



**NEW  
ENGLAND  
SWIMMING**

## Phoenix Swimming

### Intra-squad MEET

Cederdale Health and Fitness Haverhill MA

Feb 19-21, 2021

Held under the sanction of USA Swimming/New England: #NE21-0219PHX

<b>Meet Director</b>	Greg Gower	<a href="mailto:PHXMeets@comcast.net">PHXMeets@comcast.net</a>	603-661-4186
<b>Meet Referee:</b>	Manny Martines	<a href="mailto:MartinesM3@gmail.com">MartinesM3@gmail.com</a>	781-775-9344
<b>Entry Chairperson:</b>	Greg Gower	<a href="mailto:PHXMeets@comcast.net">PHXMeets@comcast.net</a>	603-661-4186
<b>Admin Official:</b>	Greg Gower	<a href="mailto:PHXMeets@comcast.net">PHXMeets@comcast.net</a>	603-661-4186
<b>Safety Monitor</b>	Matt Williams	<a href="mailto:Phoenixswimming@gmail.com">Phoenixswimming@gmail.com</a>	603-475-8730

#### IMPORTANT DEADLINES:

First date of entry: Feb 10<sup>th</sup>, 2021

Final date of entry: Feb 17, 2021

Payment deadline: Feb 17<sup>th</sup>, 2021

**ASSUMPTION OF RISK:** We, Phoenix Swimming, 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 Phoenix Swimming intra-squad meet or on site at Cederdale Health and Fitness. 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 Phoenix Swimming intra-squad meet and being on site at Cederdale Health and Fitness, you voluntarily assume all risks related to exposure to COVID-19.

**SAFETY INFORMATION:** *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 REGULATIONS

## Facility Specifics:

- All Officials, Volunteers, Coaches, Staff & Swimmers will need to check in at the Front Door to ensure they have their waiver before entering.
- There will be required check in at the front door for contract tracing. All participants will enter the facility at specified times (once the entry is completed).
- No use of locker rooms/ single bathroom available. Swimmers should arrive and leave in their suit.
- All Officials, Volunteers, Coaches, Staff & Swimmers must always wear a face covering during check in and while on deck, in the bathroom or within 6ft of another person.
- There will be staff to cleaning on deck items who will clean stop watches as well as any additional shared items between uses.

## Individuals Gathering #s & Parents on Deck:

- Pool is indoors
- The number of people permitted in the facility at one time will be limited to 50 individuals, including all athletes, timers, officials, coaches, and meet staff. Everyone must maintain 6 feet of distance between themselves and others. No spectators will be permitted in the facility.
- Swimmers will wait socially distanced behind the blocks until the heat prior has exited the pool, put on their mask, and started to clear the start area. Swimmers will leave their mask on until they step up to the blocks. There will be an area for swimmers to place their masks while swimming. Swimmers will need to put their face covering back on at the completion of their race.
- We will be broadcasting the meet over Facebook/YouTube.
- There will be a maximum of 12 timers on deck at a time.
- Following Safe Sport Guidelines, any parent who requests access to their child will be able to do so following the PPE safety rules and by contacting Lori Paszko (978-689-5119) or Matt Williams (603-475-8730)

[State of Massachusetts Guidelines](#)

[State of Massachusetts Travel Policy](#)

**MEET FORMAT:** The meet will be swum as timed finals. All events will be PRE-SEDED. NO DECK ENTRIES ALLOWED. Heat Sheets will be emailed to all coaches and officials the night before. Heat sheets will not be available for sale. Cleaning will take place between sessions and during warm up times.

**SITE:** Cedarland Aquatic Center is a 6 lane, 25 yard pool with non turbulent lane lines. There is a timing system but touch pads will not be in use at either end. The finish end of the pool is 7 feet deep and the turn end is 4 feet deep. There will be no spectator seating. The pool is located at 888 Boston Road, Haverhill, MA 01835. 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:** *Intra squad Meet*

**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

**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 current registered swimmers with 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. 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 (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 INFORMATION:**

First date of entry acceptance: Feb 10, 2021 (any entry received before this date will be considered received Feb 10, 2021)

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

**3 Park Drive  
Bedford, NH 03110.**

Payment due date for all entries: Feb 17th 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 per Event 200 Yards or less

\$10 per Event 400 Yards or greater

\$11 Swimmer Participation Fee including the NE Travel Surcharge of \$1 an athlete

**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 PHXmeets@comcast.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: Feb 17th, 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 PHXmeets@comcast.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.

