



**NEW  
ENGLAND  
SWIMMING**

**Phoenix Swimming  
Intra-squad MEET  
Cederdale Health and Fitness Haverhill MA  
Nov 6-8th, 2020**

<b>Meet Director</b>	Greg Gowern	<a href="mailto:PHXMeets@comcast.net">PHXMeets@comcast.net</a>	603-661-4186
<b>Meet Referee:</b>	Manny Martines	<a href="mailto:MartinesM3@gmail.com">MartinesM3@gmail.com</a>	781-775-9344
<b>Entry Chairperson:</b>	Greg Gowern	<a href="mailto:PHXMeets@comcast.net">PHXMeets@comcast.net</a>	603-661-4186
<b>Admin Official:</b>	Greg Gowern	<a href="mailto:PHXMeets@comcast.net">PHXMeets@comcast.net</a>	603-661-4186
<b>Safety Monitor</b>	Matt Williams	<a href="mailto:Phoenixswimming@gmail.com">Phoenixswimming@gmail.com</a>	603-475-8730

**IMPORTANT DEADLINES:**

First date of entry: Oct 30, 2020

Final date of entry: Nov 4, 2020

Payment deadline: Nov 6<sup>th</sup>, 2020

**SAFETY INFORMATION:** *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 individual 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 REGULATIONS**

Facility Specifics:

- All Officials, Volunteers, Coaches, Staff & Swimmers will need to check in at the

backgate to ensure they have their waiver before entering.

- A full list of everyone entering the backgate 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, Coaches, Staff & Swimmers must always wear a face covering during check in and while on deck, in the bathroom or within 6ft of another person.
- There is a separate entry and exit.
- There will be staff to cleaning on deck items who will clean stop watches as well as any additional shared items between uses.

#### Individuals Gathering #s & Parents on Deck:

- Pool is inside
- Only 45 swimmers (maximum) will be permitted inside the back gate at any given time.
- Max number of: 2 Officials 2 meet staff and up to 2 coaches per team will be allowed on deck. Meet director has final say on number of coaches on deck.
- We will be broadcasting the meet over Facebook/YouTube.
- There will be a maximum of 12 timers on deck at a time.
- Max Total number inside gated area: 65
- Following Safe Sport Guidelines, any parent who requests access to their child will be able to do so following the PPE safety rules and by contacting Lori Paszko (978-689-5119) or Matt Williams (603-475-8730)

#### [State of Massachusetts Guidelines](#)

**MEET FORMAT:** The meet will be swum as timed finals. All events will be PRE-SEDED. NO DECK ENTRIES ALLOWED. Heat Sheets will be emailed to all coaches and officials the night before. Heat sheets will not be available for sale. Cleaning will take place between sessions and during warm up times.

**DISTANCE EVENTS:** The 500 freestyle will be swum fast-to-slow, alternating heats of women and men.

**SITE:** Cedarland Aquatic Center is a 6 lane, 25 yard pool with non turbulent lane lines. There is a timing system but touch pads will not be in use at either end. The finish end of the pool is 7 feet deep and the turn end is 4 feet deep. There will be no spectator seating. The pool is located at 888 Boston Road, Haverhill, MA 01835. 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:**

#### *Intra squad 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

**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 registered swimmers with 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. 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/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](http://www.neswim.com) under ADMIN/Governance/Policies.

**REGISTRATIONS:** All swimmers must be registered (includes 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 web site 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 subject to a fine 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: Oct 30, 2020 (any entry received before this date will be considered received Oct 30, 2020)

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

**Phoenix Swimming**

**3 Park Drive**

**Bedford, NH 03110.**

Payment due date for all entries: Nov 4<sup>th</sup>, 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.

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 that fails to send payment, cover page and waiver form, by the payment due date can be scratched from the meet at the discretion of the Entry Chair.

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 meet host. 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 6 individual events per day for timed final events. Time trials count in the per day event count.

**ENTRY FEES:** Electronic entries:

**\$5.00** events 200 yds or less

**\$10.00** events 500 yds or higher

\$10 Swimmer Participation Fee  
\$1.00 Per Swimmer 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 may be emailed as an attachment to the entry chairperson at PHXmeets@comcast.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: August 17th, 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 PHXmeets@comcast.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.

**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 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 a pad, 3 timers when no pad) When this form is submitted for relay take offs, it will be used to verify a time that is in question. It can also be used to verify and record a lead off split in an event that does not automatically go into SWIMS.

