



**NEW  
ENGLAND  
SWIMMING**

## RAYS January Team Specialty Meet

The Workout Club, 16 Pelham Road, Salem, NH 03079

January 16, 2021

Held under the sanction of USA Swimming/New England #NE21-0116RAYS

<b>Meet Director</b>	Marilyn Soraghan	<a href="mailto:mlsoraghan@comcast.net">mlsoraghan@comcast.net</a>	603-860-7862
<b>Meet Referee:</b>	Paul Memont	<a href="mailto:prmnes@verizon.net">prmnes@verizon.net</a>	978-688-1727
<b>Entry Chairperson:</b>	Marilyn Soraghan	<a href="mailto:mlsoraghan@comcast.net">mlsoraghan@comcast.net</a>	603-860-7862
<b>Admin Official:</b>	Karalyn VonPichl	<a href="mailto:kvonpichl@gmail.com">kvonpichl@gmail.com</a>	603-582-5196
<b>Safety Monitor</b>	Aimee Hazard	<a href="mailto:thazard@comcast.net">thazard@comcast.net</a>	603-759-1822

### IMPORTANT DEADLINES:

First date of entry: 12/28/2020

Final date of entry: 1/8/2021

Payment deadline: 1/16/2021

**ASSUMPTION OF RISK:** We, Rockingham Area Youth Swimming and The Workout Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at RAYS January Specialty meet or on site at The Workout Club Salem, NH. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at RAYS January Specialty meet and being on site at The Workout Club, you voluntarily assume all risks related to exposure to COVID-19.

**RELEASE:** *An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease, therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

*By attending or participating in this competition you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA Swimming and New England Swimming and each of their Officers, Directors, Agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection and/or spread of Covid-19 related to participation in this competition.*

### SAFETY PROTOCOLS DUE to COVID RESTRICTIONS:

Statement of your State Department of Health protocols and requirements, or local guidelines, whichever is more restrictive: [NH Dept of Health & Human Services Co-Vid 19 Resources](#)

- [NH COVID-19 Resources for Pools](#)

### **Facility Specifics:**

- All officials, volunteers, coaches, staff & swimmers will need to check in at the rear door to ensure they have completed the waiver/medical questions and have their temperature taken before entering.
- A full list of everyone entering the building will be collected at check in to ensure proper contact tracing.
- Swimmers are to arrive in their suits and leave in their suits. Showers will not be allowed at the meet. Locker rooms will be available for bathroom use only.
- All workers, officials (except referee blowing whistles), and coaches will wear masks/and or face shields at all times.
- Coaches, swimmers and workers will enter the facility at the rear entrance to The Workout Club. There will be one-way traffic flow around the pool deck. Workers will proceed to the deep end of the pool and will proceed to exit at the shallow end of the pool in a counter-clockwise pattern.
- Showers will not be allowed at the meet. Swimmers must arrive in their suits and leave in their suits. Locker rooms will be available for bathroom use only.

### **Participant Specifics:**

- Spectators will not be allowed in the pool area.
- Swimmers will remain on deck with their coaches for the duration of the meet. If needed, swimmers may be housed in the Aerobics Room adjacent to the locker rooms.
- Parents working in an assigned job will be allowed in the facility for the duration of their assigned job.
- Swimmer seating will be social distanced on the bleachers on the pool deck. Areas will be clearly marked.
- The activities when swimmers may remove their masks and when they need to put a mask back on will be determined and sent to the coaches at least one week before the meet.
- Swimmers will be lined up in lane order for their heat and be brought to the start area in small groups adhering to social distance guidelines.

Number of individuals gathering in each area of the facility including all spaces, the pool, deck and spectator seating, and all other areas to be used:

- No more than 100 volunteers, coaches and swimmers spaced distantly apart on the pool deck. Over flow space for swimmers may be housed in the Aerobics Studio if needed.

Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting the Meet Director, Marilyn Soraghan at: 603-860-7862

**MEET FORMAT:** The meet will be swum as timed finals. Each session will be PRE-SEEDED, no scratches or deck entries will be accepted. Heat sheets will be available.

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

**SITE:** The Workout Club Competition Pool is an 8-lane, 25-yard pool with 6-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 9 feet deep; the turn end of the pool is 4 feet deep. There will be no spectator seating. The pool is located inside the The Workout Club, 16 Pelham Road, Salem, NH 03079. Directions may be found later in this document.

The competition course has [not] been certified in accordance with 104.2.2C(4). The copy of such certification is not on file with USA Swimming.

**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.

**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, [Patrick Johnstone](#). 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. When possible, 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% and the 100% of guaranteed entries must submit their entry no later than 7 calendar days before the first date of entry and payment made to the host team by the first date of entry acceptance, or the host team may remove them from the 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 teams in the 75% policy:**

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

**For teams 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 currently registered as athlete members of United States Swimming. 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 by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**SWIMWEAR:** Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under [Tech Suit Restriction for 12-and-Under Swimmers](#).

**REGISTRATIONS:** All swimmers must be registered (including proof of age and payment) with USA 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 website 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 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 USA Swimming will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach's club.

**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: 12/28/2020

Final date of entry acceptance: 1/8/2021

Make checks payable to **RAYS Parent Advisory Board**

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

Marilyn Soraghan  
14 Aldrich Street  
Litchfield, NH 03052

Payment due date for all entries: 1/16/21. 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.

