



**NEW
ENGLAND
SWIMMING**

North Shore Swim Club

Specialty Meet

Boston Sports Institute, Wellesley MA

January 22-24, 2021

Held under the sanction of USA Swimming/New England #NE21-0122NSSC

| | | | |
|-------------------------------|--------------|--|----------------|
| Meet Director | Dan Warner | Nssc1@aol.com | (978-852-3985) |
| Meet Referee: | Jerry Carter | jerry@jerrycarter.org | (617-417-1424) |
| Entry Chairperson: | Dan Warner | Nssc1@aol.com | (978-852-3985) |
| Admin Official: | Dan Warner | Nssc1@aol.com | (978-852-3985) |
| Safety Monitor | Dave Martin | djdemartin@yahoo.com | (978-866-3387) |

IMPORTANT DEADLINES:

First date of entry: December 28, 2020

Final date of entry: January 8, 2021

Payment deadline: January 13, 2021

ASSUMPTION OF RISK: We, North Shore Swim Club, 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 NSSC Specialty Meet or on site at the Boston Sports Institute. 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 NSSC Specialty Meet and being on site at the Boston Sports Institute, 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*



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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:

All athletes, coaches, officials, volunteers and other staff will be screened upon arrival and admitted to deck only if listed on a roster and if CRA has confirmation of receipt of a signed Consent and Release form.

Accurate team rosters will be created, noting arrival and departure times and listing all staff present. These rosters will be retained for use should contact tracing become necessary.

Athletes must arrive, towel off and depart in swim wear. Changing rooms are closed with the exception of access to toilets and sinks. No changing of clothing is permitted.

Spectator seating is closed. No spectators are permitted.

All athletes, coaches, officials, volunteers and other staff will enter the natatorium via the wet corridor; observe the one-way path for movement on deck, and exit via the deck door, directly into a one-way foyer lane to exit the building.

Face coverings must be worn at all times, with the exception of while swimming. Athletes will wear face coverings to the blocks, removing the covering only to race. All coaches, officials, volunteers and other staff must wear a face covering at all times.

A 15 minute window is planned between each session of the meet to allow for one group to leave, and the deck to be fully sanitized--including all stop watches and any other equipment--before the next group of athletes arrives.

Individuals Gathering on Deck:

The BSI Competition Pool is indoors. CRA carefully maintains the pools, meeting all requirements as set forth by the CDC and the Wellesley Board of Health, and adheres to a rigid schedule of regular sanitization of high-touch surfaces.



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Athletes will be seated at 6 foot intervals on bleachers on deck with a maximum of 50 per session.

Each session will have a designated warm up duration and recovery after each heat (at the discretion of the Meet Director).

The number of individuals on deck (excluding athletes) is limited to 2 coaches/team in addition to four officials and two meet staff. The Meet Director has the authority to limit the number of people on deck.

Because spectators are not permitted, the meet will be broadcast on Zoom or You Tube.

The maximum number of volunteers on deck at any one time will be 15.

Maximum number of athletes allowable in the water (40% capacity) at any one time is 66. CRA has, to maintain safe social distancing, limited in-water capacity to 52.

The maximum number of individuals allowable on deck (40% capacity) at any one time is 114. CRA has, to maintain safe social distancing, limited on-deck capacity to 66.

A maximum of two individuals are permitted to use the bathrooms at any one time.

In compliance with Safe Sport expectations, if a parent needs to reach his/her child at any time during the meet, the parent will text the Meet Director, Dan Warner, 978-852-3985. Parents are not permitted to enter the deck.

Athletes and parents are informed in advance of the meet of the expectations set forth for the safety of all participants. NSSC has a zero tolerance policy with regard to violation of these expectations. Anyone not in compliance will be immediately removed from the meet and from the pool deck.

STATE OF MASSACHUSETTS SAFETY REGULATIONS: [Link](#)

MEET FORMAT: The meet will be swum as timed finals fastest to slowest and each session will be PRE-SEDED, no deck entries will be accepted. Friday warm up will begin at 5:30 PM and start at 5:55 PM, Saturday & Sunday first session warm up 6:30 AM, start 6:55 AM with additional sessions determined after entries are received and closed. Session final breakdown will be sent to all participating teams. Swimmers may swim a maximum of 2 events on Friday and 6 events on Saturday & Sunday. **Advance scratches are due by 9:00 PM the night before.** No events will swim with more than one swimmer per lane.

DISTANCE EVENTS: We will be offering the 400 IM and 500, 1000, 1650 Free. Athletes will time for one another in this session. Heats will be seeded fastest to slowest. The 1000 & 1650 Free will be limited to 1 heat of 10 swimmers each. Final Breakdowns will be sent to all teams no later than 5:00 PM on Thursday before the meet.



