

Hockomock YMCA Lightning Swim Team

4th Annual Post Turkey Pentathlon

Milford Community Pool, Milford High School
31 West Fountain Street, Milford, MA 01757
(508) 478-1119

Sunday, December 1, 2019

Sanctioned by YMCA Swimming: **PENDING**

Held under the sanction of USA Swimming/New England: **NE20-1201HAY-A**

Meet Director	Michelle Sinotte	Michele_page@hotmail.com	401-447-2519
Meet Referee:	William Carline	bill.carline@gmail.com	401-573-9263
Entry Chairperson:	Kevin Schmitt	kcschmitt1@gmail.com	978-407-5784
Admin Official:	Kevin Schmitt	kcschmitt1@gmail.com	978-407-5784
Safety Monitor	Sarah Campbell	scampbell@gmail.com	508-954-8501

IMPORTANT DEADLINES:

First date of entry: October 15, 2019
Final date of entry: November 16, 2019
Payment deadline: November 22, 2019

MEET FORMAT: The meet will be swum as timed finals. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session that must be returned no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the administration table.

No events will swim with more than one swimmer per lane.

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the rules that govern YMCA Competitive Sports and the Swimming Addendum to the rules that govern YMCA Competitive Sports. Current USA Swimming technical rules and the Minor Athlete Abuse Protection Policy will be followed.

SITE: The Milford Community Pool is a 6-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Time Systems electronic timing with touchpads at the finish end of the pool with single-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 11 feet 6 inches deep; the turn end of the pool is 3 feet 9 inches deep. Spectator seating is for 500. The pool is located inside Milford High School, 31 West Fountain Street, Milford MA 01757. Please enter through the main entrance on West Fountain Street. Swimmers and spectators are not allowed in any other athletic facilities including the indoor track, weight rooms, gym and training areas. Directions may be found later in this document. No events will compete with more than one swimmer per lane. The competition course has not been certified in accordance with 104.2.2C(4).

COURSE: Short course yards (25 yards).

25-YARD EVENTS: 25-yard events will start at the starting block end of the pool and finish at the turn end with manual timers using three watches, or two buttons, or with electronic timing.

MEET COMMITTEE/ JURY: The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the Meet Jury but not vote. The three members shall be from separate teams. The Meet Jury will decide all issues of eligibility and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.

ENTRY POLICY: *First Come First serve (FCFS)*

CUT PROTOCOL: If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour rule using the following cut protocols in any order deemed necessary:

- (a.) May be asked to cut each athlete to two less events per day than the maximum allowed.
- (b.) Entries may be cut by time or to a specific number of heats for specified events.
- (c.) May be asked to cut relay events

If deck scratches allow a reasonable time-line, the swimmers may be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or a session, is a decision of the Meet Director and the Meet Referee. If weather requires the cancellation of any finals session, the results of the preliminary session will be the final order.

ELIGIBILITY: Any swimmer entered in the meet must be certified by a YMCA Swimming coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete must be at least twelve (12) years of age, and not older than twenty-one (21) years of age on the first day Meet.

YMCA Meet Participation: In order to be eligible to compete, each athlete is not required to have competed in a minimum of YMCA inter-association meets since September 1 of the current season.

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online

content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line team and coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

SWIMWEAR: Per New England Swimming policy, swimmers **age 12** years old and younger are not allowed to wear "Tech" suits at any sanctioned or approved meet. The age of the swimmer is determined on the first day of the meet. A list of banned suits is found on www.neswim.com under ADMIN/Governance/Policies.

REGISTRATIONS: All swimmers must be registered (includes proof of age and payment) with YMCA Swimming before 5:00 pm on the Thursday before the first day of the start of the meet. New England teams are required to check their entries with the online registration check tool on the New England Swimming web site to verify registration status. Coaches must be registered before the start of the meet.

FALSE REGISTRATIONS: If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach, or a member club submitting a meet the entry.

DECK REGISTRATIONS: Will not be accepted

DECK ACCESS: Only current YMCA and/or USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership in YMCA Swimming or USA Swimming will be removed from the pool deck and will be subject to a fine by New England Swimming of \$100 to the coach, and \$200 to the coach's club.

DISABILITY SWIMMERS: Any current athlete members of YMCA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the Meet Referee and Meet Director of any disability prior to competition.

EVENTS and SESSIONS: See attached list.

ENTRY LIMITS: Athletes may enter as many events as they choose but may only compete in a maximum of 6 individual events per day for timed final events. Time trials count in the per day event count.

