



**NEW  
ENGLAND  
SWIMMING**

**Cape Cod Firefish March Finale  
Intra-Squad Specialty Meet**

365 Quaker Meeting house Road, Sandwich, MA

March 19, 2021

Held under the sanction of USA Swimming/New England #NE21-0319CCFF

<b>Meet Director</b>	Alan Sanders	atsanders@outlook.com	508-863-7164
<b>Meet Referee:</b>	Ann Wolff	Aawolf12@aol.com	508-981-2563
<b>Entry Chairperson:</b>	Ben Van Dyk	ccfirefish@comcast.net	774-836-7410
<b>Admin Official:</b>	Alan Sanders	atsanders@outlook.com	508-863-7164
<b>Safety Monitor</b>	Trish Cundiff	aquasafe@comcast.net	508-681-8555

**IMPORTANT DEADLINES:**

First date of entry: 3/6/2021

Final date of entry:3/18/2021

Payment deadline: 3/18/2021

**ASSUMPTION OF RISK:** We, Cape Cod Firefish, 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 Cape Cod Firefish COVID Meet or on site at Sandwich High School. 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 Cape Cod Firefish COVID Meet and being on site at Sandwich High School, 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:

<https://www.mass.gov/doc/public-and-semi-public-swimming-pools-phase-iii-step-1/download>

There will be no spectators. Ingress and egress will be through door #8, masks to be worn by all participants except when approaching the starting blocks,

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: Maximum of 50 people

Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting the Meet Director, or Ben Van Dyk

Safety Protocols due to COVID Restrictions: <https://www.mass.gov/doc/public-and-semi-public-swimming-pools-phase-iii-step-1/download>

Other protocols:

1. PPE requirements:
  - a. All coaches will wear masks during practices at all times.
  - b. All athletes will wear masks entering and exiting the facility, on deck and during dryland activities.  
If space permits over 6 feet of separation between athletes, masks are not required during dryland workouts once athlete is in designated spot. Exceptions will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation.
2. Social distancing requirements:
  - a. Athletes and coaches must maintain 6 feet distance at all times.
  - b. There will be markings taped along the entrance for athletes to line up 6 feet apart.  
There will be a grid area taped on the pool deck for athletes to leave their personal belongings to ensure social distancing.
3. Once athletes enter the building, they will go to their grid spot and await instructions from their coach.
4. Facility procedures:
  - a. There will be a one-way entrance and one-way exit.
  - b. Locker rooms will be limited to restroom use only.
  - c. There will be a 15-minute window between practices.
5. All athletes from previous practice must exit the facility before the athletes for following practice may enter.
  - a. All common areas, including restrooms, will be disinfected between practices.
6. The facility will be cleaned daily following all practices.
7. Athletes should take temperature at home right before coming to practice and remember the temperature reading to relay to their coach. Athletes with a temperature of 100.4 degrees will not be permitted at practice.
  - a. Temperatures will not be recorded.
8. Athlete/family protocol:
  - a. Athletes must arrive and depart in their swimsuit.

9. Athletes will not be able to change or shower at the facility.
10. Athletes will only be permitted to line up to enter 5 minutes before their scheduled practice time. If they arrive early, they should wait in their car until the appropriate time to enter the facility.
  - a. Athletes must leave the facility immediately at the completion of any practice.
11. Parents/spectators will not be allowed in the facility at any time and are expected to practice social distancing while waiting for their athlete.
12. We will ensure that the appropriate number of coaches are present during each practice to comply with MAAPP.
13. Athletes should bring their own water bottle (already filled) and any other equipment required by their coach.
  - a. Athletes will not be permitted to store their equipment bags at the facility.
14. Criteria that must be met by athlete and anyone residing in their household in order to be eligible to attend practice:
  - a. Cannot have had contact with anyone who has tested positive for COVID-19 in the last 10 days.
  - b. Cannot have had a temperature over 100.4 degrees, a cough or difficulty breathing in the last 10 days.
  - c. If the athlete or anyone residing in their household has traveled over 100 miles or by air, the coach must be notified over email.
  - d. Any athlete or staff member experiencing any symptoms of a fever, recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms should remain at home and seek medical treatment.
  - e. If any athlete or staff member has a fever or symptoms of illnesses, they may not attend practice until 10 days after the fever or symptoms has ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
15. For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are away from the pool as well.
  - a. Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in NCAP activities may be suspended.
  - b. Coaches will be assigned one side of the pool and will coach from there. Athletes will have access to the opposite side.
  - c. Athletes will be assigned a lane and will swim in that lane until otherwise advised.
  - d. Athletes will be assigned a spot to leave equipment bags away from other bags. Equipment will not be shared.
  - e. Athletes must have the equipment assigned to them during the normal year. They will not use the school's equipment.
16. Positive test procedure:
  - a. Should someone test positive for COVID-19 within the membership, the following measures will take place:
    - a. The individual should let the staff know immediately.
    - b. The facility will be shut down for no less than 24 hours to deep clean.

