

YMCA Eastern Mass Districts Championships

January 24-26, 2019

Worcester Polytechnic Institute Pool, Worcester MA

Held under Sanction of the YMCA of USA

Approved by USA Swimming/New England #NE20-0124YMCA-A

Meet Director	Paul Bennett	pbennett@wpi.edu	978-697-6713
Meet Referee:	Steve Davidson	Stevedavidson48@yahoo.com	978-500-9428
Entry Chairperson:	Paul Bennett	pbennett@wpi.edu	978-697-6713
Admin Official:	Spencer Coffin	scoffin@outlook.com	845-264-5484
Safety Monitor	Mark Wild/Alford Green	swmfrddy@gmail.com	

IMPORTANT DEADLINES:

First date of entry: December 27, 2019

Final date of entry: January 20, 2020 4:00 PM

Payment deadline: January 21, 2020

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 the warm-up. Coaches will receive a positive check-in sheet before each session that must be returned no later than 30 minutes before the beginning of each session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each session at the control desk. No events will swim with more than one swimmer per lane.

MEET WEB SITE: All meet information will be posted on the New England Y Regional Web Site, www.teamunify.com/ymcane. All Meet Information will be listed under the “2020 YMCA Eastern Mass Districts” tab or on the home page.

SITE: The WPI Pool is located on the campus of Worcester Polytechnic Institute. The competition pool is a 10-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 and turn ends of the pool with an LCD Scoreboard display. The diving well is separated from the competition pool by a movable bulkhead and there will be four (25 yard) lanes available for warm up and warm down. The finish end of the pool is 6’5 to 8 feet deep; the turn end of the pool is 6’5 to 8 feet deep. Spectator seating is for 350, with overflow seating looking over the width of the pool for another 400 people. The pool is located inside the WPI University Athletic Complex, GPS Coordinates for the parking garage (when available) are 162 Salisbury Street, Worcester, MA 01602. Please enter through the mezzanine entrance located off the drop off circle. Directions may be found later in this document. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

COURSE: Short course 25 yards.

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have the 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.

ELIGIBILITY: All swimmers must be current members of their YMCA and they must have had an active membership for 90 days prior to the championships. Swimmers must meet the eligibility rules as outlined in the National YMCA rules that govern competition. YMCA CEO must certify eligibility of all swimmers entered. 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, 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.

SWIMMERS AGE: Effective October 1, 2019, a swimmer's age the first day of the meet is their age for the meet they are participating in. This is in compliance with Y-USA Swimming and Diving rules.

DECK ACCESS: Access to the deck is limited to swimmers competing in the current session, YMCA registered coaches, certified officials with credentials and timing volunteers assigned by their team.

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 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: December 27, 2019

Final date of entry acceptance: January 20, 2020 4:00 PM

Make checks payable to "WPI Swimming"

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

WPI Swimming

Dept. PERA

100 Institute Road

Worcester, MA 01609

Payment due date for all entries: January 21, 2020. 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.

ENTRY LIMITS: Athletes may enter a maximum of 5 events each session. This includes relays.

ENTRY FEES:

Electronic entries:

Individual events \$6.50

Relay entries \$20.00

Non electronic

Individual events \$7.00

Relay events \$24.00

Participation Fee - \$11.00/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 pbennett@wpi.edu (PLEASE USE YOUR NAME IN THE SUBJECT LINE). 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: January 21, 2020.

ENTRY TIMES: All entry times must be entered in yard times. (Coach's times should be used instead of NT's for Relays)

RELAYS:

- ✓ Teams may enter unlimited relays. Only one relay may score although awards will be given to relays based on place.
- ✓ All relay swimmers must be officially entered into the meet.
- ✓ Please use Coaches times rather than NT on 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 by a coach, before the event, using a legal split form (available from the Clerk of Course) and the requesting party must supply an additional timer(s) on the lane for the split, if necessary, to meet the USA-S requirement.

NO SHOW RULE: There are no penalties imposed on swimmers who fail to compete in any event

ADMISSION: \$5.00 per session for adults 16 years and older. \$3.00 for 15 years and younger.

