



**NEW
ENGLAND
SWIMMING**

**North Shore Swim Club
Intra-squad MEET
Medford High School, Medford Ma
December 19, 2020**

Held under the sanction of USA Swimming/New England #NE21-1219NSSC

Meet Director	Mathew O'Brien	Mobrien8@comcast.net	781-264-1017
Meet Referee:	Patrick Hunter	Phunter.usaswimming@gmail.com	612-845-3031
Entry Chairperson:	Mathew O'Brien	Mobrien8@comcast.net	781-264-1017
Admin Official:	Patrick Hunter	Phunter.usaswimming@gmail.com	612-845-3031
Safety Monitor	Dave Martin	djdemartin@yahoo.com	978-866-3387

IMPORTANT DEADLINES:

First date of entry: 11/30/20

Final date of entry: 12/11/20

Payment deadline: N/A

ASSUMPTION OF RISK: We, NSSC, 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 on site at Medford High School, Medford Ma. 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 Specialty Meet and being on site at Medford High school, Medford Ma, 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: Covid-19 Precautions:

ENTRY AND EXIT: We will only be using door number 25. It is at the rear of Medford High School. It is not the listed pool entrance. Swimmers, coaches and officials will only be allowed into the building. **NO SPECTATORS WILL BE ALLOWED.** All persons inside the building are required to wear a face mask and it must remain on unless swimming, the flow of traffic is one way. Swimmers will be expected to stay for their entire session to help with timing and counting for all athletes.

Locker rooms: Nobody can use the locker rooms for changing. The lockers and changing areas are closed. Only one person is allowed in the rest room at a time. You will need to come dressed in your suit and leave dressed in your suit. This is for everyone's protection. If you are not feeling well or are experiencing a fever or a cough PLEASE stay home. You are considered symptomatic if you have a fever of 100.0 degrees Fahrenheit or above, unusual coughing, shortness of breath, headaches, chills, shaking chills, sore throat, muscle aches or pains, new loss of smell or taste or whether you have felt feverish. If you are diagnosed with Covid-19 we need to be notified as soon as possible so we can properly sanitize the property and protect others.

Important Points:

HOW MANY PEOPLE WILL BE ON DECK AT ONE TIME (36) including timers and meet personnel

- Always distance yourself 6' from another person when possible <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
- No physical contact including no high fives or capping one another
- No Spectators.
- Every swimmer must bring a water bottle. The water bubbler is off limits for your protection. Do not share water bottles!
- Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting the Dave Martin at .978-866-3387

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. First session warm up 3:00PM, start 3:25 PM with additional sessions determined after entries a received and closed. Session final breakdown will be sent to all participating teams.

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

EVENTS: Listed below

SITE: The Medford High School Pool is an 8-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Time System with touchpads at the finish end of the pool with an 8 lane electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 13 feet deep; the turn end of the pool is 4.5 feet deep.. The pool is located inside the Medford High School Complex, 489 Winthrop Street, Medford MA 02155. 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%*

Teams that are included in the 100% of guaranteed entries must submit their entry no later than 7 calendar days before the first date of entry and payment made to the host team by the first date of entry acceptance, or the host team may remove them from the guaranteed entries. The team will still be liable for payment of the entry fee and will be referred to the Admin Review Board if necessary. The host team can release this liability if it is able to fill the meet with entries from other teams.

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 one less event per day than the maximum allowed.
- (b.) Entries may be cut by time or to a specific number of heats for specified events.
- (c.) Events may be cut by time.

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: Nov 30.

Final date of entry acceptance: Dec 11

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: (Dec 19)20, Any teams 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 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 2 individual events per day for timed final events, Time trials count in the per day event count.

ENTRY FEES: N/A

NE Swimming Travel Fee of \$1.00 per swimmer N/A

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: N/A

ENTRY TIME UPDATES: Entry times may be updated until 10/30/20. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chairperson at nssc1@.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)

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) Timer must be positioned over the lane at the end of the racing course.

ADMISSION: no spectators on deck

PROGRAMS: will be posted around the facility

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.... 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.

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: No on deck photography

AWARDS: There are no awards.

SCORING: The meet will not be scored.

FOOD: There will be no concession stand.

VENDOR: There will be no vendor for the meet.

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

PARKING: Parking is free at Medford High School. PARKING IS LIMITED AND STREET PARKING MAY BE NEEDED.

DIRECTIONS: DIRECTIONS TO MEDFORD HIGH SCHOOL:

From North of Boston Take route 93 North to exit 33. Follow (route 28) which enters Roosevelt Circle. Follow Forest Street (2nd right) from Roosevelt circle toward Medford Square. Turn right at first traffic light onto Lawrence Road. Proceed to second light, and turn right onto Winthrop street. Proceed past Temple Shalom to High School entrance on right.

From South of Boston Take Route 93 north to exit 31. Follow Mystic Valley Parkway west to first light(exclude two pedestrian crossing lights) which is Winthrop Street. Turn right, follow Winthrop Street (Route 38) past Temple Shalom to High School entrance on right.

From West of Boston Take Mass Turnpike to Route 128 North. Take Route 2 East, to Route 60 until you come to the Route 38 Rotary. Go around the rotary to the left and follow Route 38 North(Winchester/Woburn). The Medford High School entrance is about a mile on the right

North Shore Swim Club
Medford High School, Medford MA
December 19, 2020

Session 1

Warm up: 3:00-3:25 PM, Start 3:30 PM

Mixed Races

Event #	Event
#1	200 Freestyle
#2	200 IM
#3	50 Freestyle
#4	200 Breaststroke
#5	100 Butterfly
#6	100 Freestyle
#7	200 Backstroke
#8	500 Freestyle
#9	100 Backstroke
#10	200 Butterfly
#11	100 Breaststroke
#12	400 IM

Session 2

Warm up: 4:30-4:55 PM, Start: 5:00 PM

Mixed Races

Event #	Event
#13	200 Freestyle
#14	200 IM
#15	50 Freestyle
#16	200 Breaststroke
#17	100 Butterfly
#18	100 Freestyle
#19	200 Backstroke
#20	500 Freestyle
#21	100 Backstroke
#22	200 Butterfly
#23	100 Breaststroke
#24	400 IM

North Shore Swim Club
December 19, 2020

Team Name: _____ Abbreviation: _____
Deck Coach: _____ Phone: _____ Email: _____
Entries Contact: _____ Phone: _____ Email: _____
Address: _____
Unattached Swimmers: _____

ENTRY FEES:

_____ Distance Events @ 0.00 = \$ _____
_____ Swimmer Participation Fee: # athletes @ 0.00 ea = \$ _____
_____ NE Swimming Travel Fee: # athletes @ 1.00 ea = _____
Total: \$ _____0_____

Make check payable to: North Shore Swim Club

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her theirs, 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, NSSC 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