

New Bedford YMCA
2019 Northeastern YMCA Winter Championship

Boston University Fit Rec Center, Boston MA

December 13-15, 2019

Held under the sanction of USA Swimming/New England #NE20-1213NBY-A

Meet Director	Jason Buchanan	ottercoach@cox.net
Meet Referee:	Steve Davidson	stevedavidson@yahoo.com
Entry Chairperson:	Louis Arruda	likeafin@gmail.com
Admin Official:	Louis Arruda	likeafin@gmail.com
Safety Monitor	Brett Pacheco	bpacheco@ymcasc.org

IMPORTANT DEADLINES:

First date of entry: Monday, November 4, 2019

Final date of entry: Monday, December 9, 2019

Payment deadline: Friday, December 13, 2019

MEET FORMAT: The meet will be conducted in a prelims/finals format for 11 & Over individual events and a timed finals format for relays and events for 12 & Unders, in accordance with USA Swimming Technical Rules. The Meet Referee reserves the right to make any adjustments to the provisions of the meet announcement necessary to ensure the fair and efficient operation of the competition. In the evening there will be 4 heats for individual events: a 14 & Under non-scoring final, a bonus, a consolation, and championship heat in that order in all events, except the 1650 freestyle. The top heat of the women's and men's 1650 freestyle will be swum during finals unless otherwise determined by the Meet Referee. If time permits, additional breaks will be included in each session to maximize swimmer performance. In the event a 14 & under heat in Finals cannot be filled with the qualifying 14 & Unders, additional swimmers outside of that age range will be permitted to compete as exhibition. A swimmer's age is determined as of December 13, 2019--- the first day of the meet. No events will swim with more than one swimmer per lane.

1650 FREESTYLE: A timed final event, max of 40 swimmers per gender. Swimmers who compete in the 1650 during Prelims must provide their own timer and counter. The 1650 will be swum as fast-to-slow at the end of prelims on Friday, with alternating heats of girls & boys. The fastest heat for girls and the fastest heat for boys will be swum at night, with finals. If a swimmer in Finals prefers to swim their race during prelims, please inform the Meet Management table by the scratch deadline for Friday morning, in order for that swimmer to be replaced with another swimmer for the heat during Finals. If space permits, girls and boys may be combined to conserve time.

SITE: Boston University's Fitness and Recreation Center includes a 10-lane by 16-lane competition pool with the ability to change from meters to yards using a moveable bulkhead. The depth slopes from 7 feet to 13.5 feet. The course will be set in short course (25) yards, thus allowing 10 lanes with non-turbulent lane lines for competition and an additional five to six lanes for continuous warm up/warm down in the diving end of the pool. The facility is equipped with a Daktronics Timing System, touch pads, and a ten-lane electronic scoreboard. Spectator seating is available for approximately 400 spectators. Directions and parking instructions may be found later in this notice. The competition course has not been certified in accordance with 104.2.2C(4).

COURSE: Short course yards (25 yards)

WAIVERS: Boston University **requires** all participating athletes to have a signed waiver from their parents/guardians (if under the age of 18) or from themselves if aged 18 and older. The waiver will be available online for teams to download and distribute. The website is www.teamunify.com/ymcasenecy

ENTRY POLICY: *First Come First serve (FCFS)* **Max of 400 swimmers per session**

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 meets using the FCFS entry policy and for teams included in the 25% of the 75%/ 25% entry policy:

- (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.
- (c.) May be asked to cut relay 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

UNDER-SUBSCRIPTION: If the meet is undersubscribed after the entry deadline, the meet committee reserves the right to accept additional entries that are outside of the time standards for this competition. Priority will first be given to teams that submit an entry for the meet.

BONUS EVENTS: Swimmers with one (1) event are eligible to select up to two (2) additional events. Swimmers with two (2) events will be eligible to select up to one (1) additional event.

Coaches MUST indicate bonus events on their entry file.

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 current fully privileged YMCA members for the team they represent, for a period of at least 90 days prior to the first day of competition. Swimmers who are also currently certified USA Swimming members, in good standing, will have their times entered into the national SWIMS database. 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 as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SWIMWEAR: Per New England Swimming policy, swimmers **age 12** years old and younger are not allowed to wear "Tech" suits at any sanctioned or approved meet. The age of the swimmer is determined on the first day of the meet. A list of banned suits is found on www.neswim.com under ADMIN/Governance/Policies.

DECK REGISTRATIONS: Will not be accepted

COACH REGISTRATIONS: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

DISABILITY SWIMMERS: Any current athlete members 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: November 4, 2019 (any entry received before this date will be considered received on November 4, 2019,)

Final date of entry acceptance: December 9, 2019

Make checks payable to "YMCA Southcoast"

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

YMCA Southcoast
c/o Louis Arruda
41 Hawthorne Ave, Apt 3
Cranston, RI 02910

Payment due date for all entries: December 13, 2019 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.

