



**NEW
ENGLAND
SWIMMING**

Sea Serpents Distance Inter-Squad

JCC of the North Shore
4 Community Rd. Marblehead MA. 01945
January 15, 2021

Held under the sanction of USA Swimming/New England #NE21-0115JCCS

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|---------------------------|---------------|-------------------------|--------------|
| Meet Director | Ashley Vieira | avieira@jccns.com | 508-493-4984 |
| Meet Referee: | Ken Galica | kennethgalica@gmail.com | |
| Entry Chairperson: | Ashley Vieira | avieira@jccns.com | 508-493-4984 |
| Admin Official: | Scott Kaplan | skaplan@jccns.com | |
| Safety Monitor | Joe Warren | joewarren1999@gmail.com | |

ASSUMPTION OF RISK: We, JCC Sea Serpents, 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 Getting After It or on site at JCC of the North Shore. 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 Getting After It and being on site at JCC of the North Shore, 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:

Facility Specifics JCC of the North Shore:

- All Officials, Volunteers, Parents, Coaches, Staff & Swimmers will need to fill out the JCCs Medical Questions and disclaimer via the Motion Vibe App or in person via the paper form before entering the pool area.
- All Officials, Volunteers, Parents, Coaches, Staff & Swimmers will need to check in at the J to ensure they have completed the waiver / medical questions and have their temperature taken before entering.
- A full list of everyone entering the gated area will be collected at check in to ensure proper contact tracing.

- Locker Rooms will be closed, swimmers are to arrive in their suits and leave in their suits bathrooms on site will be available for emergencies only.
- All Officials, Volunteers, Parents, Coaches, Staff & Swimmers must wear a face covering during check in and at all times while on deck, or in the bathroom.
- Bathrooms are available for emergencies only in the hallway outside the pool deck. These bathrooms will be cleaned before and after the meet.
- Masks will be stored behind the blocks in zip lock bags while swimmers are racing.

Individuals Gathering #s & Parents on Deck:

- Pool is inside. Swimmers will be sat behind the half wall on the pool deck 6ft apart.
- Swimmers will compete in lanes 1-4 and lanes 5&6 will be open for warm up / down.
- Only 12 swimmers will be allowed in the meet. 2 swimmers per lane for warm up / warm down.
- Max number of: 4 Officials, 1 volunteer head timer, 4 timers, 1 lifeguard, 1 coach will be allowed on deck. Swimmers will count for each other.
- Only 1 swimmers and timer behind every lane. Heats go up one at a time.
- Parent viewing area outside the window, limit to 4 slots: signed up ahead of time.
- Only 2 people allowed in the bathroom area at a time.
- Max Total number 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, Ashley Vieira at 508-493-4984.

STATE GUIDELINES: <https://www.mass.gov/doc/safety-standards-for-youth-and-adult-amateur-sports-activities-phase-iii-step-1-0/download>

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 emailed out prior to the start of the meet.

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

HOST SITE: The JCC Indoor Pool is a 25-yard pool with 6 foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Time Systems with touchpads at the finish end of the pool. There are no touchpads at the turn end of the pool. The finish end of the pool is 12.5 feet deep; the turn end of the pool is 3.5 feet deep. Spectator seating is for 6 at a time. The competition course 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% 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 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

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: 1/1

Final date of entry acceptance: 1/1

Make checks payable to “JCC Sea Serpents”.

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

Ashley Vieira

4 Community Rd.

Marblehead MA 01945.

Payment due date for all entries: 1/1

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 4 individual events per day for timed final events, or 3 individual events per day for trials/finals events. Time trials count in the per day event count.

ENTRY FEES: Electronic entries:

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 avieira@jccns.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 1/1.

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 avieira@jccns.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 \$0.00 for individual events.

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: \$0

PROGRAMS: \$0

MEET MOBILE: Meet Mobile will NOT be functional for this meet

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.

WARM-UPS: The pool will open for warm-ups as designated on the event list, half hour before the beginning of each session. One 25 minutes warm up. The pool will close five minutes before the beginning of the session.

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 the JCC Sea Serpents, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests

AWARDS: There are no awards

SCORING: The meet will not be scored.

FOOD: There will be no concession stand, or a stand will be in operation as run by the facility

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

PARKING: On Site

Sea Serpents Distance Inter-Squad

12&Over

Friday PM: 4:30pm Warm Up, 5pm Start

1. Mixed 1000FR
2. Mixed Mile

Sea Serpents Distance Inter-Squad
January 15th, 2021
Held under the sanction of USA Swimming/New England #
4 Community Rd. Marblehead, MA. 01945

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 | @ \$0 | = | \$ _____ |
| _____ Trials/Finals Event Entries | @ \$0 | = | \$ _____ |
| _____ Distance events | @ \$0 | = | \$ _____ |
| _____ Relays | @ \$0 | = | \$ _____ |
| _____ Swimmer Participation Fee: # athletes _____ | @ \$_.00 | = | \$ _____ |
| _____ NE Travel Surcharge: # athletes _____ | @ \$1.00 each | = | \$ _____ |

Total: \$ _____

Make check payable to: JCC Sea Serpents
Mail entries and check to:
C/O Ashley Vieira
JCC of the North Shore
4 Community Rd.
Marblehead, MA 01945
Phone: 781-631-8330

Entry Deadline: 1/1
For e-mailed entries, this form and payment
must be received by 1/1

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, JCC Sea Serpents 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