

Hockomock YMCA Lightning Swim Team

5th Annual Post Turkey Pentathlon

Foxboro Hockomock YMCA Pool
67 Mechanic Street, Foxboro, MA 02035
(508) 543-2523

Saturday, November 28, 2020

Sunday, November 29, 2020

Held under the sanction of USA Swimming/New England: #NE21-1128HAY

Meet Director	Michele Page 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: **November 9, 2020**

Final date of entry: **November 18, 2020**

Payment deadline: **November 24, 2020**

ASSUMPTION OF RISK: We, Hockomock YMCA, 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 the Intra-Squad Post Turkey Pentathlon or on site at Hockomock YMCA. 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 the Intra-Squad 5th Annual Post Turkey Pentathlon and being on site at Hockomock YMCA, 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: Some of these items may change. For additional COVID procedures, see HAY Lightning/Hockomock YMCA COVID Protocols for Swim Meets. Participating coach(es) will be notified of changes by Friday the week of the meet.

- Spectators will not be allowed. Parents not working in assigned roles will have to stay outside. Jobs, outside of the official meet staff, will be assigned to parents as needed, but will be limited to timing assignments or parking lot safety.

- **Safe Sport considerations always allow parents access to their child when needed. Please contact the Michele Page Sinotte, the Meet Director, phone #: 401-447-2519.**

- We anticipate Zoom/Facebook Live private streaming in place for parents to be able to watch swims remotely.

- Swimmers, officials, workers and coaches will enter the facility at the pool access door(s) at the rear of the building at the designated end of the pool deck and exit outside at the opposite side of the pool deck.

- Everyone entering the pool deck the first time will have their temperature checked. If the temperature is high, they will be asked to sit to the side for 2 minutes before taking a second temperature.

- All workers, officials (except referee blowing whistles, if an electronic whistle is not available), and coaches will wear masks at all times.

- **The bullpen area shall be in the parking lot to the rear of the pool. There shall be one car per family and no unrelated swimmers shall share a vehicle. Next heats will be called to the pool through electronic communication.**

- Swimmers inside of the facility will wear masks when waiting between events and shall remove mask when called up to swim behind blocks. Swimmers shall, after exiting the pool, place mask on face prior to leaving the block area in the same lane order.

- Swimmers for next heat will be aligned along the wall adjacent to the locker rooms to allow for ample social distancing space.

- No more than two (2) heats of swimmers (maximum of 5 swimmers per heat) will come in from the parking lot bullpen area with their own trash bag and leave their masks on until at the blocks and ready to swim. The next heat(s) of swimmers will line up in lane order on the side of the pool adjacent to the locker rooms. Once a heat has started in the water, all other swimmers are to remain in their assigned positions along the wall until the heat of swimmers in the pool have left from behind the blocks as directed by the meet staff. There shall not be any heat of swimmers behind the blocks until the block area is clear or the previous heat of swimmers.

- Once all swimmers in a heat have finished their race, all swimmers will get out of pool at the start end and exit the pool area through the door designated by the safety officer back to the bullpen/parking lot in their respective cars.

- Showers will NOT be available at the facility. Swimmers should wear their suit to the meet.

- Heat seeding will be altered from standard practices. Up to 6 lanes may be used for each heat but 4 lanes are planned. Unless participating coaches agree otherwise, seeding of swimmers shall be determined by Administrative Official and Meet Referee.

- Track start fins on the starting blocks, if available, will be set at the same position on all blocks. The position of the fins may not be changed during the meet.

- Max total number of persons on deck: 25

To meet Safe Sport regulations, any parent who requests access to their child will be able to do so following the PPE safety rules and by contacting, our Meet Director, Michele Page Sinotte at 401-447-2519.

STATE GUIDELINES: <https://www.mass.gov/info-details/covid-19-public-health-guidance-and-directives>

MEET FORMAT: The meet will be swum as timed finals. Each session will be pre-seeded. There will be no deck entries allowed. Heat sheets will be posted around the pool deck and posted electronically. No events will swim with more than one swimmer per lane.

This meet is a sanctioned, closed, intra-squad 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. **USA Swimming technical rules will be followed.**

SITE: The Foxboro Hockomock YMCA 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. There are no touchpads at the turn end of the pool. The finish end of the pool is nine (9) feet deep; the turn end of the pool is four (4) feet deep. **Spectator seating is for 100, but due to COVID rules, spectators will not be permitted in the pool area.** The pool is located inside the Hockomock YMCA, 67 Mechanic Street, Foxboro, MA 02035. Meet staff and swimmers will enter through the back entrance directly into pool area. Swimmers 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).

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: 100% of HAY Lightning BRONZE, SILVER, GOLD, SENIOR and NATIONAL practice group swimmers.

