



**NEW
ENGLAND
SWIMMING**

2021 NE January Intra-squad

Hosted by Shamrock
Located at The Egan Center
Milton, Ma.
January 18, 2021

Held under the sanction of USA Swimming/New England #NE21-0118SSC

Meet Director	Barb Toohey	barb@sailfishswimteam.com	508-265-4853
Meet Referee:	Ed Gardner	edwgardner@gmail.com	Phone
Entry Chairperson:	Chris Payson	shamrockswimclub@yahoo.com	508-272-5788
Admin Official:	Jo-Ann Lapierre	shamrockinfo@yahoo.com	508-243-4837
Safety Monitor	Chris Payson	shamrockswimclub@yahoo.com	508-272-5788

IMPORTANT DEADLINES:

First date of entry:01/06/21
Final date of entry:01/12/21
Payment deadline: 01/12/21

ASSUMPTION OF RISK: We, SSC/SAIL, 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 Specialty Meet or on site at The Egan Center, Milton Ma. An inherent risk of exposure to COVID19 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 The Egan Center, Milton 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:

ENTRY AND EXIT: We will only be using the doors leading from the dirt driveway. Nobody is allowed to enter or exit from the front lobby door or the front door that leads to the locker room. The entry door will be the door that leads to lane 6 and the exit door will be the door at lane 1 near the drylands area. Swimmers are required to wear a face mask into the building, and it must remain on until he/she get to their lane. The flow of traffic is one way. Start at lane 6 and continue around the pool in a one way direction toward the blocks.

Locker rooms: Nobody can use the locker rooms for changing. The lockers and changing areas have been taped off. 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. We have put two sided signs at each locker room one side reads occupied in red and the other side reads vacant in green. Please turn the sign to Occupied on entry and flip it back upon exiting the locker room. If you use the restroom, please understand the importance of proper hand washing to protect others from the spread of germs. Posters have been posted in each locker room to remind everyone of how to properly wash your hands.

For your safety we will be cleaning the high touch areas between groups. 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 (50) including timers and meet personnel

- Enter the building through the doors from the gravel driveway
- Wear your mask into the building, your mask should cover your mouth and nose

<https://www.mass.gov/news/wear-a-mask-in-public>

- If a swimmer exits the pool to go to the restroom he/she must wear a mask to the restroom
- Only attend your specific scheduled session. Do not ask to switch your session time for another conflict. This is for everyone's safety.
- One way flow of traffic begins at the entry door and continues toward the blocks in lane 6 in a one way direction
- Always distance yourself 6' from another person when possible

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

- The locker rooms can only be used for the restroom with no showering. Only one person in the restroom at a time. You must wear your mask in the restroom and you must properly wash your hands before reentering the pool.

- Every swimmer must bring a water bottle. The water bubbler is off limits for your protection. Do not share water bottles!

- No eating will be allowed. Please wait until you exit the building

- Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting the Chris Payson at 508-272-5788

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. Heat sheets will be posted and given to each coach. **WE WILL ONLY BE COMPETING IN 3 LANES. LANE 4 WILL REMAIN EMPTY AND LANE 5-6 WILL BE WARM UP WARM DOWN.**

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

DISTANCE EVENTS: All distance events will be fast to slow and follow same protocol as other events.

SITE: The Egan Center Competition Pool is a 6-lane, 25-yard with 7-foot-wide lanes and non-turbulent lane lines. The timing system includes a full-automatic Colorado electronic timing system with touchpads at the finish end of the pool with single-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 12'10" deep; the turn end of the pool is 3'10" deep. 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. 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: (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: 01/18/21 (any entry received before this date will be considered received on 01/18/21,)

Final date of entry acceptance: 01/18/21

Make checks payable to Shamrock Swim Club

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

Chris Payson
5 Allen St
Plainville, Ma. 02762

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 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

Non-electronic entries: \$5.50 for individual \$10.50 for distance and \$25.00 for relays.

Swimmer Participation Fee is \$20 per swimmer

NE Swimming Travel Fee of \$1.00 per swimmer (to be included in the check and the host team will send to NESwimming)

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 shamrockswimclub@yahoo.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: 1/18/21

ENTRY TIME UPDATES: Entry times may be updated until the Wednesday 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 shamrockswimclub@yahoo.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.

LEGAL SPLITS – Relays: All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.

ADMISSION: THERE IS ABSOLUTELY NO SPECTATORS ALLOWED. NO ADMISSION

PROGRAMS: WILL BE POSTED ON THE EXTERIOR WINDOWS

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: There will be 2 fifteen-minute warmups. **THERE WILL BE A MAXIMUM OF 4 SWIMMERS PER LANE.** The pool will close 5 minutes prior to the start of the meet.

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.

CONCESSIONS: There will be no concession stand.

VENDOR: There will be no vendor for the meet.

MISCELLANEOUS: New England Swimming and SAIL / SSC 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 the Egan Center.

PARKING IS LIMITED AND STREET PARKING MAY BE NEEDED. DIRECTIONS: The Egan Center is located at 411 Unquity Rd in Milton, MA. GPS will say you have arrived but you will see just forest. Continue until you see a sign for Shamrock.

EVENT LIST

2021 JANUARY POOL DUAL

HOSTED BY SHAMROCK

SESSION ONE

200 FREE

100 BACK

200 FLY

100 BREAST
200 IM
50 FREE
200 BACK
100 FLY
200 BREAST
100 FREE
500 FREE
400 IM

January Pool Dual Hosted by SSC

The Egan Center, 411 Unquity Rd Milton, Ma. 02186

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	=	\$ _____
_____	Trials/Finals Event Entries	@ \$6.00	=	\$ _____
_____	Distance events	@ \$10.00	=	\$ _____
_____	Relays	@ \$20.00 each	=	\$ _____
_____	Swimmer Participation Fee: # athletes_____	@ \$ __.00	=	\$ _____
_____	NE Travel Surcharge: # athletes_____	@ \$1.00 each	=	\$ _____

Total: \$ _____

Make check payable to: Shamrock Swim Club

Mail entries and check to:

Chris Payson
5 Allen St
Plainville, Ma
02762

Entry Deadline: 01/18/21

For e-mailed entries, this form and payment
must be received by: 01/18/21

Phone:508-272-5788

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, SSC/SAIL 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