



**NEW
ENGLAND
SWIMMING**

Yankee Clippers Swim Team Late-January Intrasquad Meet

Ludlow Boys and Girls Club Pool
01/29/2021-01/31/2021

Held under the sanction of USA Swimming/New England #NE21-0129CLIP

| | | | |
|---------------------------|-------------------|-----------------------------------|---------------|
| Meet Director | Patrick Johnstone | pjohnstone@gmail.com | 413-636-5928 |
| Meet Referee: | Manuel Martines | martinesm3@gmail.com | 781- 775-9344 |
| Entry Chairperson: | Mark Gehring | CoachDianaCoachMark@g mail.com | 413-426-8172 |
| Admin Official: | Patrick Johnstone | pjohnstone@gmail.com | 413-636-5928 |
| Safety Monitor | Diana Borys | CoachDianaCoachMark@g mail.com | 860-877-6507 |

IMPORTANT DEADLINES:

First date of entry: 01/25/2021
 Final date of entry: 01/26/2021
 Payment deadline: 01/29/2021

ASSUMPTION OF RISK: We, the Yankee Clippers Swim Team, 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 Yankee Clippers Swim Team Intra-Squad Meet or on site at the Ludlow Boys and Girls Club. 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 Yankee Clippers Swim Team Intra-Squad Meet and being on site at the Ludlow Boys and Girls 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: [State of MA Guidelines](#)

Statement outlining the plan for spectator ingress and egress, use of locker rooms and other facility restrictions in place: All swimmers and officials will enter the building through the main entrance and will be temperature checked. From there, all swimmers will head to their assigned seating location. All foot traffic will be one way, circulating in a clockwise direction. Every individual will be required to wear a mask. Swimmers will keep their mask on until moments before their race.

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: 25 inside the pool area, 45 inside the swimmer's seating area.

Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting Mark Gehring at: 413-426-8172

STATE GUIDELINES: [State of MA Guidelines](#)

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 posted at the pool, and will be emailed to all families before the start of the meet.

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

DISTANCE EVENTS: The 1000 and 1650 freestyle will be offered. Swimmers must provide their own counter. We will limit the 1000 and 1650 to 1 heat per event if the session timeline requires.

SITE: (example): The Ludlow Boys and Girls Club Competition Pool is a 6-lane, 25-yard pool with 7.5 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 no electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 7 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is not available at this time. The pool is located inside Ludlow Boys and Girls Club, 91 Claudias Way, Ludlow MA 01056. 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)

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%

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, 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: 01/25/2021, (any entry received before this date will be considered received on 01/25/2021)

Final date of entry acceptance: 01/26/2021,

Make checks payable to "Yankee Clippers Swim Team".

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

Mark Gehring

562 Carew Street

Springfield MA 01104.

Payment due date for all entries: 01/29/2021. 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 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:

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

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

\$20.00 for relays

Swimmer Participation Fee is \$10.00 per swimmer

NE Swimming Travel Fee of \$1.00 per swimmer (to be included in the check and the host team will send to NESwimming)

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 CoachDianaCoachMark@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: 01/29/2021

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 CoachDianaCoachMark@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: There will be no spectators at this meet. A free live stream will be available.

PROGRAMS: Meet programs will be sent to the team via email before each session begins.

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. An officials meeting will take place 15 minutes before the start of each session

WARM-UPS: A warm up schedule will be shared with all swimmers no later than 1/27/2021. All warm up assignments and lanes are pre-assigned.

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 (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 Yankee Clippers Swim Team, 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.

FOOD: There will be a small concession stand for swimmers to purchase snacks.

VENDOR: No vendors will be available at the meet.

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

PARKING: Swimmers can be dropped off in the circle in front of the front door. Parking is available in the lot beyond the drop off circle.

DIRECTIONS. Ludlow Boys and Girls Club is located at 91 Claudias Way, Ludlow, MA 01056.

LODGING: Intersquad meet at local facility – No lodging needed

EVENTS: - Session start times subject to change due to session timelines.

Friday 1/29 - Day 1, Session 1 - 7:00pm start

- Event #1 - 10 & Under 200 IM
- Event #2 - 9 & Over 400 IM
- Event #3 - 10& Under 500 Freestyle
- Event #4 - 11 & Over 1650 Freestyle

Saturday 1/30 Day 2 Session 2 - 11:20am start

- Event #5 - Open 50 Freestyle
- Event #6 - Open 100 Backstroke
- Event #7 - 12 & Under 100 IM
- Event #8 - 11 & Over 200 IM
- Event #9 - 12 & Under 50 Breaststroke
- Event #10 - 11 & Over 200 Breaststroke
- Event #11 - 12 & Under 50 Butterfly
- Event #12 - 11 & Over 200 Butterfly
- Event #13 - Open 200 Freestyle Relay

Sunday 1/31 Day 3 Session 3 -11:20am start

- Event #14 - Open 200 Freestyle
- Event #15 - Open 100 Butterfly
- Event #16 - 12 & Under 50 Backstroke
- Event #17 - 11 & Over 200 Backstroke
- Event #18 - Open 1000 Freestyle
- Event #19 - Open 100 Breaststroke
- Event #20 - Open 100 Freestyle
- Event #21 - 11 & Over 500 Freestyle
- Event #22 - Open 200 Medley Relay

Yankee Clippers Swim Team
Late-January Intersquad Meet
 Ludlow Boys and Girls Club, 91 Claudias Way, Ludlow, MA 01056
 01/29/2021-01/31/2021
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 | = | \$ _____ |
| _____ Trials/Finals Event Entries | @ \$6.00 | = | \$ _____ |
| _____ Distance events | @ \$10.00 | = | \$ _____ |
| _____ Relays | @ \$20.00 each | = | \$ _____ |
| _____ Swimmer Participation Fee: # athletes _____ | @ \$ 10.00 | = | \$ _____ |
| _____ NE Travel Surcharge: # athletes _____ | @ \$1.00 each | = | \$ _____ |

Total: \$ _____

Make check payable to: Yankee Clippers Swim Team
 Mail entries and check to:
 Yankee Clippers Swim Team
 562 Carew Street Floor 3
 Springfield, MA 01104
 Phone: 413-426-8172

Entry Deadline: 01/26/2021
 For e-mailed entries, this form and payment
 must be received by: 01/29/2021

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, and Yankee Clippers Swim Team 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