**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 SPECTATORS

**PROGRAMS:** NO PROGRAMS

**OFFICIALS:** If you are available to work sessions at this meet, please email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. The Meet Referee will be in contact to confirm assignments and to schedule the pre-meet virtual officials briefing. Numbers of officials will be limited due to social distancing requirements and walk-ons will not be possible. All officials must wear masks at all times.

**WARM-UPS:** We will be warming up at the same time one swimmer at the wall both ends and one at the flags at shallow end. Should be maintaining 7 feet or greater apart.

**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 PHX SWIMMING, 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 not be a concession stand during the meet

**VENDOR:** No vendor will be at the meet

**MISCELLANEOUS:** New England Swimming and PHXSwimming 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 parking lot adjacent to Cederdale Health and Fitness Center

**DIRECTIONS.** 888 Boston Road, Haverhill MA 01835

# Event List

Friday Night Session 1	
Event #	Event
1	Mixed 100 Free
2	Mixed 200 Back
3	Mixed 100 Breast
4	Mixed 200 Fly
5	Mixed 50 Free
Friday Night Session 2	
Event #	Event
6	Mixed 100 Free
7	Mixed 200 Back
8	Mixed 100 Breast
9	Mixed 200 Fly
10	Mixed 50 Free
Saturday Afternoon Session 3	
Event #	Event
11	Mixed 50 Free
12	Mixed 100 Back
13	Mixed 100 Fly
14	Mixed 100 Breast
15	Mixed 200 Free
Saturday Afternoon Session 4	
Event #	Event
16	Mixed 100 Free
17	Mixed 50 Back
18	Mixed 100 Breast
19	Mixed 200 Fly
20	Mixed 50 Breast
21	Mixed 100 Back
Saturday Afternoon Session 5	
Event #	Event
16	Mixed 500 Free
17	Mixed 400 IM
Sunday Morning Session 6	
Event #	Event
18	Mixed 100 Free
19	Mixed 50 Fly
20	Mixed 200 Breast
21	Mixed 50 Free
22	Mixed 200 Back
23	Mixed 100 Fly
24	Mixed 200 IM
Sunday Morning Session 7	
Event #	Event
25	Mixed 100 Free
26	Mixed 50 Back
27	Mixed 100 IM
28	Mixed 50 Breast
29	50 Fly
30	Mixed 200 IM

Sunday Afternoon Session 8		
31		Mixed 200 Free
32		Mixed 100 Back
33		Mixed 200 Breast
34		Mixed 100 Fly
35		Mixed 200 IM
Sunday Afternoon Session 9		
36		Mixed 200 Free
37		Mixed 100 Back
38		Mixed 200 Breast
39		Mixed 100 Fly
40		Mixed 200 IM



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**CONTACT INFORMATION** *(all fields required)*

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Unattached Swimmers: \_\_\_\_\_  
\_\_\_\_\_

ENTRY FEES *(non-electronic add  
.50 per entry)*

_____ Swimmer Participation Fee: # athletes _____	@ \$10.00 =	\$ _____
_____ Individual Entries	@ \$5.00	\$ _____
_____ Distance Events 400 Yards and Greater	@ \$10.00 =	
_____ Swimmer COVID/PPE Surcharge: # athletes _____	@ \$1.00	\$ _____

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

Make check payable to: Phoenix Swimming

Mail entries and check to:

Entry Deadline: 2/17/2021

Phoenix Swimming

3 Park Drive

Bedford NH 03110

must be received by: 2/17/21 Phone: 6034758730

**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, Phoenix Swimming and Cederdale Health and Fitness 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