ENTRY INFORMATION:

First date of entry acceptance: October 15, 2019, (any entry received before this date will be considered received on October 15, 2019)

Final date of entry acceptance: November 22, 2019,

Make checks payable to "Hockomock YMCA".

Mail completed signed entry cover page and waiver, and payment to the entry chairperson:

Hockomock YMCA

c/o HAY Lightning Swim Team

300 Elmwood Street

North Attleboro, MA 02760.

Payment due date for all entries: November 22, 2019. Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. *Your entry is considered received only if you receive an acknowledgement.*

Any team who has not paid their meet fees by the start of the meet will be assessed a \$100 fine. If no payment is received after 30 days, the fine is doubled. This fine is payable to the Hockomock YMCA. Late payments of entry fees may result in future exclusion from meets hosted by our club

Any swimmer who is entered with incorrect swimmer information, or an incorrect or no ID, or is unregistered, will be scratched from the meet until corrections are made per the New England policy.

ENTRY FEES: Electronic entries:

\$40.00 fee for each swimmer to enter and participate in all five (5) Pentathlon events.

\$10.00 for time trials, if offered as set forth hereinbelow

Non-electronic entries: \$1.00 additional fee.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at kcschmitt1@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received by: November 26, 2019, (advised to be 4 days after the entry deadline)

ENTRY TIME UPDATES: Entry times may be updated until the Monday prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chairperson at kcschmitt1@gmail.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

ENTRY TIMES: All entry times must be entered in the specified meet course. (Coach's times should be used instead of NT's)

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$10.00 for individual events, and \$40.00 for relays.

LEGAL SPLITS: Legal splits (including relay lead-offs) must be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party must supply an additional timer(s) on the lane for the split, if necessary, to meet the USA-S requirement.(1 timer with a pad, 3 timers when no pad) When this form is submitted for relay take offs, it will be used to verify a time that is in question. It can also be used to verify and record a lead off split in an event that does not automatically go into SWIMS.

ADMISSION: \$3.00 per session

PROGRAMS: \$2.00 per session.

MEET MOBILE: Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.

OFFICIALS: If you know that you will be attending this meet, please email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome. Officials meeting will take place one hour before the session start time.

WARM-UPS: The pool will open for warm-ups as designated on the event list one-hour ten minutes before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received.

SAFETY:

- Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
- No shaving is permitted at the competition site.
- No glass containers are permitted within the facility.
- Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
- Deck changes are prohibited.

MISCELLANEOUS SAFETY:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- No smoking, drugs, or alcohol are permitted in the complex.

RULES: Current USA Swimming rules and the Minor Athlete Protection Abuse Policy (MAAPP) will govern all competition. Decisions by the Meet Referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the New England Swimming office for further review and/or action.

DRONES Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

SAFE SPORT: The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to the Meet Referee or Meet Director.

USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Anne Kaufman: nesafesport@gmail.com (857-928-3638) or through the [USA-S online reportable form](#).

ON DECK PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the Hockomock YMCA, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests

AWARDS: Trophies will be awarded to the top three (3) boy and top (3) girl finishers in each age group (8 & Under, 9-10, 11-12, 13-14, and 15 & Over) who swam all five possible individual events (in the same/one age group) and achieve the lowest sum total time for the Pentathlon.

SCORING: The meet will be scored. Pentathlon Scoring will use an accumulation of race times. Swimmers must swim all five events to qualify. DQ's will add one minute to the slowest legal time in that event. Times will be broken down by age group (8 & Under, 9-10, 11-12, 13-14 and 15 & over).

FOOD: A concession stand will be in operation for the duration of the meet.

VENDOR: A swimming equipment vendor, Varsity Swim Shop, will be selling suits, goggles, and other accessories for the duration of the meet.

MISCELLANEOUS: New England Swimming, *Hockomock YMCA and the Hockomock HAY Lightning Swim Team*, assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: There is ample parking available in the high school parking lot adjacent to the pool.

DIRECTIONS: Milford High School is located at 31 West Fountain St., Milford, MA.

From the south: take 495 North to RT 85 S Exit 20 towards Milford. Turn left onto Rt. 85(Cedar Street) at the bottom of exit. Turn right onto Dilla Street. Turn left onto Purchase St. Take 2nd right onto Fountain St. 31 W Fountain St. is located on the left.

From the north: take 495 South to RT 85 S Exit 20 towards Milford. Turn slight right onto Rt. 85(Cedar Street). Turn right onto Dilla St. Turn left onto Purchase St. Take 2nd right onto Fountain St. 31 W Fountain St. is located on the left.

