



2021 NCAP INVITATIONAL

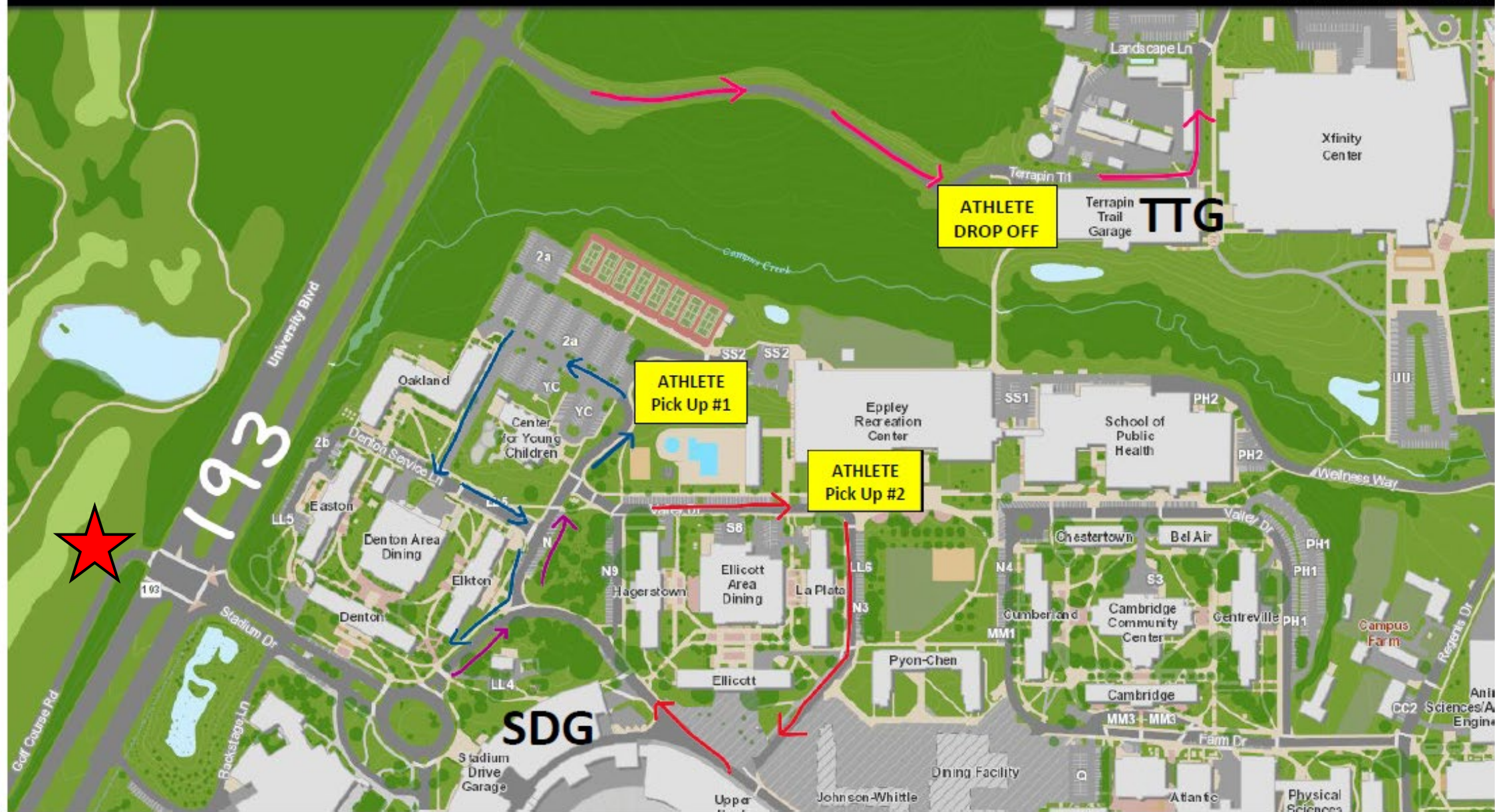
December 9-12, 2021

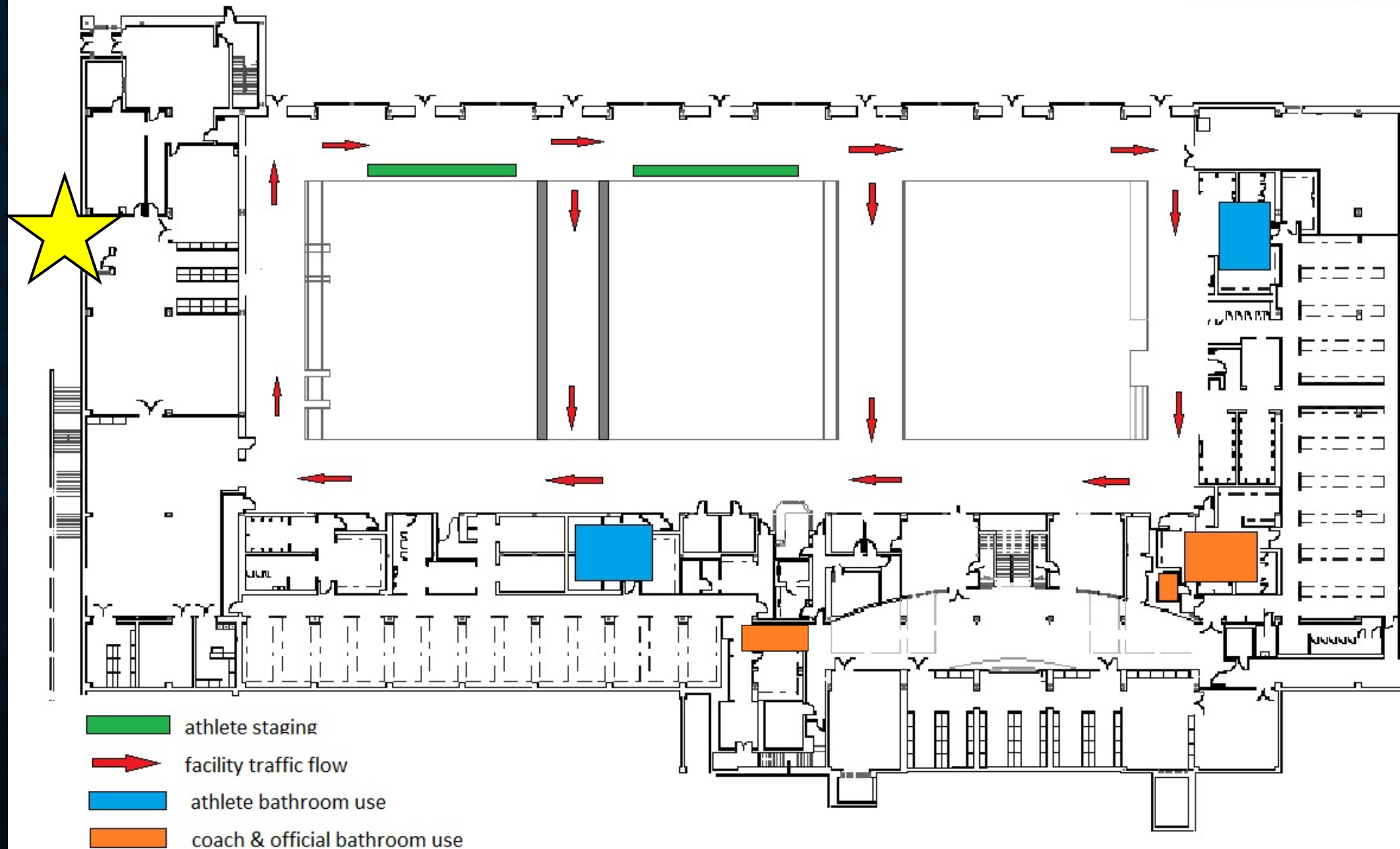
University of Maryland, Eppley Recreation Center

Coach Pre-meet Meeting

WELCOME & THANK YOU!

- We are excited to welcome everyone back to the 2021 NCAP Invitational!
- NCAP and The University of Maryland are taking our covid protocols very seriously, to ensure safe, fun and fast competition for everyone. Please stress the seriousness of our instructions to your coaches, parents, volunteers and athletes





COVID PROTOCOLS

- All attendees must wear masks at all times (with the exception of athletes in the water)
- Everyone should self monitor and be able to answer NO to health screening questions: Any covid-19 symptoms? Any contact with a covid-19 positive person?
- There is a ONE AND DONE policy- an athlete will be asked one time to replace their mask. If an athlete is asked again, they will be walked over to the coach, and they will be removed from the facility. If there is more than one athlete from your team failing to comply with protocols, the TEAM will be removed from the event by staff and will not compete further.

MINOR ATHLETE ABUSE PREVENTION POLICY (MAAPP)