PROGRAMS: \$3.00 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.

WARM-UPS: Warm up times and lanes may be assigned for all sessions during the meet. Warm up times and lane assignments will be posted on the web site by Wednesday January 22, 2020. There will be warm up lanes available during the meet for warm up and cool down. These lanes are subject to closure at any time if there is misuse or concern for safety. Use of the warm up lanes is at the discretion of the WPI staff. Coaches are responsible for their swimmers at all time in the facility including in the warm up lanes.

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:

- ✓ Swimmers are required to wear warm-up tops or shirts and shoes when they leave the pool deck. Athletes will not be permitted to leave the pool area without proper dress.
- ✓ Parents and Athletes must remain in the pool area, the pool lobby, the overflow viewing area or those access areas. Any individual who is found in the facility outside of permitted use will be trespassed and prohibited from returning to any future meets on campus.

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 an official, the Meet Referee or the Meet Director to be resolved. 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 Meet Host, 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: Medals will be awarded for 1st through 8th place in all events. Ribbons will be awarded for place 9 through 20 in all events. Championship plaques will be awarded to team overall boys and girls in all age groups.

SCORING: The meet will be scored through 20 places. Only 4 individuals and one relay per team may score points in each event. Awards will be made based on place.

FOOD: A concession stand may 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, WPI and Y-USA assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: Parking may be available in the adjacent parking garage, but it is not guaranteed. Parking on campus in marked parking areas is prohibited unless otherwise marked. Street parking is not an option near the facility.

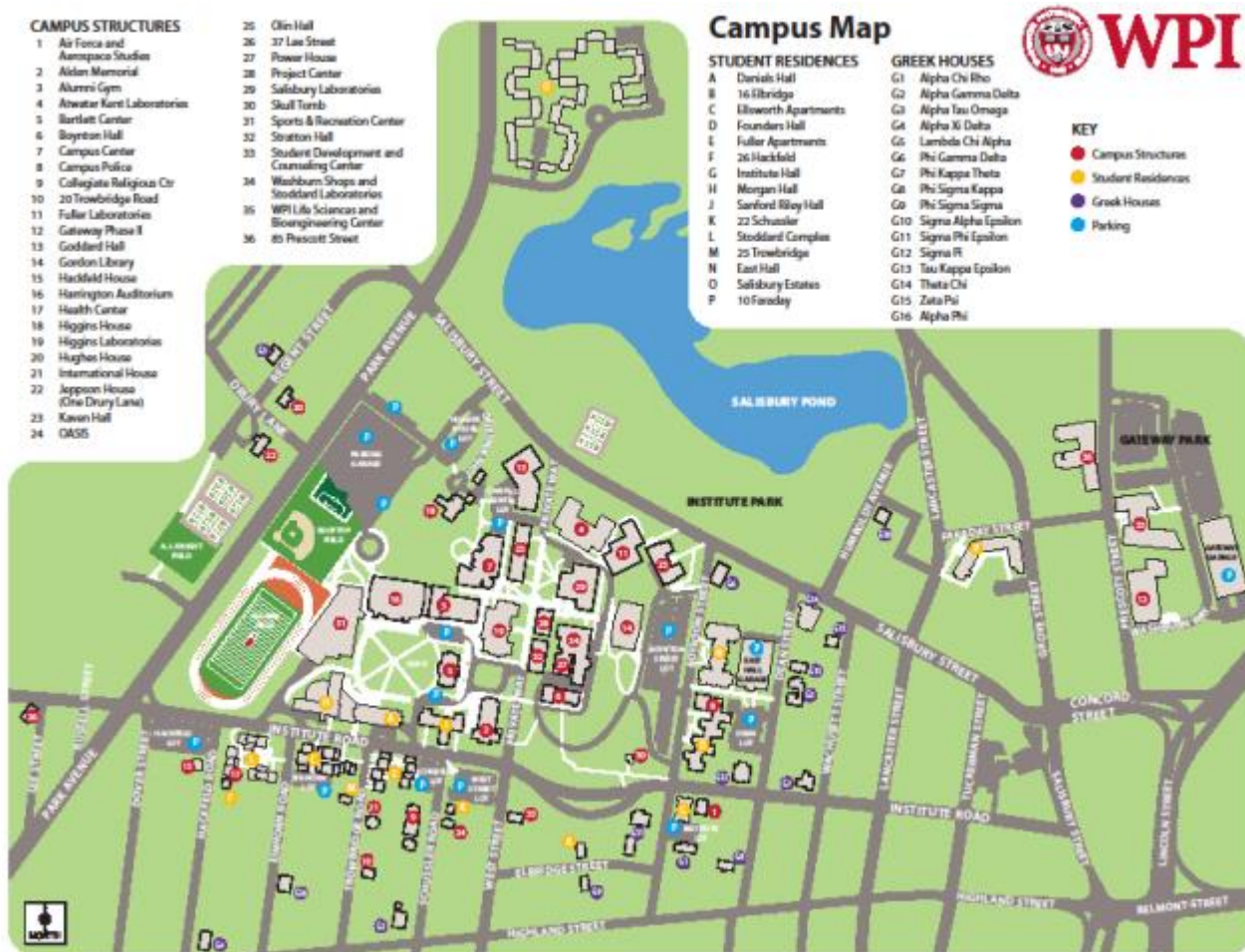
LODGING: There is no official meet hotel.

