

New England YMCA Swimming Championships

MIT Zesiger Aquatic Center 120 Vassar Street Cambridge, MA

March 20, 21, & 22 2020

Held under Sanction of the YMCA of USA

Approved by USA Swimming/New England #NE20-0320YMCA-A

Meet Director	Richard Whitworth	7465@msn.com	781-956-6007
Meet Referee:	Bill Carline	billcarline@comcast.net	Phone
Entry Chairperson:	Richard Whitworth	NEYswim@live.com	781-956-6007
Admin Official:	Kim Whitworth	7465@msn.com	Phone
Safety Monitor	Jen Thompson	Email	Phone

IMPORTANT DEADLINES:

First date of entry: March 1, 2020

Final date of entry: March 16, 2020 4:00 PM

Payment deadline: March 19, 2020 check or Purchase order. **No exceptions**

MEET FORMAT: The meet will be swum as timed finals. Each session will be pre-seeded. Coaches will receive heat sheets in their coaches packet.

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

MEET WEB SITE: All meet information will be posted on the NEW England Y Regional Web Site, www.teamunify.com/ymcane. All Meet Information will be listed under the "YMCA NE Champs" tab or on the home page.

SITE: MIT Zesiger Aquatic Center, 120 Vassar Street, Cambridge, MA is a 10-lane, 25-yard pool with 7-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Time System. The finish end of the pool is 7 feet deep; the turn end of the pool is 7 feet deep. Spectator seating is for 500. The pool is located inside the MIT Recreation Center, 120 Vassar Street, Cambridge, MA 02139. Please enter through the rear entrance (not the Vassar Street entrance).

The competition course has been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.]

COURSE: Short course 25 yards.

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have the 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.

ELIGIBILITY: All swimmers must be current members of their YMCA and they must have had an active membership for 90 days prior to the championships. Swimmers must meet the eligibility rules as outlined in the National YMCA rules that govern competition. YMCA CEO must certify eligibility of all swimmers entered.

SWIMWEAR: Per 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 under ADMIN/Governance/Policies

SWIMMERS AGE: Swimmers age as of March 20, 2020 will determine age group for the meet. This change has been instituted by the Coaches advisory committee.

DECK ACCESS: Access to the deck is limited to swimmers competing in the current session, YMCA registered coaches, certified officials with credentials and timing volunteers assigned by their team.

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: March 1, 2020

Final date of entry acceptance: March 16, 2020 4:00 PM

Make checks payable to "New England Y Swimming"

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

Richard Whitworth

40 Garland Street

Melrose, MA 02176

Payment due date for all entries: March 19, 2020. Check or purchase order (no exceptions). 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.*

ENTRY LIMITS: Athletes may enter a maximum of 5 events each session. Open events count as an event in that session. Other than these open events a swimmer may only compete in one age group.

ENTRY FEES: Electronic entries:

Individual events \$7.50

Relay entries \$25.00

Non electronic:

Individual events \$8.00

Relay events \$27.00

Facility surcharge \$10.00 for all swimmers including relay only athletes.

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 neyswim@live.com (PLEASE USE YOUR YMCA NAME IN THE SUBJECT LINE). 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: March 19, 2020.

ENTRY TIMES: All entry times must be entered in yard times. (Coach's times should be used instead of NT's for Relays)

RELAYS:

- Teams may enter unlimited relays. Only one relay may score although awards will be given to relays based on place.
- All relay swimmers must be officially entered into the meet.
- Please use Coaches times rather than NT on relays.

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.

NO SHOW RULE: There will be no further penalty imposed on swimmers who fail to compete in any event

ADMISSION: Required for all sessions. Adults \$6.00, Children 5 and older \$3.00

PROGRAMS: \$3.00 per session

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: If you know that you will be attending this meet, please email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome.

WARM-UPS: Warm up times and lanes may be assigned for all sessions during the meet. Warm up times and lane assignments will be posted on the web site by Wednesday, March 18, 2020. There will be warm up lanes available during the meet for warm up and cool down. These lanes are subject to closure at any time if there is misuse or concern for safety. Use of the warm up lanes is at the discretion of the MIT staff. Coaches are responsible for their swimmers at all time in the facility including in the warm up lanes.

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.
- Deck chairs are not allowed in the MIT facility.

MISCELLANEOUS SAFETY:

Parents are not allowed to accompany swimmers into the building. We will locate your coach to accompany your children into the building if you request. Parents are not allowed on deck or in the locker rooms. Coaches are responsible to return swimmers to their parents and coaches may not leave the facility until all their swimmers are returned to their parents.

The capacity of the facility will be monitored by MIT security and staff. If the capacity of the facility is reached, entry will be restricted until the MIT security and staff feel it is safe.

In accordance with the state and local law, all stairs must be clear. Spectators may not sit on any stair.

RULES: Current USA Swimming and Minor Athlete Abuse Protection Policy (MAAPP) 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.

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: 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: Medals will be awarded for 1st through 8th place in all events. Ribbons will be awarded for place 9 through 20 in all events.

Championships banners will be awarded to boys, girls and combined in all age groups. In addition banners for boys, girls and combined champions for the meet will be awarded.

SCORING: The meet will be scored through 20 places. Only 4 individuals and one relay may score points in each event. Awards will be made based on place.

