



**NEW
ENGLAND
SWIMMING**

**Boston YMCA Bluefins
Intra-Squad Meet**

Burbank YMCA Pool Reading, MA
January 30-January 31 2021

Held under the sanction of USA Swimming/New England #NE21-0130BYB

Meet Director	Brian Paulsen	bp94960@yahoo.com	781-417-0266
Meet Referee:	Andy Coady	andrew.coady@comcast.net	978-852-7188
Entry Chairperson:	Michelle Greenwalt	greenwalt1221@gmail.com	949-322-3194
Admin Official:	Michelle Greenwalt	greenwalt1221@gmail.com	949-322-3194
Safety Monitor	Alessandro Eramo	aeramo@ymcaboston.org	508-932-4024

IMPORTANT DEADLINES:

First date of entry: January 11th, 2021

Final date of entry: January 25th, 2021

ASSUMPTION OF RISK: We, Boston YMCA Bluefins, 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 BYB Intra-Squad Meet or on site at Burbank YMCA. 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 BYB Intra-Squad Meets and being on site at Burbank YMCA, 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:

<https://www.readingma.gov/home/urgent-alerts/everything-you-need-to-know-during-the-covid-19-state-of-emergency>

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

Entry and Exit: Swimmers will wait in their vehicle until someone comes out of the front doors to let them in. Swimmers must complete a Health Questionnaire prior to arriving at the meet and will be asked the questions again before being allowed into the facility. If you are not feeling well or are experiencing a fever or a cough PLEASE stay home. You are considered symptomatic if you have a fever of 100.0 degrees Fahrenheit or above, unusual coughing, shortness of breath, headaches, chills, shaking chills, sore throat, muscle aches or pains, new loss of smell or taste or whether you have felt feverish. If you are diagnosed with Covid-19 we need to be notified as soon as possible so we can properly sanitize the property and protect others. Once a swimmer has completed their events for the day, they must exit the facility as soon as possible by the front doors.

Arrival and Procedures: Swimmers will arrive in their swimsuit and must be wearing a face mask. Swimmers are required to wear their face mask unless they are getting into the water to swim. The flow of traffic is one way. Traffic flows one-way beginning from the family locker room doors, alongside the window side of the eight-lane pool, and around the scoreboard side with swimmers exiting through the men's and women's room.

Locker Rooms: There will be no locker rooms or restrooms available for changing. Swimmers will arrive and leave in their swimsuits. The locker rooms will be used for one-way traffic from the gymnasium into the pool area. Swimmers must take a quick cleansing shower in the locker room prior to entering the pool for the first time. When swimmers are finished with their warm-up or race, they will leave through the family locker room back into the gymnasium. There is one-way traffic flow from the gymnasium. Please follow the signs on the doors for entry and exit.

Restrooms: Swimmers will use the restrooms located in the hall past the lobby. Swimmers are not allowed to use the restrooms in the locker rooms in order to maintain one-way traffic flow.

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 Number of Individuals in Space:

Swimming Pool: 24 swimmers maximum in the 8 lane pool at any time

Deck Space: 60 including swimmers, officials, meet personnel and timers

Gymnasium 30 including swimmers and meet personnel - spread out into small groups observing 6' from one another

Spectators: There will be no spectators allowed in the building.

Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting Alessandro Eramo, Head Coach at: 508-932-4024

LIST OTHER PROTOCOLS SPECIFIC TO YOUR SITE:

- Warm-up groups and lanes will be assigned for every individual.
- Swimmers may bring a chair to sit on in the gymnasium. There will be no sitting on the bleachers or pool area at any time.
- Personal belongings will need to be stored in swimmers bag or floor due to restricted bleacher use.
- Swimmers, volunteers, officials, and coaches must wear masks at all times.
- Swimmers may only take masks off just before their heat starts.
- Swimmers should bring a plastic bag to put their mask in while they swim.
- Swimmers must maintain a 6 foot distance from each other while in the facility – gym, pool deck, lobby, etc.
- Swimmers who cannot follow these policies may be asked to leave.

STATE GUIDELINES: <https://www.mass.gov/info-details/covid-19-updates-and-information>

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 e-mailed to parents prior to the meet and meet will be published on Meet Mobile, pending internet access.

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

DISTANCE EVENTS: The 500 Freestyle will be swum slow to fast. Swimmers must provide their own timer and counter.