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 YMCA Southcoast. 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 3 individual events per day. Time trials count in the per day event count.

ENTRY FEES: Electronic entries:

\$12.00 for all prelims/finals individual events and the 1650 Freestyle

\$24.00 for all relay events

\$6.00 for all 12 & U Age Group timed final events

\$10.00 for all time trials

Non-electronic entries: add \$1.00 for individual events

Swimmer Participation Fee is \$12.00 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 may be emailed as an attachment to the entry chairperson at likeafin@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 Friday, December 13, 2019

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 likeafin@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.

RELAYS:

- Use of Electronic Relay Judging Pads: Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. If Electronic Relay Judging pads are to be used at a meet, they will serve in the following capacity. Once a Dual Confirmation of a relay take off has been confirmed (Dual Human Confirmation), the Meet Referee or his/her designee shall request the RJP data. This data can only be used to support the disqualification or overturn the disqualification. In the event the RJP data is either missing or deemed invalid, the disqualification will stand.
- All relay swimmers must be officially entered into the meet.
- Unattached swimmers may not participate in any relays.

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: Legal splits (including relay lead-offs) must be requested by a coach, before the event, 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.

ADMISSION: \$5.00 per person per day (Children under 12 will not be charged admission).

PROGRAMS: \$2.00 per person per session.

MEET MOBILE: Meet Mobile may 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: If you know that you will be attending this meet email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome. (Officials meetings will be at least 30 minutes prior to the start of a session.)

VOLUNTEERS: Teams will be asked to provide parent volunteers to assist in several areas of meet operations. Volunteers will be based on the team's overall size for each session. Travelling teams with limited parent volunteers attending should contact the Meet Director

WARM-UPS: Teams will be assigned warm-up lanes after all entries are received.

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 and the Minor Athlete Protection Abuse Policy (MAAPP) 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. 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 YMCA Southcoast, 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: For Prelims & Finals events only: Ribbons will be awarded to places 1-20 in all individual and relay events. Team awards will be given to the Teams who have achieved overall first, second, and third place. Additionally, awards will be given to the top 3 female teams and the top 3 male teams.

Awards will be available at the designated location soon after the completion of the event. Teams must pick up their awards by the conclusion of the meet. Awards will not be mailed to teams.

SCORING: Scoring will occur up to 30th place.

Only finals, consolation, and bonus heats will be scored. Only 2 relays per team, per event will score.

Individual Points	(1-10): 36-33-32-31-30-29-28-27-26-25
	(11-20): 23-21-20-19-18-17-16-15-14-13
	(21-30): 11-9-8-7-6-5-4-3-2-1
Relay Points	(1-10): 72-66-64-62-60-58-56-54-52-50
	(11-20): 46-42-40-38-36-34-32-30-28-26
	(21-30): 22-18-16-14-12-10-8-6-4-2

FOOD: A limited snack-style concession stand will be in operation for the duration of the meet. Several restaurants are located a short distance from the site of competition. Please plan accordingly.

TEAM AREAS: First Come, First Serve on the pool deck. Please be courteous and conscientious of surround teams, and their needs for space and seating.

VENDOR: Teams will be notified in advance if a vendor will be present

MISCELLANEOUS: YMCA Southcoast and Boston University assume no responsibility for lost or stolen property. Pets of any kind (except service animals) and smoking are not permitted within the facility.

PARKING: Teams will be contacted with parking locations

DIRECTIONS

From the North:

Take I-93 or Route 1 South to Boston. Exit onto Storrow Drive. Continue on Storrow Drive to the Kenmore Square Exit. At the first set of lights, turn right onto Beacon Street. Bear right at the far end of Kenmore Square onto Commonwealth Ave to the Fitness and Recreation Center. (approx 1 mile).

From the South:

Take I-93 Route 3 (Southeast Expressway) North to Boston. Exit onto Storrow Drive. Continue on Storrow Drive to the Kenmore Square Exit. At the first set of lights, turn right onto Beacon Street. Bear right at the far end of Kenmore Square onto Commonwealth Ave. Continue on Commonwealth Ave to the Fitness and Recreation Center. (approx 1 mile).

From the West:

Take the Mass Turnpike (I-90) East (TOLLS). Take Exit 18 on the left. Follow signs to Cambridge. At the second set of lights, turn right. Continue on Storrow Drive to the Kenmore Square Exit. At the first set of lights, turn right onto Beacon Street. Bear right at the far end of Kenmore Square onto Commonwealth Ave. Continue on Commonwealth Ave to the Fitness and Recreation Center. (approx 1 mile).