Courtyard Worcester - 72 Grove Street, Worcester, MA 0.4 mi E (508) 363-0300

Hilton Garden Inn Worcester – 35 Major Taylor Blvd., Worcester, MA 0.7 mi SE (508) 753-5700

INSURANCE: All YMCA's must provide a certificate of insurance naming WPI as additional insured with regard to the Eastern Mass Y Districts Championships held January 24-26, 2020. Certificate must accompany your entry. Please contact the Y's insurance agent now so the certificate is ready to mail with your entry.

DIRECTIONS: The WPI Pool is located on the campus of WPI. WPI's primary address is 100 Institute Road, Worcester, MA 01609. The easiest point of entry into the parking garage (if available) and the adjacent drop off area to the WPI pool is a GPS Address of: 161 Salisbury Avenue, Worcester, MA 01609.



EASTERN MASS. Y.M.C.A. DISTRICT CUT-OFF TIMES

January 24-26, 2020 Worcester Polytechnic Institute

Worcester, MA

	GIRLS		BOYS
8 & Under			
	1:50	100 yd. IM	1:53
	:23	25 yd. FREE	:23
	:25	25 yd. FLY	:27
	:50	50 yd. FREE	:50
	:26	25 yd. BACK	:26
	:27	25 yd. BREAST	:29
9-10			
	1:38	100 yd. IM	1:38
	:38	50 yd. FREE	:40
	:45	50 yd. FLY	:50
	1:28	100 yd. FREE	1:28
	:47	50 yd. BACK	:48
	:49	50 yd. BREAST	:52
11-12			
	2:44	200 yd. FREE	2:44
	3:06	200 yd. IM	3:06
	:35	50 yd. FREE	:36
	:38	50 yd. FLY	:42
	1:16	100 yd. FREE	1:17
	:42	50 yd. BACK	:42
	:44	50 yd. BREAST	:45
13-14			
	2:32	200 yd. FREE	2:32
	2:45	200 yd. IM	2:45
	:32	50 yd. FREE	:30
	1:25	100 yd. FLY	1:25
	1:11	100 yd. FREE	1:11
	6:20	500 yd. FREE	6:15
	1:24	100 yd. BACK	1:24
	1:27	100 yd. BREAST	1:27
15 & Over			
	2:27	200 yd. FREE	2:12
	2:50	200 yd. IM	2:31
	:31	50 yd. FREE	:27
	1:18	100 yd. FLY	1:13
	1:08	100 yd. FREE	:59
	6:24	500 yd. FREE	6:00
	1:20	100 yd. BACK	1:13
	1:28	100 yd. BREAST	1:16

