



**NEW  
ENGLAND  
SWIMMING**

**Pioneer Valley Aquatic Avengers  
“W-Inter Squad” Meet**

1160 Dickinson Street(Springfield JCC Natatorium)  
Springfield MA 01108

December 11-13, 2020

Held under the sanction of USA Swimming/New England #NE21-1211PVAA

<b>Meet Director</b>	Duncan Lomas	<a href="mailto:duncan@vartiancabine.com">duncan@vartiancabine.com</a>	413-427-3991
<b>Meet Referee:</b>	Kerry O’Connor	<a href="mailto:jkkcoconnor@comcast.net">jkkcoconnor@comcast.net</a>	413-374-1303
<b>Entry Chairperson:</b>	Corey Lomas	<a href="mailto:coachcorey@aquaticavengers.com">coachcorey@aquaticavengers.com</a>	413-324-6973
<b>Admin Official:</b>	Karin Picard	<a href="mailto:bpicard69@comcast.net">bpicard69@comcast.net</a>	413-626-1907
<b>Safety Monitor</b>	David Rice	<a href="mailto:dave2bd@gmail.com">dave2bd@gmail.com</a>	413-313-3367

**IMPORTANT DEADLINES:**

First date of entry: Dec 4th, 2020

Final date of entry: Dec 7<sup>th</sup>, 2020

Payment deadline: December 13<sup>th</sup>, 2020

**ASSUMPTION OF RISK:** We, PVAA Swimming , 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 Meet Name or on site at Facility Name. 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 Meet Name and being on site at Facility Name, 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:**

### **Safety Protocol:**

Number of individuals gathering in the facility including all spaces, the pool, deck and all other areas to be used: **Max 25 individuals.** (20 Swimmers, 2 Coaches, 3 Lane Timers, 1 Head Timer/Runner, 2 Stroke & Turn Officials, 1 Starter, 1 Meet Referee, 1 Admin Official, 1 Safety Marshall/Lifeguard) Swimmers are housed in gym area, which will bring the deck occupancy below our 25 max individual limit.

- All swimmers, officials, coaches and approved volunteers must enter the building through the side pool doors “wearing masks” and sign in at the check in table (6 feet social distancing will be enforced).
- Every swimmer will be given a personal area # (1- 20) in which they will head to after checking in for their session.
- Hand sanitizers will be located at the check in table, admin table and coach's tables.
- Masks must be worn by all individuals when moving around the deck. Swimmers may take off their masks when situated in their personal area. Coaches can do the same when they are in the allocated coaching section.
- Swimmers may take off their masks when arriving at their lane to swim their event. Masks may be left on the designated hook on the chair by each individual lane.
- Each event and heat will be announced at which point swimmers can head to designated lanes. All swimmers will have to return to their personal area before the next heat/event is called.
- Always distance yourself 6 feet from another person.
- The locker rooms will be sectioned off from the restrooms. Only one individual will be permitted to enter/exit the restrooms at any given time. There will be an assigned safety monitor overseeing this safety regulation. Masks must be worn entering and exiting the restroom and individuals are reminded to properly wash their hands before reentering the pool area
- If a swimmer needs to use the rest room he/she must wear a mask and obtain permission from a PVAA coach.
- There will be no spectators allowed at this meet. Swimmers may be dropped off in front of the schools and then any families wishing to stay for the duration of the meet must park in the parking lot located in front of pool building.
- There will be no access to water fountains, so all swimmer’s must bring their own water bottles and sports drinks. These are not to be shared with teammates!
- Any parent or legal guardian requesting access to their child will be allowed, while following all safety guidelines, by contacting Coach Corey Lomas at: [coachcorey@aquaticavengers.com](mailto:coachcorey@aquaticavengers.com) or 413-324-6973

**STATE GUIDELINES:** <https://www.mass.gov/doc/safety-standards-for-public-and-semi-public-swimming-pools/download>

**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 provided to all participating USA swimmers, coaches, non-athlete members and officials upon entry to the facility. No events will swim with more than one swimmer per lane. In order to socially distance swimmers each heat will use 3 lanes only (lanes 1,3,5) No events will swim with more than one swimmer per lane.

**SITE:** (example): The Springfield JCC Competition Pool is a 6 lane, 25-yard pool with 7 foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-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 feet deep; the turn end of the pool is 4 feet deep. Spectator seating will not be available. The pool is located inside the Springfield JCC Natatorium, (1160 Dickinson Street, Springfield MA 01108)

Please enter through the sliders as we do during normal practice. Do not leave your car until we check your temperatures. Directions may be found later in this document.