SITE: The Burbank YMCA Competition Pool is a 8-lane, 25-yard pool with 7-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado or Daktronics 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. Attached to the main pool is a teaching/therapy pool; approximately 20x20 yards in size, that may be available for warm-up and warm-down, at the discretion of the coaches and lifeguard. The finish end of the pool is 10 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for (no spectators allowed). The pool is located inside the Burbank YMCA, 36 Arthur B Lord Drive Reading, Ma 01867. Please enter through the main entrance after pre-screening. 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)

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*

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 one less than maximum allowed per day.

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: 1/11/2021, (any entry received before this date will be considered received on January 11th, 2021,)

Final date of entry acceptance: January 25th, 2021

Any team/athlete 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 as many events as they choose but may only compete in a maximum of 3 individual events per day for timed final events.

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).

Non-electronic entries: \$5.50 for individual \$10.50 for distance and \$25.00 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 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 greenwalt1221@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: January 29th, 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 greenwalt1221@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: No spectators allowed

PROGRAMS: No programs

MEET MOBILE HEAT SHEETS Meet Mobile heat sheets will be offered at this meet at no charge. The Meet Mobile heat sheet includes smart phone access to all heat sheets for the whole meet, including last minute changes and re-seeds.

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.

- We will try and live-stream the meet through Zoom. Details to follow.

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 meeting will take place in the YMCA lobby 30 minutes before each session.

WARM-UPS: The pool will open for warm-ups as designated on the event list one-hour before the beginning of each session. The pool will close five minutes before the beginning of each session. Swimmers will be assigned warm-up lanes after all entries are received. The family pool area will NOT be available during the meet for warm-up and warm-down.

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:

- No swimmer can use the adult locker rooms, fitness areas or other areas of the YMCA not specified for the use of swimmers. Any swimmer found using adult locker rooms or areas not designated for use during the meet will be removed for the remainder of the meet.

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 BYB, 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

- We will try and live-stream the meet through Zoom. Details to follow.

AWARDS: Ribbons will be awarded to top 6 finishers or each event.

SCORING: The meet will not be scored.

FOOD: There will not be a concession stand in operation for the duration of the meet

VENDOR: There will not be a swimming equipment vendor

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

PARKING: There will be on-site and street parking. The Burbank YMCA will be closed.

DIRECTIONS: Directions are not needed for this Intra-Squad meet.

LODGING: Lodging info not needed for this Intra-Squad Meet

**Boston YMCA Bluefins
Intra-Squad Meet**

Burbank YMCA, 36 Arthur B Lord Dr, Reading, MA

January 30th-31st, 2021

Held under the sanction of USA Swimming/New England #NE21-0130BYB

Session 1 Saturday Afternoon – 45 Athletes Maximum	
Warm-up: 2:00PM / Session Start: 2:50PM Session Finish: 3:50PM	
Mixed Event #	Age Group / Distance / Stroke
1	12 & Under 50 Fly
2	12 & Under 100 Free
3	12 & Under 50 Back
4	12 & Under 100 Breast
5	12 & Under 200 Free
Session 2 Saturday Evening – 45 Athletes Maximum	
Warm-up: 4:20PM / Session Start: 5:10PM Session Finish: 6:10	
6	13 & Over 100 Fly
7	13 & Over 200 Free
8	13 & Over 100 Back
9	13 & Over 200 Breast
10	13 & Over 50 Free

Session 3 Sunday Afternoon – 45 Athletes Maximum	
Warm-up: 1:00PM / Session Start: 1:50PM Session Finish: 2:50PM	
Mixed Event #	Age Group / Distance / Stroke
11	12 & Under 50 Breast
12	12 & Under 100 Back
13	12 & Under 50 Free
14	12 & Under 100 Fly
15	12 & Under 200 IM
Session 4 Sunday Evening – 24 Athletes Maximum	

Warm-up: 3:00PM / Session Start: 3:25PM Session Finish: 3:50	
16	Open 500 Free

Session 5 Sunday Afternoon – 45 Athletes Maximum	
Warm-up: 4:00 PM Session Start: 4:50 Session Finish: 5:50 PM	
17	13 & Over 200 IM
18	13 & Over 100 Breast
19	13 & Over 200 Back
20	13 & Over 100 Free
21	13 & Over 200 Fly