- **All interactions with athletes must be observable and interruptible.**
- Deck changing is prohibited. Report instances of deck changing to the meet referee (Kelly) or meet director (Karyn). NOTE: this includes the off-deck team areas.
- Make sure you are not alone with an athlete in the locker room, including to use the restroom. Be proactive and tell the meet director (Karyn/Tom/Spencer) immediately if this happens, even when it occurred through no fault of your own.
- Athletes should only use the locker rooms in the case of emergency.
- There are specific coach/official/volunteer only locker rooms (marked in orange on facility map)

	<u>Finals Pool</u>	<u>Dive Pool</u>
Thursday	Girls	Boys
Friday AM	Boys	Girls
Friday PM	Boys 11-12, Girls 9-10	Girls 11-12, Boys 9-10
Saturday AM	Girls	Boys
Saturday PM	Girls 11-12, Boys 9-10	Boys 11-12, Girls 9-10
Sunday AM	Boys	Girls
Sunday PM	Boys 11-12, Girls 9-10	Girls 11-12, Boys 9-10

POOL ASSIGNMENTS

THURSDAY DISTANCE

- **Positive check in**

- ALL check in is done online- for events 400 yards and longer, and ALL RELAYS
- https://docs.google.com/forms/d/e/1FAIpQLSdKDkq_nWlcCce_UK_PMOIZ2a46-Etu8huLQlhAMVHbYlODOg/viewform

