



**NEW  
ENGLAND  
SWIMMING**

**Metrowest YMCA Stingray Swim Team  
Distance Intrasquad Meet**

280 Old Connecticut Path, Framingham MA 01701

**December 26, 2020**

**Phone (508) 879-4420**

Held under the sanction of USA Swimming/New England #NE21-1226MWYS

<b>Meet Director</b>	Erika Sheinhait	<a href="mailto:elsheinhait@gmail.com">elsheinhait@gmail.com</a>	508-328-8128
<b>Meet Referee:</b>	Dan Dube	<a href="mailto:Dpdube10@gmail.com">Dpdube10@gmail.com</a>	508-254-6766
<b>Entry Chairperson:</b>	Annette Robertson	<a href="mailto:arobertson@metrowestymca.org">arobertson@metrowestymca.org</a>	508-505-1549
<b>Admin Official:</b>	Annette Robertson	<a href="mailto:arobertson@metrowestymca.org">arobertson@metrowestymca.org</a>	508-505-1549
<b>Safety Monitor</b>	Haruru Lee	<a href="mailto:oishimango@gmail.com">oishimango@gmail.com</a>	781-325-5797

**IMPORTANT DEADLINES:**

First date of entry: December 16, 2020  
 Final date of entry: December 20, 2020  
 Payment deadline: December 20, 2020

**ASSUMPTION OF RISK:** We, **Metrowest YMCA**, 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 Intra-squad Meet or on site at Metrowest 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 Intra-squad Meet and being on site at Metrowest 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:**

The maximum number of people on deck is 25, including meet personnel.

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.

Safe Sport considerations always allow parents access to their children when needed. Please contact **Erika Sheinhait, the Meet Director**. We hope to have live stream in place for parents to be able to watch swims.

- Swimmers will be staged in the gym socially distanced. When the next heat is ready, the swimmers will walk downstairs towards the start end of the pool. One heat of swimmers will be waiting – socially distanced.
- Only one heat of swimmers will be allowed on deck. Once a heat is completed, swimmers will exit through the family room bathroom and then return to the gym.
- Session of swimmers will be grouped by their regular practice group. Example: Senior 1 & 2 groups will be swimming on Day 1 session. This is to avoid combining from different groups.
- All workers, officials (except referee blowing whistles, if an electronic whistle is not available), and coaches will wear masks at all times.
- Swimmers will wear masks at all times when waiting between events. Wear your mask into the building, your mask should cover your mouth and nose
- If a swimmer exits the pool to go to the restroom, he/she must wear a mask to the restroom
- Always distance yourself 6 feet from another person when possible
- Swimmers should wear their suits to the meet.
- Timers are not allowed on deck until the pool is cleared of swimmers prior to the start of the meet.
- Timers will meet upstairs in the observation area overlooking the pool.
- Only the Family Room Bathroom will be opened for use

**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.

Each session will be seeded in groups of no more than 40 swimmers. We will have a warm-up in between each group and cleaning will occur after each group. No events will swim with more than one swimmer per lane.

**DISTANCE EVENTS:** 500 free & 400 IM will be fast to slow.

**SITE:** The Metrowest YMCA lap pool is a 4-lane, 25-yard pool with six-foot-wide lanes and non-turbulent lane lines. The timing system will be three manual watches per lane. The finish end of the pool is 9 feet deep; the turn end of the pool is 3 1/2 feet deep. There is no Spectator seating. The pool is located inside the Metrowest YMCA, 280 Old Connecticut Path, Framingham, MA 01701. Please enter through the Front Main Entrance.

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% of Metrowest Swimmers

**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 timeline, 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: December 16, 2020 (any entry received before this date will be considered received on November 16, 2020)

Final date of entry acceptance: December 20, 2020

Make checks payable to "Metrowest YMCA".

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

C/O Annette Robertson

280 Old Connecticut Path

Framingham, MA 01701

Payment due date for all entries: December 20, 2020 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 Metrowest YMCA. 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:** 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. Time trials count in the per day event count

**ENTRY FEES:** Electronic entries:

\$10.00 for distance events (events 400 yards or over)

\$10.00 for time trials

Swimmer Participation and COVID-19 PPE Fee is \$25.00 per swimmer

**\$1.00 New England Swimming Travel Fee**

**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 [arobertson@metrowestymca.org](mailto:arobertson@metrowestymca.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 December 20, 2020.

**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 [arobertson@metrowestymca.org](mailto:arobertson@metrowestymca.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 as spectators are allowed at the facility.

**PROGRAMS:** No charge as heat sheets will be emailed to parents or made available online.

**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. Officials meeting will take place just outside via pool exit door. Officials meetings will take place 30 minutes prior to the start of a session.

**WARM-UPS:** The pool will open for warm-ups as designated on the event list (see below) one-hour before the beginning of each session. The pool will close five minutes before the beginning of each 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.

**MISCELLANEOUS SAFETY:**

- No flash photography at the start of the competition races

- No personal chairs are allowed in the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- No smoking, drugs, or alcohol are permitted in the complex

**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 Metrowest YMCA, 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:** None

**SCORING:** The meet will not be scored.

**FOOD:** There will be no concession stand at this meet

**VENDOR:** None

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

**PARKING:** There is ample parking at the MetroWest YMCA facility

**DIRECTIONS.** The MetroWest YMCA is located at 280 Old Connecticut Path, Framingham, MA

**LODGING:** *There is no need for lodging at this meet.*

**Event Session List:**

<b>Session 1</b>	<b>500 Free</b>	<b>Meet Start 4:00 PM</b>
Saturday	Warmup Group 1	3:15 PM - 3:30 PM
12/26	Warmup Group 2	3:35 PM - 3:50 PM
<b>Event</b>	<b>Age Group</b>	<b>Event Description</b>
1	Open	500 Free

<b>Session 2</b>	<b>400 IM</b>	<b>Meet Start 6:00 PM</b>
Saturday	Warmup Group 1	5:15 PM – 5:30 PM
12/26	Warmup Group 2	5:35 PM – 5:50 PM
<b>Event</b>	<b>Age Group</b>	<b>Event Description</b>
2	Open	400 IM

**Metrowest YMCA Stingrays Swim Team  
Distance Meet**

280 Old Connecticut Path, Framingham, MA 01701

December 26, 2020

**CONTACT INFORMATION**

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Unattached Swimmers: \_\_\_\_\_

**ENTRY FEES** (*non-electronic add .50 per entry*)

\_\_\_\_ Swimmer Participation & COVID-19 Fee: # athletes \_\_\_\_ @ \$25.00 = \$ \_\_\_\_\_  
\_\_\_\_ Distance events @ \$10.00 = \$ \_\_\_\_\_  
\_\_\_\_ New England Swimming Travel Fee @ \$1.00 \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Make check payable to: Metrowest YMCA  
Mail entries and check to: Metrowest YMCA C/O Annette Robertson  
280 Old Connecticut Path  
Framingham, MA 01701

Entry Deadline: 12/20/2020

For e-mailed entries, this form and payment must be received by: N/A

**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, Metrowest YMCA 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