



**NEW
ENGLAND
SWIMMING**

Storm Swimming Gate City Invitational Championships

24 Stadium Drive Nashua, NH 03063

Fri-Sun March 26-28th, 2021

Held under the sanction of USA Swimming/New England #

Meet Director	Dave Bott	dbott@nymymca.org	774-244-9523
Meet Referee:	Derek Helmer	dhelmer@innovativemold.com	978-833-0763
Entry Chairperson:	Dave Bott	dbott@nymymca.org	774-244-9523
Admin Official:	Cindy LaCroix	camlace123@gmail.com	617-967-4198
Safety Monitor	Derek Helmer	dhelmer@innovativemold.com	978-833-0763

IMPORTANT DEADLINES:

First date of entry: 3/15/2021

Final date of entry: 03/19/2021

Payment deadline: 03/26/2021

ASSUMPTION OF RISK: We, the YMCA of Greater Nashua, 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 Gate City Invitational or on site at the Boys & Girls Club of Nashua. 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 Gate City Invitational and being on site at the Nashua YMCA and/or Boys and Girls Club of Nashua, 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:

NASHUA YMCA-

1. All individuals entering the facility will be temperature scanned and screened before entering the YMCA facility.
2. All individuals must wear a mask or face covering when entering and exiting the YMCA and also when in common areas where 6 ft of social distance cannot be maintained.
3. All volunteers (timers, officials, etc) **MUST** wear masks.
4. Swimmers are expected to wear their masks between swims at all times
5. There will be no spectators at the meet.
6. In order to ensure that our meet is observable and interruptible, parents can observe from the following areas outside of the Y facility-
 - a. Pool Window- There is a large window located close to the start end of our pool that extends from about waist/chest height to the height of the building.
 - b. The rear emergency exit (located behind lane 6 of our pool area) doors will be left ajar so parents can interrupt if need be.
7. Live Stream of Meet- We will be streaming the meet live via Facebook.
8. Safe Sport considerations always allow parents access to their child when needed. If you need your child, contact Dave Bott at 774-244-9523.
9. Athlete “Waiting” areas- For each session; half of the participants (no more than 20 individuals) will be assigned space on the pool deck (marked by tape) and the other half will be assigned to the Pool Side room.

BOYS & GIRLS CLUB-

1. All individuals entering the facility will be temperature scanned and screened before entering the facility.
2. All individuals must wear a mask or face covering when entering and exiting the facility and also when in common areas where 6 ft of social distance cannot be maintained.
3. All volunteers (timers, officials, etc) **MUST** wear masks.
4. Swimmers are expected to wear their masks between swims at all times
5. There will be no spectators at the meet.
6. Live Stream of Meet- We will be streaming the meet live via Facebook.
7. Safe Sport considerations always allow parents access to their child when needed. If you need your child, contact Dave Bott at 774-244-9523.
8. Athlete “Waiting” areas- For each prelim session; there will be 2 athlete areas- the pool deck (benches will be have marked seating areas)
9. Max Total number on deck: 50

STATE GUIDELINES: [New Hampshire COVID-19 Guidelines for Pools](#)

MEET FORMAT: The meet will be swum as Trials/Finals for 11 & over athletes (all events for 13 and over and 50s and 100s for 11-12s) and as timed finals for all 10 & under.

SITES: The Nashua YMCA Competition Pool is a 6-lane, 25-yard pool with 6-foot-wide lanes and non-turbulent lane lines. Timing will be either semi or fully automatic timing with buttons and (possibly touch pads). Attached to the main pool is a family pool area that is available for warm-up and warm-down (no more than 4 swimmers at a time). The finish end of the pool is 9 feet deep; the turn end of the pool is 4 feet deep. The pool is located inside the Nashua YMCA at 24 Stadium Drive, Nashua, NH 03063.

The Boys of Girls Club of Nashua is a 5-lane 25-yard pool with 6-foot wide lanes and non-turbulent lane lines. Timing will be either semi or fully automatic timing with buttons and (possibly touch pads). The finish end of the pool is 12 ft deep; the turn end is 4 feet deep. The pool is located inside the Boys and Girls Club of Nashua at 1 Positive Pl, Nashua, NH 03060 (about 5 min from the Nashua YMCA).

Neither site has 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% guaranteed entries*

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:

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: 3/15/2021 (any entry received before this date will be considered received 3/15/2021)

Final date of entry acceptance: 3/19/2021

Make checks payable to "YMCA of Greater Nashua".

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

Dave Bott, Entry Chair
6 Henry Clay Drive
Merrimack, NH 03063

Payment due date for all entries: 03/26/2021, 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 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.*

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 the YMCA of Greater Nashua. 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: 11&older athletes may swim no more than 3 events per day and 7 total for the meet. 10&under swimmers may swim up to 6 swims per day and no more than 9 events for the meet.

ENTRY FEES: Electronic entries:

Individual T/F or Distance Entries:	\$10.00
Individual Timed Final (200-below) Entries:	\$5.00
Swimmer Surcharge:	\$14.00/swimmer
NE Travel Fund Fee:	\$1.00/swimmer

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 dbott@nmymca.org. 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: March 26, 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 dbott@nmymca.org. 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: No Charge

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. *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.... 30 minutes before the start 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.