The competition course has [not] been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.]

**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.

When using the 100% policy, only teams or unattached swimmers from the New England Swimming LSC will be allowed to enter the meet until 7 days after the first date of entry, at which point entries will be opened to teams from other LSCs.

**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 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

**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: December 4<sup>th</sup>, 2020, (any entry received before this date will be considered received on 10/30/20,)

Final date of entry acceptance: 12/7/20

Make checks payable to “Aquatic Avengers Inc”.

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

Corey Lomas

45 French Drive

Palmer MA 01069

Payment due date for all entries: 12/13/20, 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 PVAA Swimming. 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 for timed final events.

**ENTRY FEES:**

Swimmer participation fee: \$25.00

**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 coachcorey@aquaticavengers.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 11<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 coachcorey@aquaticavengers.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, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course.

**ADMISSION:** no admission or spectators

**PROGRAMS:** Programs will be provided to swimmers at no cost.

**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. An Officials meeting will be held upon request of the Meet Director or Meet Referee at least 30 minutes prior to the start of a session and may be conducted virtually in the days before the meet.

**WARM-UPS:** Pool will open for warm-ups as designated on the event list. There will be 2 warm ups to provide social distance, each will run 15 minutes. 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 the Meet Host, 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 no awards.

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

**FOOD:** There will be no concession stand.

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

**PARKING:** Please drop off in the parallel park line. (same as practice.) Officials and coaches may park in the main lot on Converse Street.

## EVENT LIST

(Times and session duration are subject to change)

<b><u>Session 1: 14&amp;Under Distance</u></b> <b><u>(Fri 12/11)</u></b> <b>Warm up: 5:30-6:00</b> <b>Start: 6:00</b> -400 IM -500 Free	<b><u>Session 2: 15 &amp; Over Distance</u></b> <b><u>(Fri 12/11)</u></b> <b>Warm up: 7:30-8:00</b> <b>Start: 8:00</b> -400 IM -500 Free	
<b><u>Session 3: 12&amp;Under</u></b> <b><u>(Sat 12/12)</u></b> <b>Warm up: 3:00-3:30</b> <b>Start: 3:30</b>  -Mixed 100 Free - Mixed 50 Back - Mixed 100 Fly - Mixed 50 Breast - Mixed 100 Back - Mixed 200 IM	<b><u>Session 4: 13-14</u></b> <b><u>(Sat 12/12)</u></b> <b>Warm up: 5:00-5:30</b> <b>Start: 5:30</b>  -Mixed 100 Free - Mixed 100 Breast - Mixed 200 Back - Mixed 100 IM - Mixed 200 Fly	<b><u>Session 5:15 &amp; Over</u></b> <b><u>(Sat 12/12)</u></b> <b>Warm up: 7:00-7:30</b> <b>Start: 7:30</b>  -Mixed 100 Free - Mixed 100 Breast - Mixed 200 Back - Mixed 100 IM - Mixed 200 Fly
<b><u>Session 6: 12&amp;Under</u></b> <b><u>(Sun 12/13)</u></b> <b>Warm up: 3:00-3:30</b> <b>Start: 3:30</b>  - Mixed 50 Free - Mixed 100 Breast - Mixed 100 IM - Mixed 50 Fly - Mixed 200 Free	<b><u>Session 7: 13-14</u></b> <b><u>(Sun 12/13)</u></b> <b>Warm up: 5:00-5:30</b> <b>Start: 5:30</b>  - Mixed 50 Free - Mixed 200 IM - Mixed 100 Back - Mixed 200 Breast - Mixed 100 Fly - Mixed 200 Free	<b><u>Session 8: 15 &amp; Over</u></b> <b><u>(Sun 12/13)</u></b> <b>Warm up: 7:00-7:30</b> <b>Start: 7:30</b>  - Mixed 50 Free - Mixed 200 IM - Mixed 100 Back - Mixed 200 Breast - Mixed 100 Fly - Mixed 200 Free



Pioneer Valley Aquatic Avengers

“W-Inter Squad” Meet

1160 Dickinson Street, Springfield MA 01108

Nov 14-15, 2020

**CONTACT INFORMATION** *(all fields required)*

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Unattached Swimmers: \_\_\_\_\_

ENTRY FEES = \$25.00 per swimmer

Make check payable to: Aquatic Avengers Inc.  
 Mail entries and check to:  
 Corey Lomas  
 45 French Drive  
 Palmer MA 01069

Entry Deadline: 12/7/20

For e-mailed entries, this form and payment must be received by: 12/11/20

Phone: 413-324-6973

**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, PVAA 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