



**NEW
ENGLAND
SWIMMING**

SEACOAST SWIMMING ASSOCIATION VALENTINE'S DUAL

Dan & Kathleen Hogan Sports Center, 541 Main St, New London, NH 03257
February 14, 2021

Held under the sanction of USA Swimming/New England #NE21-0214SSA

Meet Director	Bill Reeves	Breeves.seacoast@gmail.com	603-866-3106
Meet Referee:	Bill Bond	bondyorkme@yahoo.com	207-351-5166
Entry Chairperson:	Margaret May	Entries.seacoast@gmail.com	603-767-5134
Admin Official:	Mae Burnap	Burnap3@aol.com	603-231-4299
Safety Monitor	Margaret May	Entries.seacoast@gmail.com	603-767-5134

IMPORTANT DEADLINES:

First date of entry: Tuesday, February 9th, 2021
 Final date of entry: Thursday, February 11th, 2021
 Payment deadline: Sunday, February 14th, 2021

ASSUMPTION OF RISK: We, Seacoast Swimming Association, 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 SSA ESC Dual Meet or on site at the Dan and Kathleen Hogan Sport Center. 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 SSA ESC Dual Meet or and being on site at the Dan and Kathleen Hogan Sport Center, 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:

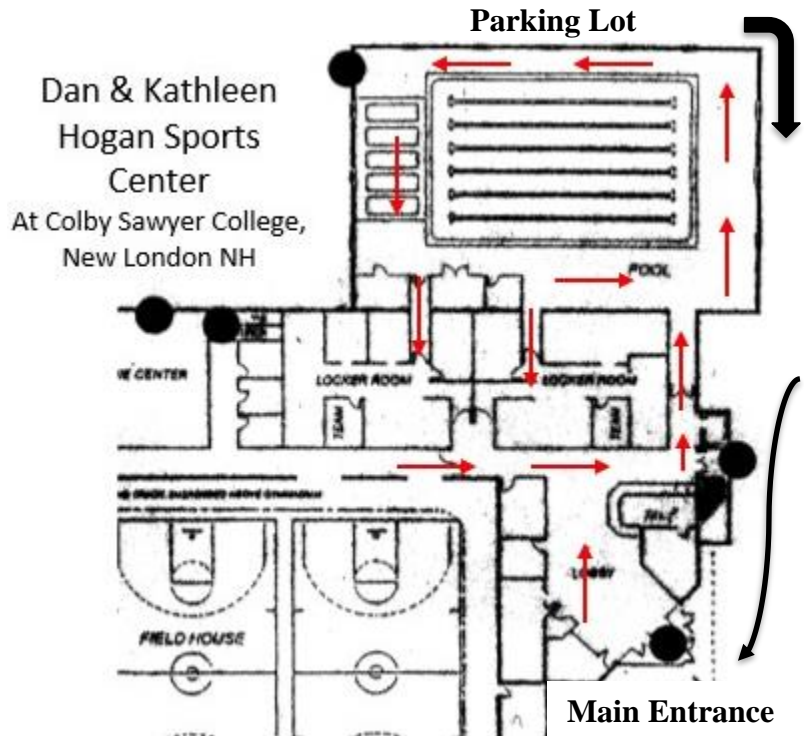
Statement of your State Department of Health protocols and requirements, or local guidelines, whichever is more restrictive: please review both the New Hampshire [Safer at Home: Universal Guidelines](#) and the [Safer at Home: Pools](#)

.Statement outlining the plan for spectator ingress and egress, use of locker rooms and other facility restrictions in place:

We will be utilizing a one-way traffic pattern for movement around the pool deck and the surrounding part of the building. There will also be ample signage to direct movement within the area. **Please carefully review the building diagram at right →:**

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:

Total athletes per session	22	Timers	4
Coaches	2	Meet Management	3
Officials	3	Spectators (max)	0
Locker Rooms: Please see below*			



*Locker rooms will be used as a means of traffic management to exit the deck. Use of locker rooms for bathroom needs will be permitted but use of locker rooms for changing is discouraged. Adult participants (coaches, timers, meet management, etc) are to use the bathrooms located in the main lobby.