YMCA Eastern Mass Districts Championships

January 24-26, 2020

210 Park Avenue, Suite 292

Worcester, MA 01609

CONTACT INFORMATION *(all fields required)*

YMCA Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Address: _____

ENTRY FEES (non-electronic are an additional .50 per entry)

Individual Entries	@	\$6.50/7.00	=	\$	
Relays	@	\$20.00/\$24.00	=	\$	
Swimmer Participation Fees: # athletes	@	\$11.00	=	\$	
		Total	=	\$	

Make check payable to: WPI Swimming

Mail entries and check to:

WPI Swimming

Dept. PERA

100 Institute Road

Worcester, MA 01609

Phone: 978-697-6713

Entry Deadline: 01/20/2020

For e-mailed entries, this form and payment must be received by: January 21, 2020

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 New England Swimming, WPI and Y-USA for any and all injuries suffered by him/her at said meet.

Signature of Authorized Team Official

Date

Eastern Mass Y Districts Championships
January 24-26, 2020
Worcester Polytechnic Institute, Worcester, MA

We certify that all listed competitors have been full privileged members of our YMCA for at least 90 days as of January 20, 2020. We further certify that all competitors have only represented this YMCA in any open swimming competition since October 1, 2019. That we are in compliance with all other “rules that govern YMCA sports competition”. We further certify that our swimmers will be supervised at all times by our appointed coach, and we shall be responsible for their conduct during the meet. The liability policy of this association is in force and extends to our competitors during this event. We have provided a certificate of insurance, naming “WPI” as additional insured with regard to these Eastern Mass Y Districts Championships.

Additionally WPI requires the agreement and adherence to the following statement for all minors participating in on-campus events –

A. Liability Release. I hereby waive, release, absolve, forever discharge, and indemnify and hold harmless Worcester Polytechnic Institute (WPI), its employees, trustees, officers, volunteers, and agents from any and all claims, damages, losses and/or expenses arising out of or related to participation in a Program on WPI’s campus or sponsored by or on behalf of WPI. I assume all liability for any and all personal injury, bodily injury, illness or property damage that occurs as a result of participation in such activities. I also agree that we will not bring any lawsuits nor make any demands nor pursue any complaints against WPI as a result of his/her participation in WPI activities. Agreement to this Release also warrants that participation in this activity is voluntary and the participant and undersigned have read and understand the inherent risks involved in the activities. The participants understands that these risks exist despite the safety precautions and procedures implemented by WPI. The participant agrees to obey all rules and policies mandated by WPI personnel in our Participant Agreement and Code of Conduct (available on our website). I hereby give my consent for the participant to join in all WPI activities. I warrant that the participant is physically fit and able to participate in all activities without undue risk. There is and will be adequate health insurance coverage in force for the term of the participant’s attendance. The undersigned further verifies that the health insurance covers any and all accidents, injuries or illnesses that may result from participation in WPI activities. B. Photo, Media and Copyright Release. I grant my permission for WPI to photograph, videotape and/or audiotape myself or my child during activities at WPI. These photographs/videos/audios will remain the property of WPI and may be used in advertising or marketing campaigns on WPI’s websites, and for promotional and informational material including, but not limited to, flyers, brochures, newsletters, emails, advertisements, newspaper articles, TV or cable interviews/promotions. I understand my child will not be identified by name unless I give my express permission. I hereby waive and release on behalf of myself and/or my child, any rights to compensation for, or ownership of, such images and/or sounds. C. Medical Release. I give permission for WPI program staff to (1) provide routine healthcare, first-aid, and seek emergency medical treatment on my behalf and (2) arrange for medical transportation, if necessary, for the participant. I hereby give permission for medical personnel selected by WPI's designated healthcare/emergency staff to secure and administer medical treatment including hospitalization, order and administer medications, anesthesia, X-rays, surgery or special procedures if deemed medically necessary for the participant during the duration of the program. I hereby understand that all medical costs are my financial responsibility and agree to pay for all charges associated with procuring or providing medical care for the participants included in our entry.

Association (YMCA) _____

Executive Director’s Signature _____

Coach’s Signature _____