

**From:** Kraig Garber  
**Sent:** Friday, October 9, 2020 9:05 AM  
**To:** h.joseph.plack25@gmail.com  
**Subject:** RE: Relays At Virtual Meets

Joe,  
Thanks for the question. Currently, in person meets are limited to being conducted at what the IDPH defines as low risk level. Low risk swimming and diving events cannot conduct relays or allow for more than one swimmer per lane if more than one team is in the pool. If those modifications aren't made, then swimming and diving is considered a medium risk level sport. The IDPH allows for medium risk level sports to be conducted right now if they are limited to intra-squad only. A virtual event would be considered intra-squad if no opposing teams are physically present. If this is the case, relays could be conducted, and warm-ups could allow for more than one per lane as long as parents have signed waivers allowing for their swimmer to participate at a medium risk level. Officials at virtual events would not need to involve themselves in checking to see if waivers have been signed as this is the school's responsibility. It is just important to remember when more than one team is in the same facility, it is no longer intra-squad, and the meets have to be conducted at the low risk level rules. I hope this helps.

Thanks,

Kraig Garber  
IHSA Assistant Executive Director  
Phone: (309)663-6377  
Fax: (309)663-7479  
Email: kgarber@ihsa.org

**From:** h.joseph.plack25@gmail.com  
**Sent:** Thursday, October 8, 2020 10:42 AM  
**To:** Kraig Garber  
**Cc:** h.joseph.plack25@gmail.com  
**Subject:** Relays At Virtual Meets

Dear Kraig:

The question has risen in one conference as to whether or not relays are permissible at virtual swimming and diving meets. It would be most helpful for officials if there could be a clarification on the use of relays for virtual meets and what responsibilities the officials may or may not have with respect to relays given the guidelines issued in August of 2020 by the IHSA under the memorandum entitled [IHSA 2020-2021 Swimming and Diving Considerations](#). Thank you in advance for your assistance. Joe