Any parent or legal guardian requesting access to their child will be allowed, following all safety guidelines, by contacting Safety Marshal Margaret May at 603-767-5134 or Meet Director Bill Reeves at 603-866-3106.

Facility and general precautions:

- **ALL ATTENDEES swimmers and meet staff included, shall be masked at all times.**
 - Seacoast will provide masks to those that do not have one.
- We will significantly limit the number of personnel needed to run the meet
 - Each visiting team shall have only ONE coaches on deck per session.
 - There will be no more than 22 swimmers per session in total.
- Three sessions throughout the day: 12 & Under, 11 & Over and OPEN
 - Swimmers will be limited to not more than 3 individual swims in a session
 - Five-minute buffer in between sessions will allow the deck to clear.

Racing:

- Swimmers will be distantly staged for heats using a spaced bullpen. No more than two heats will be allowed to line up. This will allow an ample space behind the lanes for swimmer approach and exit.

- No ‘fly-over’ starts will be used. Swimmers from the previous heat will be allowed to clear the start area before the next heat is invited forward.
- Hand sanitizer will be placed at the ‘on-deck’ position for each lane. Swimmers can then sanitize before they touch any common surface (block, if used). Baskets with plastic baggies, intended for mask storage, will also be available behind the blocks.
- After each race, swimmers will be directed to exit the deck area such that other swimmers can advance.

Swimmers On Deck:

- Swimmers will be distantly seated with their own teams.
 - Both teams will be seated on the pool deck.
- *Swimmers will be required to be masked when not preparing for a race, eating or drinking.*

Warm up:

- The initial OPEN warm up will be conducted in three ‘double-wide’ lanes to allow for circle swimming while maintaining a six-foot distance at all times.
 - Swimmers are reminded to stay on/over the black lines while they swim; this ensures spacing.

In-Session Warm Up:

- One double-wide lane will be maintained throughout the meet for continuous warm up/down. Swimmers are reminded to be considerate of other athletes preparing for their races. No horseplay will be tolerated.
- If time allows, competitive breaks will be added into the schedule. If used, these would be swum one per lane in the competition lane, in addition to the warm-up lanes.
- All other ‘normal’ safety rules will still apply (ie, feet first entry, etc).

Spectators:

- In accordance with USA Swimming rules, NO spectators will be allowed on deck
- We strongly discourage spectators from attending the meet (please review Sections 10 and 11 of Safer at Home: Pools, above).
 - Any parent or legal guardian requesting access to their child will be allowed as outlined above.
- The pool deck can be viewed through the windows surround the deck.
- Seacoast is committed to providing an open, safe, and transparent competition while also balancing the demands of public health. Extra family members should stay home.

STATE GUIDELINES: New Hampshire [Safer at Home: Universal Guidelines](#) and [Safer at Home: Pools](#)

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 available for coaches pick up at the control table. Heat sheets will also be posted at various spots around the pool deck. Swimmers will be reminded to maintain their distance when they check their heat and lane.

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

SITE: The Hogan Sports Center 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 System 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 13 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for 0 persons. The pool is located inside the Dan and Kathleen Hogan Sports Center, Colby

Sawyer College, 541 Main St, New London, NH 03257. Please enter through the main entrance towards the left rear from the parking lot. 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% Reserved Entry

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:

For teams in the 25% of the 75/25, in the FCFS and in the 100% policy:

- (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: **Tuesday, February 9th, 2021** (any entry received before this date will be considered received **February 9th, 2021**.)

Final date of entry acceptance: **Thursday, February 11th 2021**,

Make checks payable to "Seacoast Swimming Association".

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

Margaret May

6 Ryan Way

Durham, NH 03824.

Payment due date for all entries: **Sunday, February 14th 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.

Entries will be acknowledged within 24 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.*

All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.

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 Seacoast Swimming Association. Late payment 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 LIMITS: Athletes may enter as many events as they choose but may only compete in a maximum of 3 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).

\$10.00 for time trials

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

Swimmer Participation Fee is **\$20** 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 entries.seacoast@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: Thursday, February 11th, 2021

ENTRY TIME UPDATES: Entry times may be updated until the entry deadline. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chairperson at entries.seacoast@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.

LEGAL SPLITS – Relays: All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.

ADMISSION: No admission will be charged

PROGRAMS: Heat sheets will not be available for purchase. They will be posted around the pool deck.

