



**NEW
ENGLAND
SWIMMING**

**South Shore YMCA Strypers
2019 YMCA Thanksgiving Invite**
Lincoln-Hancock Community School, Quincy, MA
November 15-17, 2019

Held under the sanction of USA Swimming/New England #NE20-1115SSYS-A

Meet Director	Victoria Quiroga-Halpin	Quirogamv6@gmail.com
Meet Referee:	Scott Margolis	Ffmedicmar26@gmail.com
Entry Chairperson:	Louis Arruda	ssysmeetentries@gmail.com
Admin Official:	Tripp Kelley	trppkly@aim.com
Safety Monitor	Bernie Dickman	bdickman@ssymca.org

IMPORTANT DEADLINES:

First date of entry: Saturday, October 5, 2019

Final date of entry: Sunday, November 10, 2019

Payment deadline: Friday, November 15, 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 control office. No events will swim with more than one swimmer per lane. All FRIDAY events will compete fast-to-slow.

SITE: The Competition 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 system 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 12 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for 280 in a concrete bleacher area, raised above the pool. The pool deck capacity is for 180 people. Swimmers will reside in an adjacent gymnasium, which will have an electronic read-out board displaying the event and heat competing. All other areas of the school are off-limits. The pool is located on Water St, Quincy MA (for GPS, use 297 Water St---do NOT use Granite Street). Please enter through the designated pool entrance. Directions may be found later in this document.

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

RESERVE THE RIGHT TO MAKE CHANGES: Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, [Bob Menck](#) . Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.

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: 75%/25%

Teams that are included in the 75% of guaranteed entries must submit their entry no later than 7 calendar days before the first date of entries, and payment to the host team by the first date of entry acceptance, or the host team may remove them from the 75% of guaranteed entries. The team will still be liable for payment of the entry fee and will be referred to the Admin Review Board if necessary. The host team can release this liability if it is able to fill the meet with entries from other teams.

Teams accepted in the 25% or the lottery must send payment for their entry within 4 calendar days of the notification. Accepted teams that do not send payment within 4 calendar days may forfeit their entry, but will still be liable for payment of the entry fee, unless the host team is able to fill the meet with entries from other teams. No refunds will be given for entries that are accepted or for entries that are rejected due to improper entry.

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:

For meets using the 75%/ 25% entry policy:

(a.) May be asked to cut each athlete to one less event than maximum allowed per day.

For teams included in the 25% of the 75/25:

(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

If deck scratches allow a reasonable time-line, 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: All swimmers must be current fully privileged YMCA members for the team they represent, for a period of at least 30 days prior to the first day of competition. Swimmers who are also currently certified USA Swimming members, in good standing, will have their times entered into the national SWIMS database. Age is determined by the age of the swimmer on the first day of the meet. Any swimmer entered in the meet must be certified 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.

SWIMWEAR: Per New England Swimming policy, USA registered 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.

DECK REGISTRATIONS: Will not be accepted

DECK ACCESS: Only current USA Swimming or YMCA 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 or YMCA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership will be removed from the pool deck.

DISABILITY SWIMMERS: Any current athlete members of USA 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 INFORMATION:

First date of entry acceptance: Saturday, October 5, 2019 (any entry received before this date will be considered received on Saturday, October 5, 2019)

Final date of entry acceptance: Sunday, November 10, 2019

Make checks payable to "South Shore YMCA Strypers".

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

South Shore YMCA Strypers
c/o Bernie Dickman
75 Mill St.
Hanover, MA 02339

Payment due date for all entries: Friday, November 15, 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.*

All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.

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 South Shore YMCA Strypers. Late payment 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 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 FEES: Electronic entries:

\$6.00 for all timed final individual events

\$20.00 for relays

\$10.00 for time trials

Non-electronic entries: \$6.50 for individual events and \$25.00 for relays

Swimmer Participation Fee is \$10 per swimmer

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 ssysmeetentries@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: Friday, November 15, 2019.

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 ssysmeetentries@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)

RELAYS:

- Use of Electronic Relay Judging Pads: Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. If Electronic Relay Judging pads are to be used at a meet, they will serve in the following capacity. Once a Dual Confirmation of a relay take off has been confirmed (Dual Human Confirmation), the Meet Referee or his/her designee shall request the RJP data. This data can only be used to support the disqualification or overturn the disqualification. In the event the RJP data is either missing or deemed invalid, the disqualification will stand.
- All relay swimmers must be officially entered into the meet.
- Unattached swimmers may not participate in any relays.

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 may 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 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 meetings will be at least 30 minutes prior to the start of a session.)

WARM-UPS: 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.

MISC. SAFETY: Only certified coaches, officials, athletes, and meet staff are permitted on the pool deck.

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 South Shore 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: There are no awards.

SCORING: The meet will not be scored.

TEAM AREAS: There will be team areas for all teams between events in the gym. There will be no team area/camping on deck or in the stands.

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

VENDOR: Teams will be notified in advance if a vendor will be present

MISCELLANEOUS: New England Swimming and South Shore YMCA assume no responsibility for lost or stolen property. Pets of any kind (except for service animals) and smoking are not permitted within the facility.