**STATE GUIDELINES:** <https://www.mass.gov/doc/public-and-semi-public-swimming-pools-phase-iii-step-1/download>

**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 distributed prior to the first event to all officials.

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

**SITE:** The Sandwich High School Competition Pool is a 6-lane, 25-yard pool with 7-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 4.5 feet deep; the turn end of the pool is 12 feet deep. Spectator seating is for 200 people. The pool is located inside the Sandwich High School, 365 Quaker Meeting House Road, East Sandwich, MA. Please enter through the back door near the loading dock. 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 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:** *List one:100%*

Swimmers may be asked to cut each athlete to two events per day.  
Entries may be cut by time or to a specific number of heats for specified events.

If deck scratches allow a reasonable timeline, swimmers may be reinstated into those previously entered events. Swimmers will be notified of cuts no later than Friday 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: 3/5/2021, (any entry received before this date will be considered received on DATE,)

Final date of entry acceptance: 3/18/2021,  
Make checks payable to "Cape Cod Firefish".

Payment due date for all entries: 3/18/2021, 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 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.***

*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 a maximum of 3 individual events per day for timed final events. There will not be any time trials

**ENTRY FEES:** Electronic entries:

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

\$10 for events over 200 yards.

Non-electronic entries: \$5.50 for individual \$10.50 for distance and \$25.00 for relays.

Swimmer Participation Fee is \$11 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 [ccfirefish@comcast.net](mailto:ccfirefish@comcast.net). 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: 3/18/21

**ENTRY TIME UPDATES:** Entry times may be updated until the Friday, 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 [ccfirefish@comcast.net](mailto:ccfirefish@comcast.net). 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. Swimmers with no previous time will be entered as NT

**TIME TRIALS:** There will be no Time Trials

**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 spectators due to COVID Restrictions

**PROGRAMS:** None.

**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. Announce any meetings, place and time. Officials meetings will be at least 30 minutes prior to the start of a session and may be conducted virtually in the days before the meet.

**WARM-UPS:** The pool will open for warm-ups 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 Cape Cod Firefish, 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 will be no awards

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

**MISCELLANEOUS:** New England Swimming and *Cape Cod Firefish* 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 around the pool.

**DIRECTIONS.** Sandwich High School pool is located at 365 Quaker Meetinghouse Road, Sandwich, MA

**EVENTS:**

Session 1: 4:30 PM to 5:15

Mixed	Age	Event
1	8 & U	25 Bu
2	9/10	50 Bu
3	11/12	50 Bu
4	8 & U	25 Ba
5	9/10	50 Ba
6	11/12	50 Ba
7	8 & U	50 Fr
8	9/10	50 Br
9	11/12	50 Br
10	9/10	100 Ba
11	11/12	100 Ba
12	8 & U	25 Fr
13	9/10	100 Fr
14	11/12	100 Fr
15	9/10	100 Br
16	11/12	100 Br
17	9/10	50 Fr
18	11/12	50 Fr

Session 2: 5:30 PM to 6:30

Mixed	Age	Event
19	9/10	50 Bu
20	11/12	50 Bu
21	13/14	100 Bu
22	9/10	50 Ba
23	11/12	50 Ba
24	13/14	100 Ba
25	9/10	100 Fr
26	11/12	100 Fr
27	13/14	100 Fr
28	9/10	50 Br
29	11/12	50 Br



30	13/14	100 Br
31	9/10	100 IM
32	11/12	100 IM
33	13/14	200 IM
34	9/10	50 Fr
35	11/12	50 Fr
36	13/14	50 Fr

Session 3: 6:45 PM to 8:30

Mixed	Age	Event
37	13/14	100 Bu
38	15 & O	100 Bu
39	13/14	100 Ba
40	15 & O	100 Ba
41	13/14	200 IM
42	15 & O	200 IM
43	13/14	100 Br
44	15 & O	100 Br
45	13/14	200 Fr
46	15 & O	200 Fr
47	13/14	200 Bu
48	15 & O	200 Bu
49	13/14	200 Ba
50	15 & O	200 Ba
51	13/14	100 Fr
52	15 & O	100 Fr
53	13/14	200 Br
54	15 & O	200 Br
55	13/14	50 Fr
56	15 & O	50 Fr
57	13 & O	400 IM
58	13 & O	500 Fr