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. Bill Bond may be reached at bondyorkme@yahoo.com and will either conduct a officials meeting virtually in the days before the meet or hold a brief meeting 30minutes before session start during the meet.

WARM-UPS: The pool will open for warm-ups as designated on the event list. Please note these times may change as entries are received. Teams will be updated of any changes by Friday, February 12th, 2021

- OPEN Warm up will be conducted in 'double-wide' lanes to allow for circle swimming while maintaining a six foot distance at all times.
 - Swimmers are reminded to stay on/over the black lines while they swim; this ensures spacing.

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: *Please carefully review the points listed in the section titled "SAFETY PROTOCOLS DUE to COVID RESTRICTIONS."*

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 Seacoast Swimming Association, 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.

FOOD: Seacoast will not be running any type of concession stand. Colby Sawyer may or may not offer a concessions area. Participants are advised to plan ahead and bring their own foodstuffs.

VENDOR: No vendor will be present.

MISCELLANEOUS: New England Swimming and Seacoast Swimming Association assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: Ample parking is available adjacent to the Sports Center. Please note the member and public designated spots.

DIRECTIONS. The Colby Sawyer Dan and Kathleen Hogan Sports Center is located at 541 Main St, New London, NH 03257 and easily accessible from NH RT 89. The pool is approximately 85 minutes from the Dover Indoor Pool and 55 minutes from the Executive Health & Sport Center of Manchester.

LODGING: No hotel reservation blocks have been made.



Seacoast Swimming Association

Valentine's Dual

February 14, 2021



Event List

ALL Races are to be swum as MIXED timed Finals
Swimmers will be limited to not more than three Events

-Sessions may be limited by time-

Sunday	Session 1 Mixed 12 & Under		Session 2 Mixed 11 & Over		Session 3 OPEN	
	1	50 Free	7	50 Free	13	50 Free
2	50 Back	8	100 Back	14	100 Back	
3	50 Breast	9	100 Fly	15	100 Fly	
4	50 Fly	10	100 Free	16	100 Free	
5	100 Free	11	100 Breast	17	100 Breast	
6	100 IM	12	200 IM	18-21	200s Free, Fly, Back Breast	

--ALL Sessions may be cut for timeline purposes--

Format Notes:

- A brief OPEN warm-up, limited to swimmers in the session, will be run in three double lanes.
- Competition will take place in THREE lanes. A continuous warm-up/warm-down double lane will be open throughout the session. A 'buffer' lane will separate the competition lanes from the warm-up lanes.
- Swimmers may not arrive ahead of their session, nor stay on deck during any session in which they are not competing.
- Session 3 will feature an opportunity to compete in a 200. These races may be swum concurrently. Swimmers may only choose one 200 race in the session (only one event from #18-21).

Warm Up:

Warm up Times	Sunday Session 1 12 & U	Sunday Session 2 11 & O	Sunday Session 3 OPEN
OPEN Warm-up - 15min	9a	10:15a	11:30a
Session Start	9:20a	10:35a	11:50n
Anticipated end	~10:10a	~11:25a	~12:40p

There will be a five-minute gap between each session block to allow swimmers to promptly exit before the next session comes in.

NOTE: warm up and session start/end times are subject to change once entries are received. Updates will be communicated to teams as soon as possible and not later than Friday, February 12th, 2021.



Seacoast Swimming Association

Valentine's Dual Meet

Colby Sawyer College, Hogan Sports Center, 541 Main St, New London, NH 03257

February 14th, 2021

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)*

_____ Individual Entries all distances	@ \$5.00	=	\$ _____
_____ Distance events	@ \$10.00	=	\$ _____
_____ Swimmer Participation Fee: # athletes _____	@ \$ 20.00	=	\$ _____
_____ NE Travel Surcharge: # athletes _____	@ \$1.00 each	=	\$ _____
Total:			\$ _____

Make check payable to: **Seacoast Swimming Assoc.**

Mail entries and check to: Margaret May
6 Ryan Way
Durham NH 03824
603.767.5134

Entry Deadline: 02/11/2021
For e-mailed entries, this form and payment
must be received by: 02/14/2021

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, Seacoast Swimming Association and Colby Sawyer College 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