PARKING: There is ample parking available in the parking lot adjacent to the Lincoln-Hancock Community School.

DIRECTIONS. The Lincoln Hancock Community School is located off Water Street, Quincy, MA, 02169 (use 297 Water Street, Quincy for GPS devices NOT Granite Street).

From Boston and points north: Travel on I-93S and take Exit 8 towards Furnace Brook Parkway. Merge onto Willard Street and keep left at the fork. Take a slight right onto Furnace Brook Parkway and 2nd right onto Copeland Street. Continue on Water Street. Destination will be on left.

From Attleboro and points west – Travel on I-95 N and Take exit 12 to merge onto I-93 N toward Boston. Take a slight right onto Furnace Brook Parkway and 2nd right onto Copeland Street. Continue on Water Street. Destination will be on left.

From Cape Cod and points south: Travel on Route 3N and take exit 19 for Burgin Parkway towards Quincy Center/MBTA Station. Merge onto Thomas E. Burgin Parkway and turn left onto Centre Street. Turn right onto Granite Street and right onto Water Street. Destination will be on left.

LODGING: (in or near Quincy)

Best Western Adams Inn—617-328-1500

Boston Marriott Quincy—617-472-1000

Holiday Inn Express—781-848-1260

Hampton Inn—781-380-3300

EVENTS AND SESSIONS:

NOTE 1: Warmup and Start times may be adjusted once entries have been received

NOTE 2: All events will be separated into Girl & Boy events

SESSION 1: FRIDAY EVENING: Warmups begin at 4:45pm. Racing begins at 5:30pm

Age Group	Event	Special Note
12 & Under	200 Freestyle	Swims Fast-to-Slow
11 & Over	400 IM	Swims Fast-to-Slow
12 & Under	200 IM	Swims Fast-to-Slow
11 & Over	500 Freestyle	Swims Fast-to-Slow

SESSION 2: SATURDAY MORNING: Warmups begin at 7:20am. Racing begins at 8:30am

Age Group	Event
11-12	200 Medley Relay
13+	200 Medley Relay
11-12	100 Butterfly
13+	100 Butterfly
11-12	50 Freestyle
13+	50 Freestyle

11-12	100 Breaststroke
13+	100 Breaststroke
11-12	50 Backstroke
13+	50 Backstroke
Open	200 Butterfly
Open	200 Breaststroke
13+	200 IM

SESSION 3: SATURDAY DISTANCE (mid-day): Warmups begin at 12:45pm. Racing begins at 1:20pm

Age Group	Event	Special Note
11 & Over	1000 Freestyle	Swims Fast-to-Slow & Alternates Gender

SESSION 4: SATURDAY AFTERNOON: Warmups begin at 3:30pm. Racing begins at 4:30pm

Age Group	Event
10 & Under	100 Free
10 & Under	50 Butterfly
8 & Under	25 Breaststroke
10 & Under	100 Back
10 & Under	50 Breaststroke
8 & Under	25 Butterfly
9-10	200 Medley Relay
8 & Under	100 Free Relay

SESSION 5: SUNDAY MORNING: Warmups begin at 7:20am. Racing begins at 8:30am

Age Group	Event
11-12	200 Freestyle Relay
13+	200 Free Relay
11-12	100 Freestyle
13+	100 Freestyle
11-12	50 Butterfly
13+	50 Fly
11-12	100 Backstroke
13+	100 Back
11-12	50 Breaststroke
13+	50 Breast
Open	200 Back
13+	200 Freestyle

SESSION 6: SUNDAY DISTANCE (mid-day): Warmups begin at 12:45pm. Racing begins at 1:20pm

Age Group	Event	Special Note:
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11 & Over	1650 Freestyle	Swims Fast-to-Slow & Alternates Gender
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SESSION 7: SUNDAY AFTERNOON: Warmups begin at 3:30pm. Racing begins at 4:30pm

Age Group	Event
10 & Under	50 Free
10 & Under	100 Butterfly
8 & Under	25 Backstroke
10 & Under	100 Breaststroke
10 & Under	100 IM
10 & Under	50 Backstroke
8 & Under	25 Freestyle
9-10	200 Free Relay
8 & Under	100 Medley Relay

South Shore YMCA Strypers
Bob McGillicuddy Memorial
Lincoln-Hancock Community School, Quincy, MA
November 15-17, 2019

CONTACT INFORMATION *(all fields required)*

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Address: _____

Unattached Swimmers: _____

ENTRY FEES *(non-electronic add .50 per entry)*

____ Individual Entries all distances @ \$6.00 = \$ _____

____ Relays @ \$20.00 each = \$ _____

____ Swimmer Participation Fee: # athletes ____ @ \$ 10.00 = \$ _____

Total: \$ _____

Make check payable to: South Shore YMCA Strypers
Mail entries and check to:
South Shore YMCA
c/o Bernie Dickman
75 Mill St, Hanover, MA 02339

Entry Deadline: 11/10/19
For e-mailed entries, this form and payment
must be received by: 11/15/19

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, South Shore YMCA, and Lincoln-Hancock Community School 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