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.

If deck scratches allow a reasonable timeline, 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: 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 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.

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 (includes 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 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 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 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 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 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 INFORMATION:

First date of entry acceptance: November 9, 2020 (any entry received before this date will be considered received on November 9, 2020)

Final date of entry acceptance: November 18, 2020

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 24, 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.*

Any team that fails to send payment, cover page and waiver form, by the payment due date can be scratched from the meet at the discretion of the Entry Chair.

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:

Ind Events: \$5.00 each

Participation Fee: \$10.00 each swimmer

Travel Fee: \$1.00 per swimmer

\$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 24, 2020, (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)

RELAYS: There will be no 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: No charge as spectators are not allowed at the facility.

PROGRAMS: No charge as heat sheets will be emailed to parents or made available online.

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.

WARM-UPS: The pool will open for warm-ups as designated on the event list one-hour 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. There will be no warm-up/warm down lanes during the meet.

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.

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 (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. In addition, ribbons will be awarded to the top 6 best times per age, per gender, per event.

SCORING: The meet will not be scored.

FOOD: No concessions will be in operation for the duration of the meet.

VENDOR: None.

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 Schneider Electric parking lot across the street from the pool.

DIRECTIONS: The Hockomock YMCA is located at 67 Mechanic Street, Foxboro, MA.

LODGING: Lodging will not be necessary for this two-day intra-squad meet.

ORDER OF EVENTS
Hockomock YMCA Lightning Swim Team
5th Annual Post Turkey Pentathlon
Foxboro Hockomock YMCA Pool
67 Mechanic Street, Foxboro, MA 02035, (508) 543-2523
Saturday, November 28, 2020 and Sunday, November 29, 2020

DAY 1, SESSION 1 8& under, 9-10, 11-12

START: 3:00 PM

Warm up #1: 2:00 PM Warm up #2: 2:20 PM Warm up #3: 2:40 PM

GIRLS	FORMAT	EVENTS
1	MIXED (12 & Under)	50 BUTTERFLY
2	MIXED (12 & Under)	50 BACKSTROKE
3	MIXED (12 & Under)	50 BREASTSTROKE
4	MIXED (12 & Under)	50 FREESTYLE
5	MIXED (12 & Under)	100 INDIVIDUAL MEDLEY

DAY 2, SESSION 2 13-14, 15 & OVER

START: 2:00 PM

Warm up #1: 1:00 PM Warm up #2: 1:20 PM Warm up #3: 1:40 PM

EVENT #	FORMAT	EVENTS
6	MIXED (13 & OVER)	100 BUTTERFLY
7	MIXED (13 & OVER)	100 BACKSTROKE
8	MIXED (13 & OVER)	100 BREASTSTROKE
9	MIXED (13 & OVER)	100 FREESTYLE
10	MIXED (13 & OVER)	200 INDIVIDUAL MEDLEY

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.

Hockomock YMCA Lightning Swim Team
5th Annual Post Turkey Pentathlon
Foxboro Hockomock YMCA Pool
67 Mechanic Street, Foxboro, MA 02035, (508) 543-2523
Saturday, November 28, 2020, Sunday, November 29, 2020
Held under the sanction of USA Swimming/New England: **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 Ind Events: #Events @ \$5.00 = \$ _____

_____ Swimmer Participation & Travel Fee: #Athletes @ \$11 each \$ _____

Total: \$ _____

Mail entries and checks to: **Hockomock YMCA c/o HAY Lightning Swim Team**
300 Elmwood Street, North Attleboro, MA 02760

Entry Deadline: **November 18, 2020.**

For e-mailed entries, this form and payment must be received by: **November 18, 2020.**

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 18, 2020**

For e-mailed entries, this form and payment must be received by: **November 18, 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 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

YMCA Sanctioned Meet Declaration Form

Participating YMCA: Foxboro Hockomock YMCA

YMCA Address: 67 Mechanic Street, Foxboro, MA 02035, (508) 543-2523

Meet Name: 5th annual Post Turkey Pentathlon

Meet Date: Saturday, November 28, 2020 and Sunday, November 29, 2020

Meet Host: Hockomock YMCA Hay Lightning Swim Team

Foxboro Hockomock YMCA Pool

Meet Location: 67 Mechanic Street Foxboro, MA 02035

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 Swim Team 5th 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 5th 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 North Attleboro for any and all injuries which may be suffered by participants at the **Hockomock YMCA Lightning Swim Team Intra-Squad 5th Annual Post Turkey Pentathlon** Furthermore, we understand that the YMCA of the USA, Hockomock YMCA, Hockomock Lightning Swim Team and the Hockomock YMCA Lightning Booster Club 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