*Any team that has been entered into the meet but is prevented from attending due to a change in restrictions imposed by state or local health authorities or the facility shall not be responsible for any meet fees.*

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 the meet host. 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 5 individual events per day for timed final events. Time trials count in the per day event count.

**ENTRY FEES:** Electronic entries:

\$5.00 for all timed final individual events 200 yards and under.

\$10.00 for distance events (events 400 yards and over)

\$10.00 for time trials

Non-electronic entries: \$5.50 for individual

**Swimmer Participation Fee is \$24 per swimmer. NE Swimming Travel Fee of \$1.00 per swimmer** (to be included in the check and the host team will send to NE Swimming)

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format should be emailed as an attachment to the entry chairperson at [raysnewhampshire@gmail.com](mailto:raysnewhampshire@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 1/16/21

**ENTRY TIME UPDATES:** Entry times may be updated until the Monday prior to the first day of the meet (1/11/21) No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chairperson at [raysnewhampshire@gmail.com](mailto:raysnewhampshire@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 – Individual Events:** Legal splits 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 touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course.

**ADMISSION:** no charge - there will be no spectators allowed inside at this meet. The meet will be live-streamed and links will be made available prior to the meet

**PROGRAMS:** No programs - heat sheets will be posted

**MEET MOBILE HEAT SHEETS** Meet Mobile heat sheets may be offered at this meet for free. The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole meet, including last minute changes and re-seeds.

**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:** Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. Walk-on officials may not be accepted to limit the number of people on the deck. There will be an officials meeting prior to the start of the meet.

**WARM-UPS:** The pool will open for warm-ups 1 hour before the start of the meet or as designated on the event list. 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.

**RULES:** Current USA Swimming rules 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.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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](mailto: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 RAYS, 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:** Ribbons will be awarded to the top six finishers in each individual event.

**SCORING:** The meet will not be scored.

**FOOD:** There will be no concessions available

**VENDOR:** No vendor will be available

**MISCELLANEOUS:** The Workout Club will be open to members so please be respectful of the facility and take caution of other people around while maintaining social distance. New England Swimming, The Workout Club, and Rockingham Area Youth Swimming assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

**PARKING:** There is plenty of parking at the Workout Club facility.

**DIRECTIONS:** The Workout Club is located at 16 Pelham Road, Salem, NH 03079. It is right off Route 93 at exit 2.

**LODGING:** Holiday Inn Express, 1 Keewaydin Drive, Salem, NH 03079 is conveniently located near the Workout Club and Wellness Center

**January Specialty Meet**  
**1/16/21**  
**The Workout Club Salem, NH**

**Session 1 11-14 Girls & Boys**

Warmup 9-10:00 am

Meet start 10:05 am

Girls	Event	Boys
1	11-12 200 free	2
3	13-14 200 free	4
5	11-12 50 back	6
7	13-14 100 back	8
9	11-12 50 fly	10
11	13-14 100 fly	12
13	11-12 100 free	14
15	13-14 100 free	16
17	11-12 50 breast	18
19	13-14 100 breast	20
21	11-12 50 free	22
23	13-14 50 free	24
25	11-12 Mixed 400 IM	
26	13-14 Mixed 400 IM	



## Session 2 10&U Girls & Boys

Warmup - 1:00-2:00

Meet Start - 2:05 pm

Girls	Event	Boys
27	10&U 100 free	28
29	9-10 50 back	30
31	8&U 25 back	32
33	9-10 50 fly	34
35	8&U 25 fly	36
37	10&U 50 free	38
39	8&U 25 free	40
41	9-10 50 breast	42
43	8&U 25 breast	44
45	10&U Mixed 100 IM	

### Session 3 - 15&Over

Warmup - 3:00-4:00

Meet start - 4:05pm

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
46	15&O 200 free	47
48	15&O 100 back	49
50	15&O 50 free	51
52	15&O 100 fly	53
54	15&O 100 free	55
56	15&O 100 breast	57
58	15&O Mixed 400 IM	

**RAYS January Team Specialty Meet**  
The Workout Club  
16 Pelham Road, Salem, NH 03079  
Saturday January 16, 2021  
**CONTACT INFORMATION**

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 _____ @ \$5.00	=	\$ _____
_____ Individual Entries 400yards or more @ 10.00		
_____ Swimmer Participation Fee: # athletes _____ @ \$ 24.00	=	\$ _____
_____ NE Travel Surcharge: # athletes _____ @ \$1.00 each	=	\$ _____

Total: \$ \_\_\_\_\_

Make check payable to: **RAYS PAB**

Mail entries and check to:

**Entry Deadline: 1/8/21**

**Marilyn Soraghan**

**14 Aldrich Street**

**Litchfield, NH 03052**

**Phone: 603-860-7862**

*For e-mailed entries, this form and payment must be received by: 1/16/21*

**LIABILITY RELEASE**

Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrators, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, The Workout Club and Wellness Center, and Rockingham Area Youth Swimming 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.

*BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND NEW ENGLAND SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.*

\_\_\_\_\_  
Signature of Authorized Team Official

\_\_\_\_\_  
Date