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SITE: The Boston Sports Institute Competition Pool is a 10-lane, 25-yard pool with seven-foot wide lanes and non-turbulent lane lines. The timing system includes a full-automatic Colorado Time Systems electronic timing system with touchpads at the finish end of the pool with full electronic display. There are no touchpads at the turn end of the pool. Attached to the main pool is a diving well area that is available for warm-up and warm-down, approximately 2-3, 25 yard lanes. The finish end of the pool is 12.5 feet deep; the turn end of the pool is 7 feet deep. Spectator seating is for 300. The pool is located inside the Boston Sports Institute Athletic Complex, 900 Worcester Street, Wellesley MA 02482. Please enter through the main entrance at the front of the building. 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%

When using the 100% policy, only teams or unattached swimmers from the New England Swimming LSC will be allowed to enter the meet.

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 100% policy:

- (a.) May be asked to cut each athlete to 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



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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



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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, 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: December 28, 2020, (any entry received before this date will be considered received on 12/28/20)

Final date of entry acceptance: January 8, 2021

Make checks payable to "North Shore Swim Club".

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

North Shore Swim Club

PO Box 2032

Methuen MA 01844.

Payment due date for all entries: January 13, 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 North Shore Swim Club. Late payment of entry fees may result in future exclusion from meets hosted by our club.



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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 maximum of 2 events on Friday, maximum of 6 individual events per day for Saturday & Sunday 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

Swimmer Participation Fee is \$25 per swimmer

NE Swimming Travel Fee of \$1.00 per 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 NSSC1@aol.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 13, 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 nssc1@aol.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.



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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.

WARM-UPS: The pool will open for warm-ups as designated on the event list, 25 minutes before the start of the 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 shallow end 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.



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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 North Shore Swim Club, 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: No awards

SCORING: The meet will not be scored.

FOOD: There will be no concession stand.

VENDOR: A swimming equipment vendor will not be on site for this meet.

MISCELLANEOUS: New England Swimming NSSC and Charles River Aquatics assume no responsibility for lost or stolen property. Smoking is not permitted within the facility.

PARKING: There is ample parking surrounding the facility.

DIRECTIONS. The Boston Sports Institute Athletic Complex is located at 900 Worcester Street, Wellesley MA 02482. Please make sure to take route 9 from either direction. There will be a stop light that will allow you access to the facility from either direction!



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FRIDAY EVENING

Warm Up 5:30 PM, Warm Up End 5:50 PM, Start 5:55 PM

GIRLS EVENTS

BOYS EVENTS

| | | |
|---|--|--|
| 1 | Mixed 11-18 500 Free | |
| 2 | Mixed 11-18 400 IM | |
| 3 | Mixed 13-18 1000 Freestyle (fastest heat of 10) | |
| 4 | Mixed 13-18 1650 Freestyle (fastest heat of 10) | |

SATURDAY MORNING (12 & Under)

Warm Up 6:30 AM, Warm Up End 6:50 AM, Start 6:55 AM

GIRLS EVENTS

BOYS EVENTS

| | | |
|---|----------------------------------|--|
| 5 | Mixed 12 & Under 50 Freestyle | |
| 6 | Mixed 12 & Under 100 Backstroke | |
| 7 | Mixed 12 & Under 50 Breaststroke | |
| 8 | Mixed 12 & Under 100 Butterfly | |
| 9 | Mixed 12 & Under 100 IM | |

SATURDAY LATE MORNING (13-18)

Warm Up: TBA, Warm Up End TBA, Start: TBA

*** will be determined once all entries are received***

GIRLS EVENTS

BOYS EVENTS

| | | |
|----|------------------------------|--|
| 10 | Mixed 13-18 100 Freestyle | |
| 11 | Mixed 13-18 200 Backstroke | |
| 12 | Mixed 13-18 100 Breaststroke | |
| 13 | Mixed 13-18 200 Butterfly | |
| 14 | Mixed 13-18 50 Freestyle | |



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SUNDAY MORNING (12 & Under)

Warm Up 6:30 AM, Warm Up End 6:50 AM, Start 6:55 AM

GIRLS EVENTS

BOYS EVENTS

| | | |
|----|-----------------------------------|--|
| 15 | Mixed 12 & Under 100 Freestyle | |
| 16 | Mixed 12 & Under 50 Backstroke | |
| 17 | Mixed 12 & Under 100 Breaststroke | |
| 18 | Mixed 12 & Under 50 Butterfly | |
| 19 | Mixed 12 & Under 200 IM | |

SUNDAY MORNING (13-18)

Warm Up: TBA, Warm Up End TBA, Start: TBA

*** will be determined once all entries are received***

GIRLS EVENTS

BOYS EVENTS

| | | |
|----|------------------------------|--|
| 20 | Mixed 13-18 200 Freestyle | |
| 21 | Mixed 13-18 100 Backstroke | |
| 22 | Mixed 13-18 200 Breaststroke | |
| 23 | Mixed 13-18 100 Butterfly | |
| 24 | Mixed 13-18 200 IM | |



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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____ @ \$ 25.00 = \$ _____
_____ NE Travel Surcharge: # athletes____ @ \$1.00 each = \$ _____

Total: \$ _____

Make check payable to: NSSC
Mail entries and check to: NSSC
PO Box 2032
received within 4
Methuen MA 01844

Entry Deadline: 12/28/20
For e-mailed entries, payment must be
_____ days of submitted entry.

LIABILITY RELEASE



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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, North Shore Swim Club, Charles River Aquatics and Boston Sports Institute 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