LODGING:

- | | |
|--------------------------------------------------|---------------------------------------------|
| 1. Hotel Commonwealth: 617-933-5000 | 11. Courtyard, Copley Square: 617-437-9300 |
| 2. The Eliot Hotel: 617-267-1607 | 12. Marriot, Copley Place: 617-236-5800 |
| 3. Hotel Buckminster: 617-236-7050 | 13. Courtyard, Brookline: 617-734-1393 |
| 4. The Westin, Copley Place: 617-262-9600 | 14. Hilton, Back Bay: 617-236-1100 |
| 5. The Holiday Inn Brookline: 617-277-1200 | 15. Days Hotel, Brighton: 617-254-1234 |
| 6. Doubletree Guest Suites, Boston: 617-783-0090 | 16. Best Western, Boston: 617-731-4700 |
| 7. Sheraton, Newton: 617-969-3010 | 17. Courtyard, Cambridge: 617-492-7777 |
| 8. Hyatt Regency, Cambridge: 617-492-1234 | 18. Best Western, Terrace Inn: 866-764-3603 |
| 9. Sheraton, Boston: 617-236-2000 | 19. Days Inn, Boston: 617-254-0200 |
| 10. Howard Johnson, Fenway Park: 617-267-8300 | 20. Midtown, Boston: 617-262-1000 |

EVENTS & SESSIONS:

Dates & Times: Friday, Dec 13
Prelims Warmup: 9:05am

Sat & Sun, Dec 14-15
Prelims Warmup: 8:05am

Preliminaries: 10:10am
 Finals Warmup: 5:00pm
 Finals: 5:50pm

Preliminaries: 9:10am
 Finals Warmup: 5:00pm
 Finals: 5:50pm

Order of Events and Qualification Standards

Friday, December 13, 2019

Qual Time	Event Description	Qual Time	Special Notes
24:50.00	1650 Freestyle*	23:30.00	
1:24.00	12 & U 100 Back	1:22.00	Timed Finals in morning
2:37.00	200 IM	2:34.00	
1:24.50	12 & U 100 IM	1:23.00	Timed Finals in morning
29.75	50 Freestyle	28.75	
44.00	12 & U 50 Breast	44.25	Timed Finals in morning
3:09.00	200 Butterfly	3:02.00	
1:18.00	100 Backstroke	1:17.00	
NT	400 Medley Relay	NT	Timed Finals at night

Saturday, December 14, 2019

Qual Time	Event Description	Qual Time	Special Notes
NT	200 Free Relay	NT	Timed Finals at night
1:12.00	12 & U 100 Free	1:11.00	Timed Finals in morning
2:18.00	200 Freestyle	2:14.00	
36.75	12 & U 50 Fly	37.00	Timed Finals in morning
5:42.00	400 IM	5:31.00	
1:33.00	12 & U 100 Breast	1:33.00	Timed Finals in morning
1:15.00	100 Butterfly	1:14.00	
NT	12 & U 200 M.R.	NT	Timed Finals in morning
3:10.00	200 Breaststroke	3:06.00	
NT	200 Medley Relay	NT	Timed Finals at night

Sunday, December 15, 2019

Qual Time	Event Description	Qual Time	Special Notes
38.00	12 & U 50 Back	38.25	Timed Finals in morning
6:10.00	500 Freestyle	6:03.00	
32.50	12 & U 50 Free	32.00	Timed Finals in morning
2:39.00	200 Backstroke	2:34.50	
1:23.00	12 & U 100 Fly	1:22.00	Timed Finals in morning
1:03.75	100 Freestyle	1:02.00	
NT	12 & U 200 F.R.	NT	Timed Finals in morning
1:23.00	100 Breaststroke	1:22.00	
NT	400 Freestyle Relay	NT	Timed Finals at night

2019 Northeastern YMCA Winter Championships
Boston University, 915 Commonwealth Ave, Boston MA 02215
December 13-15, 2019

CONTACT INFORMATION *(all fields required)*

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Address: _____

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

____ Prelims/Finals Events & 1650 Free @ \$12.00 = \$ _____
____ 12 & U Timed Finals Events @ \$6.00 = \$ _____
____ Relays @ \$24.00 each = \$ _____
____ Swimmer Participation Fee: # athletes ____ @ \$ 12.00 = \$ _____

Total: \$ _____

Make check payable to: YMCA Southcoast
Mail entries and check to:
Louis Arruda
41 Hawthorne Ave, Apt 3
Cranston, RI 02910

Entry Deadline: 12/9/19
For e-mailed entries, this form and payment
must be received by: 12/13/19

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, YMCA Southcoast, and Boston University 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.

Signature of Authorized Team Official _____ Date _____

YMCA Sanctioned Meet Declaration Form
(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2019 Northeastern YMCA Winter Championships

Meet Date(s): December 13-15, 2019

Meet Host: YMCA Southcoast

Meet Location: Boston University

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the **2019 Northeastern YMCA Winter Championships** for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the **2019 Northeastern YMCA Winter Championships**.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, **YMCA Southcoast**, their agents, representatives or assigns, and **Boston University** for any and all injuries which may be suffered by participants at the **2019 Northeastern YMCA Winter Championships**. Furthermore, we understand that the YMCA of the USA and **YMCA Southcoast** are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee