



**NEW  
ENGLAND  
SWIMMING**

## Storm Swimming Intrasquad Meet

24 Stadium Drive Nashua, NH 03063  
Saturday & Sunday Nov 21-22<sup>nd</sup>

Held under the sanction of USA Swimming/New England #NE21-1121STRM

<b>Meet Director</b>	Dave Bott	<a href="mailto:dbott@nymymca.org">dbott@nymymca.org</a>	774-244-9523
<b>Meet Referee:</b>	Derek Helmer	<a href="mailto:dhelmer@innovativemold.com">dhelmer@innovativemold.com</a>	978-833-0763
<b>Entry Chairperson:</b>	Dave Bott	<a href="mailto:dbott@nymymca.org">dbott@nymymca.org</a>	774-244-9523
<b>Admin Official:</b>	Greg Gowern	<a href="mailto:ggowern@comcast.net">ggowern@comcast.net</a>	603-661-4186
<b>Safety Monitor</b>	Derek Helmer	<a href="mailto:dhelmer@innovativemold.com">dhelmer@innovativemold.com</a>	978-833-0763

### IMPORTANT DEADLINES:

First date of entry: 11/09/2020

Final date of entry: 11/15/2020

Payment deadline: 11/21/2020

**ASSUMPTION OF RISK:** We, the YMCA of Greater Nashua, 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 Virtual Series #1 or on site at the Nashua 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 Virtual Series #2 and being on site at the Nashua 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:**

1. All individuals entering the facility will be temperature scanned and screened before entering the YMCA facility.
2. All individuals must wear a mask or face covering when entering and exiting the YMCA and also when in common areas where 6 ft of social distance cannot be maintained.
3. All volunteers (timers, officials, etc) MUST wear masks.
4. Swimmers are expected to wear their masks between swims at all times
5. We have limited space for spectators and will not be allowing anyone but meet volunteers, swimmers, and coaches onto the pool deck for this meet.
6. In order to ensure that our meet is observable and interruptible, parents can observe from the following areas-
  - a. Pool Window- There is a large window located close to the start end of our pool that extends from about waist/chest height to the height of the building.
  - b. The rear emergency exit (located behind lane 6 of our pool area) doors will be left ajar so parents can interrupt if need be.
7. Live Stream of Meet- We will be streaming the meet live via Zoom (password protected; all participants will be emailed a link).
8. Safe Sport considerations always allow parents access to their child when needed. If you need your child, contact Dave Bott at 774-244-9523.
9. Athlete "Waiting" areas- For each session; half of the participants (no more than 20 individuals) will be assigned space on the pool deck (marked by tape) and the other half will be assigned to the Pool Side room.

**STATE GUIDELINES:** [New Hampshire COVID-19 Guidelines for Pools](#)

**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 printed the evening before the meet.

**SITE:** The Nashua YMCA Competition Pool is a 6-lane, 25-yard pool with 6-foot-wide lanes and non-turbulent lane lines. Timing will be manual with 3 timers/watches per lane. There are no touchpads. Attached to the main pool is a family pool area that is available for warm-up and warm-down. The finish end of the pool is 9 feet deep; the turn end of the pool is 4 feet deep. The pool is located inside the Nashua YMCA at 24 Stadium Drive, Nashua, NH 03063. Please enter through the main entrance and wait to be temperature checked and screened by the welcome center staff.

The competition course has not been certified in accordance with 104.2.2C(4).

**COURSE:** Short course yards (25 yards)

**25-YARD EVENTS:** 25-yard events will start at the starting block end of the pool and finish at the turn end.

**RELAYS:** In compliance with NH guidelines, there will be no more than 2 relay entries per heat in lanes 2 and 4. Relays in Lane 2 will have the area behind the blocks in lanes 1, 2, and 3 and relays in Lane 4 will have the area behind lanes 4, 5, 6. Finishing swimmers in Lane 2 will finish and then exit in Lane 1. Relays in Lane 2 will finish and exit in Lane 5.

**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% guaranteed entries*

**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 time-line, 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: 11/09/2020 (any entry received before this date will be considered received 11/09/2020)

Final date of entry acceptance: Friday Nov 14<sup>th</sup>, 2020

Make checks payable to "YMCA of Greater Nashua".

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

Dave Bott, Entry Chair  
6 Henry Clay Drive  
Merrimack, NH 03063

Payment due date for all entries: 11/21/2020, 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 YMCA of Greater Nashua. 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:

Individual Entries:	\$5.00/event	\$10.00/distance event
Relays:	\$12.00/relay	
Swimmer Surcharge:	\$14.00/swimmer	
NE Travel Fund Fee:	\$1.00/swimmer	

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

**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 [dbott@nmymca.org](mailto:dbott@nmymca.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: Friday Nov 15<sup>th</sup>, 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 [dbott@nmymca.org](mailto:dbott@nmymca.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

**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 meetings will be at least 30 minutes prior to the start of a session and may be conducted virtually in the days before the meet.***

**WARM-UPS:** The pool will open for warm-ups as designated on the event list.... 30 minutes before the start of each session. The pool will close five minutes before the beginning of each session. 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 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 Storm 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 will be no awards given.