- **Timers**

- Assigned Timers for the 12&Under 200 backstroke
- Bring your own Timer (BYOT) for the 1650 and 500 Free
- A psych sheet will be at the athlete entrance. Up to ONE timer and ONE counter per athlete will be allowed past check in. Once heats are seeded, timers/counters will be allowed on deck ONE heat at a time

- **Warm up**

- Lanes 1-4 in each competition pool are for 12&Under athletes only. All other lanes are open warm ups 13&over. Starts/pace lanes will begin at 5:10pm

PRELIMS- FRI, SAT, SUN

Thursday Distance		Friday 13&Over		Friday 12&Under		Friday Finals	
Warm up	4:30-5:30pm	Warm up 1	6:30-7:10am	Warm up 1	12:30-12:55pm	Warm up	4:40-5:35pm
Events	5:35pm	Warm up 2	7:10-7:50am	Warm up 2	1:00-1:25pm	Events	5:45pm
End	~7:50pm	Warm up 3	7:50-8:30am			End	~8:05pm
		Events	8:40am	Events	1:35pm		
		End	~11:43am	End	~3:20pm		
		Saturday 13&Over		Saturday 12&Under		Saturday Finals	
		Warm up 1	6:30-7:10am	Warm up 1	1:00-1:25pm	Warm up	4:40-5:35pm
		Warm up 2	7:10-7:50am	Warm up 2	1:25-1:50pm	Events	5:45pm
		Warm up 3	7:50-8:30am			End	~8:56pm
		Events	8:40am	Events	2:00pm		
		End	~12:36pm	End	~3:56pm		
		Sunday 13&Over		Sunday 12&Under		Sunday Finals	
		Warm up 1	6:30-7:10am	Warm up 1	1:00-1:25pm	Warm up	4:30-5:25pm
		Warm up 2	7:10-7:50am	Warm up 2	1:25-1:50pm	Events	5:30pm
		Warm up 3	7:50-8:30am			End	~7:53pm
		Events	8:40am	Events	2:00pm		
		End	~12:04pm	End	~3:21pm		

- Assigned warm ups for all prelims sessions
- Teams control the lanes for the entire block of time- you can do starts, relay take offs, whatever
- Estimated timelines with events will be emailed out today

GENERAL FACILITY INFO

Locker Room Use: There should not be any congregation in the locker rooms. The female locker space will be monitored for lines- especially after warm ups. The facility will be allowing athletes to “change” from bikini tops and pull up straps, but no full suit changes.

Masks: Should be worn at all times by all persons in the facility unless they are spaced and need to take off to eat or drink.

Social Distancing: As best as possible trying to keep the kids separated while staging for their events.

One-Way Traffic: Remind swimmers to enter and move through the pool deck using the one-way traffic pattern.

ASSIGNED SEATING

Thursday Distance and Finals

- Open seating- numbers are small, everyone on deck

All Prelims sessions

- NCAP and Machine athletes are upstairs- must have shoes and a towel/jacket/clothes to come down and up
- All other teams will be assigned bleachers on deck- will be emailed out today

CLERKS OF COURSE

Bulkhead Pool

- Clerk of Course will line up heats along window side of the pool for all session

Championship pool

- 13&over session- clerks will be behind lanes to assist, but athletes should report to lanes on their own
- 12&Under session- clerks will link up athletes along window side of pool

ADMIN TOPICS

- Relay Cards- will be available at the admin table each session
- Awards- will be available in Hospitality for pick up, either each night or at the end of the meet. PLEASE PICK THEM UP prior to leaving!
- NO RESEEDS- This is a championship meets. Athletes who miss events will not be reseeded
- PENALTY EVENTS- Athletes who NS from a positive check in event will be assessed a penalty event. If an athlete is not swimming, please see the admin to DFS
- Heat sheets will be seeded the night before- late scratched can be emailed to ncap.scratch@gmail.com

VIRTUAL SCRATCH TABLE

- Once results are finalized, we will announce them, and notify you that the Virtual Scratch table for Event # whatever is now available
- Coaches/Athletes should look at results on the Virtual Scratch Table- will be the most up to date information
- Parents can be directed to meet mobile for results only- but to the VST to determine if their child is scratched into finals. Meet Mobile DOES NOT SHOW SCRATCHES
- No paper copies of events will be posted on deck. See an admin if you have questions about results

OTHER INFO

- The small warm down pool will be closed when Finals begin to allow water to recover
- Warm up/cool down will only happen in the far pool
- Our retailer Sport Fair will be hosting our Speedo store



NCI

Exclusive Shopping Event
Event Merchandise
Speedo Lounge with Live Stream



Sport Fair
The Swimmer's Outfitter



speedo

College Park Marriott Hotel
3501 University Blvd. East
College Park, MD 20783

Hours
Fri/Sat: 7:30am - 6pm
Sun: 7:30am - 2pm



THANK YOU!!!!

Stay Safe

Have Fun

Support Your Athletes

Questions?