:

- 1st dual meet will be 7:00 am warm-up... 8:00 start...9:45 finish...15 minute transition between teams. Team One will be in lanes 1-8 for general warm-up..lanes 9 and 10 will be left open during the warm-up...Team Two will be in lanes 11-18. Three athletes per lane max, with flag to wall stations protocol.
- 2<sup>nd</sup> dual meet will be 10:00 to 1:00 in the same format as the first dual meet.
- 3<sup>rd</sup> dual meet will be 1:00 to 4:00 in the same format as the previous dual meets.
- 4<sup>th</sup> dual meet will be 4:00 to 7:00 in the same format as the other dual meets.

The meets will be run short course yards.

Athletes upon finishing an event will warm-down 25 yards to opposite end and exit the pool, while the next heat steps to the blocks.

There will be a separate, eight lane warm-up course. The warm-up course will be limited to two swimmers from the same team per lane. The warm-up course will be limited to swimmers about to swim in one of the next two heats and have a 5-minute max limit. There will be a warm-down marshal on the warm-down course at all times.

There will be a separate, eight lane warm-down course. The warm-down course will be limited to two swimmers from the same team per lane. The warm-down course will be limited to swimmers from the previous two heats only and have a 5-minute max limit.

Cohort rules, social distancing and mask protocols will be enforced as follows:

- Each team will have a separate entrance and exit.

- Thermal temperature checks will be performed at each entrance (99.9 degree limit).
- Athletes, coaches, officials and marshals shall wear masks at all times while in the team bullpen areas or on deck.
- Each team will have separate locker room and bathrooms.
- Officials will have a separate unisex bathroom facility.
- Each team will have separate warm-up courses assigned.
- Each team will have a separate bullpen area on opposite sides of the pool. Each bullpen area will have a designated adult monitor to assure that athletes wear masks and maintain social distancing while in the bullpen areas.
- There will be no timers. Electronic timing only.
- Athletes in the next heat will act as button pushers to add a back-up system to pads.
- There will be no spectators in the stands. Event will have a live feed for remote viewing.
- Six officials allowed on deck in addition to coaches and marshals.
- Venue will be emptied prior to the next two dual meet teams entering the facility.

### Senior Race Series Details:

The registration fee will remain at \$75.00 per swimmer, despite the fact that there will be no championship meet. Swimmers who join after the first dual meet will pay \$50.00; after the second dual meet \$25.00. In addition, there is a \$125.00 team surcharge (½ of previous year fee) for each registered team.

## RACE SERIES DUAL MEET FORMATS

Format A – Sept 22		
Girls		Boys
1	200 medley relay	2
3	500 freestyle	4
5	100 backstroke	6
7	50 freestyle	8
	5-Minute Break	
9	200 backstroke	10
11	200 breaststroke	12
13	100 freestyle	14
	5-Minute Break	
15	100 butterfly	16
17	200 IM	18
19	200 freestyle relay	20
105 min		

Format B – Oct 6		
Girls		Boys
1	400 Medley Relay	2
3	200 Free	4
5	100 Backstroke	6
7	100 Breaststroke	8
9	200 Butterfly	10
	10 min break	
11	100 Freestyle	12
13	200 Breaststroke	14
15	1000 Free (1 heat ea)	16
17	100 Butterfly	18
19	200 IM	20
105 min		

Format C – Oct 20		
Girls		Boys
1	400 IM	2
3	50 Free	4
	5-minute break	
5	200 Butterfly	6
7	100 Breaststroke	8
9	1650 Free (1 heat ea)	10
11	100 Freestyle	12
13	200 Backstroke	14
	5-Minute Break	
15	400 Freestyle Relay	16
105 min		

The SRS Championship meet will be a Virtual meet operated through the USA Swimming Virtual meet engine on Sunday, November 22, and have a separate entry fee TBD.