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

**FOOD:** There will be no concessions available.

**VENDOR:** No vendors will be present.

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

**PARKING:** Nashua YMCA parking lot.

**DIRECTIONS.** The Nashua YMCA is located at 24 Stadium Dr Nashua, NH 03063. Can be found in GPS.



Storm Swimming  
**Intrasquad Meet**  
*EVENT LIST*

**Saturday Nov 21<sup>st</sup>, 2020 12&Under**

**Warmup: 1:10pm                      Start: 2:00pm**

GIRLS	Event	BOYS
1	<b>8&amp;U 25 Free</b>	2
3	<b>9-10 50 Free</b>	4
5	<b>11-12 50 Free</b>	6
11	<b>8&amp;U 25 Back</b>	12
13	<b>9-10 50 Back</b>	14
68	<b>11-12 100 Back</b>	69
21	<b>8&amp;U 25 Breast</b>	22
74	<b>9-10 100 Breast</b>	75
25	<b>11-12 50 Breast</b>	26
31	<b>8&amp;U 25 Fly</b>	32
33	<b>9-10 50 Fly</b>	34
84	<b>11-12 100 Fly</b>	85
41	<b>8&amp;U 50 Free</b>	42
43	<b>9-10 100 Free</b>	44
45	<b>11-12 100 Free</b>	46
51	<b>8&amp;U 100 IM</b>	52
55	<b>11-12 100 IM</b>	56
61	<b>Mixed 8&amp;U 100 Medley Relay</b>	61
62	<b>Mixed 9-10 200 Medley Relay</b>	62
63	<b>Mixed 11-12 200 Medley Relay</b>	63

**Saturday Nov 21<sup>st</sup>, 2020      13&Over Session**

**Warmup: 5:00pm                      Start: 5:45pm**

GIRLS	Event	BOYS
7	<b>13-14 50 Free</b>	8
96	<b>15&amp;O 200 Free</b>	97
70	<b>13-14 200 Back</b>	71
19	<b>15&amp;O 100 Back</b>	20
27	<b>13-14 100 Breast</b>	28
80	<b>15&amp;Over 200 Breast</b>	81
86	<b>13-14 200 Fly</b>	87
39	<b>15&amp;Over 100 Fly</b>	40
47	<b>13-14 100 Free</b>	48
49	<b>15&amp;Over 100 Free</b>	50
57	<b>13-14 200 IM</b>	58
59	<b>15&amp;Over 200 IM</b>	60
64	<b>13-14 Mixed 200 Medley Relay</b>	64
65	<b>15&amp;Over 200 Medley Relay</b>	66
99	<b>Mixed Open 500 Free</b>	99

**Sunday Nov 22<sup>nd</sup>, 2020 12&Under****Warmup: 1:10pm Start: 2:00pm**

<b>GIRLS</b>	<b>Event</b>	<b>BOYS</b>
53	9-10 100 IM	54
92	11-12 200 Free	93
66	9-10 100 Back	67
15	11-12 50 Back	16
23	9-10 50 Breast	24
76	11-12 100 Breast	77
82	9-10 100 Fly	83
35	11-12 50 Fly	36
90	9-10 200 Free	91
100	Mixed 12&Under 500 Free	100

**Sunday Nov 22<sup>nd</sup>, 2020 13&Over Session****Warmup: 5:00pm Start: 5:45pm**

<b>GIRLS</b>	<b>Event</b>	<b>BOYS</b>
94	13-14 200 Free	95
9	15&Over 50 Free	10
17	13-14 100 Back	18
72	15&Over 200 Back	73
78	13-14 200 Breast	79
29	14&Over 100 Breast	30
37	13-14 100 Fly	38
88	15&Over 200 Fly	89
98	Mixed Open 400 IM	98



# Storm Swimming

## Intrasquad Meet

Nashua YMCA, 24 Stadium Drive, Nashua, NH 03036

Sat and Sun Nov 21-22<sup>nd</sup>, 2020

### 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)*

_____	# Individual Events	@ \$5.00 =	\$ _____
_____	# Individual Dist Events	@ \$10.00 =	\$ _____
_____	# Relay Events	@ \$12.00 =	\$ _____
_____	# Swimmers entered (swimmer surcharge)	@ \$14.00 =	\$ _____
_____	NE Travel Surcharge: # athletes _____	@ \$1.00 each =	\$ _____

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

Make check payable to:  
**YMCA of Greater Nashua**

Mail entries and check to  
Storm Swimming  
c/o Dave Bott, Entry Chair  
6 Henry Clay Dr  
Merrimack, NH 03063  
Phone: 603-689-2067

Entry Deadline: 11/15/2020

For e-mailed entries, this form and payment must be received by: 11/21/2020

### 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, the YMCA of Greater Nashua, and Storm Swimming 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