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

PARKING: Parking information will be posted prior to the meet on the web site New England Regional Y Swimming web site, www.teamunify.com/ymcane

LODGING: There is not an official meet hotel. Less expensive housing can be found in the Woburn/Stoneham area. This area is an easy drive to the pool (15 minutes) on weekend mornings

INSURANCE: All YMCA's must provide a certificate of insurance naming MIT and MetroNorth YMCA as additional insured with regard to the New England YMCA Swimming Championships held March 20, 21, & 22, 2020. Certificate must accompany your entry. Please contact the Y's insurance agent now so the certificate is ready to mail with your entry.

2020 New England YMCA Swimming Championships

Qualifying Standards

Girls					Events	Boys				
Open	15-18	13-14	11-12	10 & Under		10 & Under	11-12	13-14	15-18	Open
X	27.50	28.40	30.30	34.70	50 FR	36.20	31.20	27.30	25.40	X
X	59.50	1:00.40	1:06.00	1:17.20	100 FR	1:17.50	1:07.50	58.00	54.00	X
X	2:08.40	2:12.90	2:22.50	X	200 FR	X	2:27.50	2:07.50	1:59.40	X
X	5:43.50	5:53.50	X	X	500 FR	X	X	5:43.00	5:27.00	X
X	X	X	36.00	41.50	50 BK	42.70	37.50	X	X	X
X	1:07.50	1:09.00	1:15.50	1:29.00	100 BK	1:31.00	1:19.50	1:08.00	1:03.40	X
2:17.98	X	X	X	X	200 BK	X	X	X	X	2:07.09
X	X	X	40.80	46.50	50 BR	49.00	43.00	X	X	X
X	1:17.50	1:20.00	1:27.70	1:40.70	100 BR	1:43.50	1:27.50	1:18.30	1:11.50	X
2:38.09	X	X	X	X	200 BR	X	X	X	X	2:23.49
X	X	X	34.20	41.50	50 FL	43.50	36.00	X	X	X
X	1:07.00	1:09.00	1:19.00	1:37.00	100 FL	1:41.00	1:22.00	1:08.50	1:00.00	X
2:11.29	X	X	X	X	200 FL	X	X	X	X	2:08.69
X	X	X	X	1:27.00	100 IM	1:29.00	X	X	X	X
X	2:26.00	2:30.00	2:42.00	X	200 IM	X	2:47.50	2:25.50	2:15.00	X
1:45.50					200 FR Relay					1:35.50
X					400 FR Relay					X
X					200 Medley Relay					X

X = Not offered in that age group

Shaded area = No time standard necessary to participate

**New England Area YMCA Swimming Championships MIT Zesiger Aquatic Center
March 20, 21, & 22, 2020**

Session Start Times*

***Start times maybe adjusted due to meet size, check web site during week prior to the meet for any changes. www.teamunify.com/ymcane**

Friday March 20, 2020

11 & 12 year old Girls

Swimmer check in 4:40. PM Spectator entry 5:00 PM.

Warm up 5:00 PM. Meet starts 6:00 PM.

Saturday, March 21, 2020

13 & 14 year old Boys and Girls

Swimmer check in starts at 6:30 AM. Spectator seating opens at 7:00 AM.

Warm Up 7:00 AM, Meet Starts 8:15 AM.

15 - 18 Year old Boys & Girls

Swimmer check in starts at 1:40 PM. Spectator entry 2:00 PM.

Warm Up 2:00 PM. Meet Starts 3:10 PM.

Sunday, March 22, 2020

10 & Under Girls

Swimmer check in starts at 6:45 AM. Spectator seating opens 7:00 AM.

Warm Up 7:00. AM. Meet starts 8:15 AM.

10 & Under Boys

Swimmer check in starts at 12:40 PM. Spectator seating opens 1:00 PM.

Warm Up 1:00 PM. Meet starts 2:00 PM.

11 & 12 year old Boys

Swimmer check in 4:40 PM. Spectator entry 5:00 PM.

Warm up 5:00 PM.

Meet starts 6:10 PM.

New England YMCA Swimming Championships

40 Garland Street Melrose, MA 02176

March 20, 21, and 22, 2020

CONTACT INFORMATION *(all fields required)*

YMCA Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Address: _____

ENTRY FEES *(non-electronic add .50 per entry)*

____ Individual Entries all distances @ \$7.50 = \$ ____

____ Relays @ \$25.00 each = \$ ____

____ Swimmer Participation Fee: # athletes ____ @ \$10.00 = \$ ____

Total: \$ ____

Make check payable to: New England Y Swimming

Mail entries and check to:

Richard Whitworth

40 Garland Street

Melrose, MA 02176

Phone: 781-956-6007

Entry Deadline: 03/16/2020

For e-mailed entries, this form and payment
must be received by: March 19, 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 Metro North YMCA & MIT for any and all injuries suffered by him/her at said meet

Signature of Authorized Team Official

Date

New England Area YMCA Swimming Championships
March 20, 21 & 22, 2020
MIT, Cambridge, MA

We certify that all listed competitors have been full privileged members of our YMCA for at least 90 days as of March 20, 2020. We further certify that all competitors have only represented this YMCA in any open swimming competition since October 1, 2019. That we are in compliance with all other “rules that govern YMCA sports competition”. We further certify that our swimmers will be supervised at all times by our appointed coach, and we shall be responsible for their conduct during the meet. The liability policy of this association is in force and extends to our competitors during this event. We have provided a certificate of insurance, naming “MIT and Metro North YMCA” as additional insured with regard to these New England YMCA Swimming Championships.

Association (YMCA)_____

Executive Director’s Signature_____

Coach’s Signature_____