LODGING: The following hotels are within 15 minutes of the pool:

Comfort Inn-3 Fortune Blvd, Milford, MA 508-634-2499

Doubletree-11 Beaver Street, Milford, MA 508-478-7010

Holiday Inn Express-50 Fortune Blvd, MA 800-230-4134

La Quinta Inn-24 Beaver Street, Milford, MA 01757

**Hockomock YMCA Lightning Swim Team
4th Annual Post Turkey Pentathlon**

Milford Community Pool, Milford High School
31 West Fountain Street, Milford, MA 01757
(508) 478-1119

Sunday, December 1, 2019

Sanctioned by YMCA Swimming: **PENDING**

Held under the sanction of USA Swimming/New England: **NE-20-PENDING**

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Address: _____

Unattached Swimmers: _____

ENTRY FEES (non-electronic add 1.00 per entry)

_____ Swimmer Entry Fee for 5 Events: #Athletes @ \$40.00 = \$ _____

Total: \$ _____

Make check payable to:

Hockomock YMCA

Mail entries and checks to:

**Hockomock YMCA c/o HAY Lightning Swim Team
300 Elmwood Street, North Attleboro, MA 02760**

Entry Deadline:

November 22, 2019

For e-mailed entries, this form and payment must be received by: **November 25, 2019.**

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, **New England Swimming and Hockomock YMCA** for any and all injuries suffered by him/her at said meet. In submitting this entry the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming.

Signature of Authorized Team Official

Date

ORDER OF EVENTS

Hockomock YMCA Lightning Swim Team

4th Annual Post Turkey Pentathlon

Milford Community Pool, Milford High School

31 West Fountain Street, Milford, MA 01757

(508) 478-1119

Sunday, December 1, 2019

SESSION 1: (AGES: 9-10 & 11-12)		
Warm up: 7:00 A.M.	Sunday Morning	Meet start: 8:05 A.M.
GIRLS		BOYS
1	(9-10) 50 FREE	2
3	(11-12) 100 FREE	4
5	(9-10) 50 FLY	6
7	(11-12) 50 FLY	8
9	(9-10) 50 BACK	10
11	(11-12) 50 BACK	12
13	(9-10) 50 BREAST	14
15	(11-12) 50 BREAST	16
17	(9-10) 100 IM	18
19	(11-12) 200 IM	20

SESSION 2: (AGES: 8 & UNDER, 13-14 & 15 & OVER)		
Warm Up: 12:30 P.M. (8 & UNDER) 12:50 P.M. (13 & OVER)	Sunday Afternoon	Meet start: 1:35 P.M.
GIRLS		BOYS
21	(8 & UNDER) 25 FREE	22
23	(13 & OVER) 100 FREE	24
25	(8 & UNDER) 25 FLY	26
27	(13 & OVER) 100 FLY	28
29	(8 & UNDER) 25 BACK	30
31	(13 & OVER) 100 BACK	32
33	(8 & UNDER) 25 BREAST	34
35	(13 & OVER) 100 BREAST	36
37	(8 & UNDER) 100 IM	38
39	(13 & OVER) 200 IM	40

Due to 4-hour meet constraints imposed by United States Swimming (205.3.1 F), the host has the right to restrict/modify entries in order to remain in compliance based on the scheduled timeline once entries are received.

YMCA Sanctioned Meet Declaration Form

Participating YMCA: _____

YMCA Address: _____

Meet Name: Hockomock YMCA Lightning Swim Team 4th Annual Post Turkey Pentathlon

Meet Date: Sunday, December 1, 2019

Meet Host: Hockomock YMCA

Meet Location: Milford Community Pool, 31 West Fountain Street, Milford, MA 01757

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the **Hockomock YMCA Lightning 4th Annual Post Turkey Pentathlon** for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. (We suggest you investigate trip insurance). I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the **Hockomock YMCA Lightning Swim Team 4th Annual Post Turkey Pentathlon**. The YMCA of the USA must be named the Certificate Holder and also names the YMCA of the USA as an additional insured as it relates to this meet.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Hockomock YMCA, and/or the Hockomock Lightning Swim Team Booster Club, their agents, representatives or assigns, and the Town of Milford for any and all injuries which may be suffered by participants at the **Hockomock YMCA Lightning 4th Annual Post Turkey Pentathlon**. Furthermore, we understand that the YMCA of the USA, Hockomock YMCA, Hockomock Lightning Swim Team Booster Club and the Town of Milford are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name: _____, Head Coach Date _____

Name: _____, YMCA Executive Director or Designee Date _____