**ADMISSION: NO SPECTATORS**  
**PROGRAMS: NO PROGRAMS**

**OFFICIALS:** If you are available to work sessions at this meet, please email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. The Meet Referee will be in contact to confirm assignments and to schedule the pre-meet virtual officials briefing. Numbers of officials will be limited due to social distancing requirements and walk-ons will not be possible. All officials must wear masks at all times.

**WARM-UPS:** We will be warming up at the same time one swimmer at the wall both ends and one at the flags at shallow end. Should be maintaining 7 feet or greater apart.

**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](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 PHX SWIMMING, 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 heat winner awards.

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

**FOOD:** There will not be a concession stand during the meet

**VENDOR:** No vendor will be at the meet

**MISCELLANEOUS:** New England Swimming and PHXSwimming 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 available in the parking lot adjacent to Cederdale Health and Fitness Center

**DIRECTIONS.** 888 Boston Road, Haverhill MA 01835

## Event List

Session 1 Friday 11-6-2020 Warmup 4:05-4:30 Session Starts at 4:35	
#1 Mixed	50 Freestyle
#2 Mixed	100 Backstroke
#3 Mixed	100 Butterfly
#4 Mixed	100 Breaststroke
#5 Mixed	200 Freestyle
Session 2 Friday 11-6-2020 Warmup 6:35-7:00 Session Starts at 7:00	
#6 Mixed	100 Freestyle
#7 Mixed	50 Backstroke
#8 Mixed	100 Breaststroke
#9 Mixed	200 Butterfly
#10 Mixed	50 Breaststroke
#11 Mixed	100 Backstroke

Session 3 Saturday 11-7-2020 Warmup 7:00-7:30 Session Starts at 7:35	
#12 Mixed	100 Freestyle
#13 Mixed	200 Backstroke
#14 Mixed	100 Breaststroke
#15 Mixed	200 Butterfly
#16 Mixed	50 Freestyle
#17 Mixed	500 Freestyle
Session 4 Saturday 11-7-2020 Warmup 10:00-10:25 Session Starts at 10:30	
#18 Mixed	100 Freestyle
#19 Mixed	200 Backstroke
#20 Mixed	100 Breaststroke
#21 Mixed	200 Butterfly
#22 Mixed	50 Freestyle
#23 Mixed	500 Freestyle

Session 5 Sunday 11-8-2020 Warmup 7:00-7:25 Session Starts at 7:30	
#24 Mixed	100 Freestyle
#25 Mixed	50 Butterfly
#26 Mixed	200 Breaststroke
#27 Mixed	50 Freestyle
#28 Mixed	200 Backstroke
#29 Mixed	100 Butterfly
#30 Mixed	200 IM
Session 6 Sunday 11-8-2020 Warmup 10:00-10:25 Session Starts at 10:30	
#31 Mixed	100 Freestyle
#32 Mixed	50 Backstroke
#33 Mixed	100 IM
#34 Mixed	50 Breaststroke
#35 Mixed	50 Butterfly
#36 Mixed	200 IM
Session 7 Sunday 11-8-2020 Warmup 1:00-1:25 Session Starts at 1:30	
#37 Mixed	200 Freestyle
#38 Mixed	100 Backstroke
#39 Mixed	200 Breast
#40 Mixed	100 Butterfly
#42 Mixed	200 IM
Session 7 Sunday 11-8-2020 Warmup 1:00-1:25 Session Starts at 1:30	
#43 Mixed	200 Freestyle
#44 Mixed	100 Backstroke
#45 Mixed	200 Breast
#46 Mixed	100 Butterfly
#47 Mixed	200 IM





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Cederdale Health And Fitness Haverhill MA  
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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)***

_____ Swimmer Participation Fee: # athletes _____	@ \$10.00 =	\$ _____
_____ Individual Entries 200 and under	@ \$5.00	\$ _____
_____ Distance Events over 500 yds	@ 10.00 =	\$ _____
_____ Swimmer COVID/PPE Surcharge: # athletes _____	@ \$1.00	\$ _____

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

Make check payable to: Phoenix Swimming

Mail entries and check to:

Phoenix Swimming

3 Park Drive

Bedford NH 03110

must be received by: 11/4 Phone: 6034758730

Entry Deadline: 08/22/2020

**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, Phoenix Swimming and Cederdale Health and Fitness 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