



**NEW  
ENGLAND  
SWIMMING**

## **Dedham Health Hydra Intra-Squad Meet**

Dedham Health and Athletic Complex  
200 Providence Highway  
Dedham, Ma. 02026  
February 7, 2021

Held under the sanction of USA Swimming/New England #NE21-0207DHH

<b>Meet Director</b>	Michael Moses	mikem@dedhamhealth.com	781-752-8954
<b>Meet Referee:</b>	Bill Carline	billcarline@comcast.net	401-573-9263
<b>Entry Chairperson:</b>	Michael Moses	mikem@dedhamhealth.com	781-752-8954
<b>Admin Official:</b>	Erika Afzali	erka.afzali@yahoo.com	617-777-6608
<b>Safety Monitor</b>	Chris Klinkow	chrisk@dedhamhealth.com	617-413-7842

**IMPORTANT DEADLINES:**

First date of entry: 1/21/2021  
Final date of entry: 1/31/2021  
Payment deadline: 1/31/2021

**ASSUMPTION OF RISK:** We, Dedham Health Hydra, 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 Dedham Health Hydra Intra Squad Meet #1 or on site at Dedham Health and Athletic Complex. 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 Dedham Health Hydra Intra Squad Meet #1 and being on site at Dedham Health and Athletic Complex, 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:**

- Spectators will not be allowed. Parents not working in assigned roles will have to stay outside. Jobs, outside of the official meet staff, will be assigned to parents as needed, but will be limited to timing assignments, Bullpen volunteers, or parking lot safety. We will need a minimum of 5 timers, and 4 bullpen staff for the meet.
- **Safe Sport considerations always allow parents access to their child when needed. Please contact Michael Moses, the Meet Director, phone 781-752-8954.**
- Swimmers, officials, workers and coaches will enter the facility at the Summer Club access door(s) at the rear of the building at the designated end of the pool deck and exit outside at the opposite side of the pool deck.
- Everyone entering the pool deck the first time will have their temperature checked. If the temperature is high, they will be asked to sit to the side for 2 minutes before taking a second temperature. If it registers high again, that swimmer will not be allowed to participate.
- All workers, officials (except referee blowing whistles, if an electronic whistle is not available), and coaches will wear masks at all times.
- The bullpen area will be above the pool in DHAC's "treehouse" area. Swimmers will be called down stairs to the pool by heat via walkie talkie. A bullpen volunteer will be help coordinate bringing the kids down from the treehouse to the pool deck and escorting the previous heat back up to the pool.
- Swimmers inside of the facility will wear masks when waiting between events and shall remove mask when called up to swim behind blocks. Swimmers shall, after exiting the pool, place mask on face prior to leaving the block area.
- Swimmers for next heat will be organized in the treehouse by heat and escorted downstairs to the pool for their swim.
- No more than one (1) heat of swimmers (maximum of 4 swimmers per heat) will come in from the bullpen area with their own bag containing towels, parka/jacket, and extra masks and leave their masks on until at the blocks and ready to swim. The next heat(s) of swimmers will line up in lane order on the tennis court near the door facing the deep end of the pool. Once a heat has started in the water, all other swimmers are to remain in their assigned positions along the wall until the heat of swimmers in the pool have left from behind the blocks as directed by the meet staff.
- Once all swimmers in a heat have finished their race, all swimmers will get out of pool at the start end and exit the pool area through the door designated by the safety officer back to the bullpen in their respective cars.
- Showers will NOT be available at the facility. Swimmers should wear their suit to the meet.
- Max total number of persons on deck: 25
- Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting the Meet Director, Michael Moses at: 781-752-8954

**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.

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

**DISTANCE EVENTS:** There will be no distance meets offered at this meet.

**SITE:** The Dedham Health and Athletic Competition Pool is a 4 -lane, 25-yard pool with 8 -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 9 feet deep; the turn end of the pool is 4 feet deep. The pool is located inside the Dedham Health and Athletic Complex, 200 Providence highway, Dedham, MA 02026. Please enter through the main entrance via the parking lot.

**COURSE:** Short course yards (25 yards)

**25-YARD EVENTS:** There will be no 25 yard events

**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 %

**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: 01/21/2021, (any entry received before this date will be considered received on 01/21/2021,)

Final date of entry acceptance: 01/31/2021

Make checks payable to "Dedham Health Hydra".

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

Michael Moses

200 Providence Highway

Dedham, Ma.

Payment due date for all entries: 01/31/2021, 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 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:

**\$5.00** 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 \$10.00 per swimmer**

**NE Swimming Travel Fee of \$1.00 per swimmer**

**ELECTRONIC ENTRIES:** Electronic that are in CL2 or SD3/SDIF format should be emailed as an attachment to the entry chairperson at mikem@dedhamhealth.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: 01/31/2021

**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 mikem@dedhamhealth.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:** \$00.00 per session.

**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.... one-hour before the beginning 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. The diving well area will 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.

**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 Dedham Health Hydra, 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/will not be scored.

**FOOD:** No concessions

**VENDOR:** No vendor

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

**PARKING:** parking behind Dicks Sporting Goods at the Summer Club lot, and pick-up next to summer club entrance/exit/

**DIRECTIONS.** N/A

**LODGING** N/A

**EVENTS:**

## Sunday February 7<sup>th</sup> 2021

Event #	<b>12 &amp; Under WARM UP 2:15 PM SESSION START 2:45 PM</b>		
1	50 Free		
2	25 Fly		
3	50 Fly		
4	100 Breast		
5	25 Free		
6	50 Back		
7	100 Free		
8	25 Breast		
9	50 Breast		
10	100 Back		
11	25 Back		
	<b>13 &amp; Up WARM UP 5:00 PM SESSION START 5:20 PM</b>		
12	100 Fly		
13	200 Back		
14	100 Free		
15	200 Breast		
16	50 Free		
17	200 Free		
18	100 Back		

**Dedham Health Hydra**  
**Intra-Squad Meet**  
200 Providence Highway, Dedham, Ma. 02026  
2/7/2021

**CONTACT INFORMATION**

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	=	\$ _____
_____ Swimmer Participation Fee: # athletes	_____ @ \$10.00	=	\$ _____
_____ NE Travel Surcharge: # athletes	_____ @ \$1.00 each	=	\$ _____
Total:			\$ _____

Make check payable to: \_\_\_\_\_

Mail entries and check to: \_\_\_\_\_

Entry Deadline: 01/21/21

For e-mailed entries, this form and payment  
must be received by: 01/31/21

Phone: \_\_\_\_\_

**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, DEDHAM HEALTH HYDRAS 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