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 Storm 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: Medals will be given to the Top 3 finishers in each event.

SCORING: The meet will not be scored.

FOOD: There will be no concessions available.

VENDOR: No vendors will be present.

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

PARKING: Nashua YMCA parking lot and Boys & Girls Club of Nashua parking lot.

DIRECTIONS. The Nashua YMCA is located at 24 Stadium Dr Nashua, NH 03063. The Boys & Girls Club of Nashua is located at 1 Positive Place Nashua NH 03063. Can be found in GPS.

Gate City Invitational Championships

EVENT LIST

Friday Distance @ Nashua YMCA Warmup: 6:25p Start: 7:15p		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	9&O 500 FR	1
2	11&O 400 IM	2
3	11&O 1650 FR	3

Saturday 15&O PRELIMS @ Boys & Girls Club Warmup: 7:00a Start: 8:00a		
GIRLS EVENT #	EVENT	BOYS EVENT #
4	15&O 50 FR	5
6	15&O 200 BR	7
8	15&O 100 BK	9
10	15&O 100 FL	11
12	15&O 200 FR	13

Saturday 11-14 PRELIMS @ Boys & Girls Club Warmup: 10:00a Start: 11:00a		
GIRLS EVENT #	EVENT	BOYS EVENT #
14	11&12 50 FR	15
16	13&14 50 FR	17
18	11&12 200 BR	19
20	13&14 200BR	21
22	11&12 100 BK	23
24	13&14 100 BK	25
26	11&12 100 FL	27
28	10&U 100 FL	29
30	11&12 50 BR	31
32	13&14 200 FR	33
34	11&12 200 FR	35

Saturday 11&O FINALS; 10&U TIMED FINALS @ Nashua YMCA

Warmup: 4:35p Start: 5:45p

GIRLS EVENT #	EVENT	BOYS EVENT #
36	MIXED 10&U 50 FR	36
14	11&12 50 FR	15
16	13&14 50 FR	17
4	15&O 50 FR	5
37	MIXED 10&U 50 BR	37
30	11&12 50 BR	31
20	13&14 200 BR	21
6	15&O 200 BR	7
38	MIXED 10&U 100 BK	38
22	11&12 100 BK	23
24	13&14 100 BK	25
8	15&O 100 BK	9
39	MIXED 10&U 100 FL	39
26	11&12 100 FL	27
28	13&14 100 FL	29
10	15&O 100 FL	11
40	MIXED 10&U 200 FR	40
32	13&14 200 FR	33
12	15&O 200 FR	13

Sunday 11-14 PRELIMS @ Boys & Girls Club

Warmup: 7:00a Start: 8:00a

GIRLS EVENT #	EVENT	BOYS EVENT #
51	11&12 50 BK	52
53	13&14 200 FL	54
55	11&12 200 FL	56
57	13&14 100 FR	58
59	11&12 100 FR	60
61	13&14 200 BK	62
63	11&12 200 BK	64
65	13&14 100 BR	66
67	11&12 100 BR	68
69	13&14 200 IM	70
71	11&12 200 IM	72
73	11&12 50 FL	74

Sunday 15&O PRELIMS @ Boys & Girls Club

Warmup: 10:00a Start: 11:00a

GIRLS EVENT #	EVENT	BOYS EVENT #
41	15&O 200 FL	42
43	15&O 100 FR	44
45	15&O 200 BK	46
47	15&O 100 BR	48
49	15&O 200 IM	50

Sunday 11&O FINALS; 10&U TIMED FINALS @ Nashua YMCA

Warmup: 4:15p Start: 5:15p

GIRLS EVENT #	EVENT	BOYS EVENT #
75	MIXED 10&U 50 FL	75
73	11&12 50 FL	74
53	13&14 200 FL	54
41	15&O 200 FL	42
76	MIXED 10&U 100 FR	76
59	11&12 100 FR	60
57	13&14 100 FR	58
43	15&O 100 FR	44
77	MIXED 10&U 50 BK	77
51	11&12 50 BK	52
61	13&14 200 BK	62
45	15&O 200 BK	46
78	MIXED 10&U 100 BR	78
67	11&12 100BR	68
65	13&14 100 BR	66
47	15&O 100 BR	48
79	MIXED 10&U 200 IM	79
69	13&14 200 IM	70
49	15&O 200 IM	50

Storm Swimming

Gate City Invitational Championships

Nashua Boys & Girls Club/Nashua YMCA, 1 Positive Pl/24 Stadium Drive, Nashua, NH 03036
Fri-Sun Mar 26-28th, 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 T/F & DIST Events	@ \$10.00 =	\$ _____
_____	# Individual TIMED FINAL Events	@ \$5.00 =	\$ _____
_____	# Swimmers entered (swimmer surcharge)	@ \$14.00 =	\$ _____
_____	NE Travel Surcharge: # athletes _____	@ \$1.00 each =	\$ _____

Total: \$ _____

Make check payable to:
YMCA of Greater Nashua
Mail entries and check to
Storm Swimming
c/o Dave Bott, Entry Chair
6 Henry Clay Dr
Merrimack, NH 03063
Phone: 774-244-9523

Entry Deadline: 03/19/2021

For e-mailed entries, this form and payment must be received by: 03/26/2021

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, the YMCA of Greater Nashua, and Storm Swimming 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