



2024 ME-LRSC Tuffin Up
2/11/24
Bath Area YMCA
SANCTION NO. 2324-0211LRSC

LRSC

Meet Director	D. Jay Morissette	lpsc@bathymca.org	207-371-9223
Meet Referee	Jim Whittaker	jim@whittakerhome.com	
Entry Chair	D. Jay Morissette	lpsc@bathymca.org	207-371-9223
A/O	Sponge	Sponge@bathymca.org	207-443-4112
Safety Monitor	Suzi Boccanfuso	Suzi@bathymca.org	207-443-4112

	Session 1 longer events	Session 2 less longer events
Warm-up	730am	12 noon
Meet Start time	815am	1pm

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Maine Swimming, Inc., SANCTION NO: ME-2324-0211LRSC
LOCATION:	Bath Area YMCA 303 Centre Street Bath, Maine 04530
FACILITY:	<p>Bath Y Competition Pool is an 8-lane, 25-yard pool with 6-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Daktronics Time Systems 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. Attached to the main pool is a smaller pool area that may be available for warm-up and warm-down, approximately 20x20 yards in size. The finish end of the pool is 9 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for 350. The pool is located inside the Bath Y, 303 Centre Street Bath, Maine. Please enter through the main entrance on Main Street. Directions may be found later in this document.</p> <p>The competition course has been certified in accordance with 104.2.2C (4). [The copy of such certification is on file with USA Swimming.]</p>
ELIGIBILITY:	<ul style="list-style-type: none"> All swimmers must be currently registered as athlete members of United States Swimming before 5:00 pm on the day before the first day of the meet. 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. 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,

	<p>member coach, or a member club submitting the entry.</p> <ul style="list-style-type: none"> Deck registrations will NOT be accepted.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none"> The meet will be swum as timed finals. Session 1 will be seeded fastest to slowest heat. Swimmers must provide their own timers for the 500/1650 Session 2 will be seeded slowest to fastest
SCRATCH PROCEDURES:	<ul style="list-style-type: none"> Each session will be pre-seeded by computer prior to the session. Scratches will be accepted up to and beyond the start of each session.
ENTRIES:	<ul style="list-style-type: none"> Final Date of Entry: 2/5/24 Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's name, address, and contact information are listed correctly in this file. Payment must be received by: 2/11/24 Entries will be acknowledged within 48 hours of receipt. <i>Your entry is considered received only if you receive an acknowledgement.</i> All entry times must be entered in the specified meet course. (Coach's times may be used instead of NT's) Swimmers may enter a maximum of 5 individual event(s) per day and a total of 5 for the meet. ENTRY TIME UPDATES: Entry times may be updated until the Monday before the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chair. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Maine State guidelines. Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
TIME TRIALS	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
FEES:	<p><u>MEET FEE STRUCTURE</u></p> <p>Individual timed final events: \$5 Swimmer participation fee: \$5 Athlete Travel Surcharge: \$1.00 per swimmer goes directly to MESI.</p> <ul style="list-style-type: none"> Mail payment to: <p style="text-align: center;">Jay Morissette 303 Centre street Bath, Maine 04530</p> Any team that fails to send payment, by the start of the meet may be scratched from the meet and may be assessed a \$25 fine at the discretion of the Entry Chairperson.
CUT PROTOCOL	<p>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:</p> <p>(a.) Last entries in may be the first cut.</p>

	<p>(b.) May be asked to cut each athlete to one less event than maximum allowed per day. (c.) Entries may be cut by time or to a specific number of heats for specified events (d.) Out of LSC swimmers may be the first to be cut.</p> <p>If deck scratches allow a reasonable timeline, swimmers may be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet</p>
	<ul style="list-style-type: none"> • Warm up assignments will be made once all entries are received. • Lane assignment and warm-up times for individual clubs will be published after entries have been received. • MESI Warm-up Procedures must be followed.
AWARDS:	<ul style="list-style-type: none"> • No awards
SCORING	The meet will not be scored.
MEET MOBILE	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.
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 .
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy (MAAPP 2.0) will govern this meet. • 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 2.0) and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition. • Any swimmer entered in the meet must be certified by a USA-S 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. • 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 without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • In according with Maine State Best Practices, all athletes should shower before entering the pool. • In accordance with Maine Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area and are subject to a fine. • 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. A swimmer may compete under protest during appeal of a decision of the MSI Board of Directors or MSI House of Delegates only upon presentation of a written protest and its required fee of \$100 to the

	<p>General Chair.</p> <ul style="list-style-type: none"> 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 Maine Swimming office for further review and/or action.
SAFE SPORT	<ul style="list-style-type: none"> The conduct of all participants and spectators at a meet is governed by USA Swimming Rules and Regulation 304 and 305. 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 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition. USA Swimming and Maine Swimming encourage all to report any witnessed or suspected forms of abuse of SafeSport violations to the MESI SafeSport Chair, mesisafesport@gmail.com, or through the USA-S online reportable form.
PENALTIES:	<ul style="list-style-type: none"> A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> Entries using fraudulent or non-verifiable times. Athlete competed in the incorrect age group. Athlete is not registered with USA Swimming prior to the first day of the meet. If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.
OFFICIALS:	<ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. 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. All officials are welcome to work any number of sessions and walk-ons are always welcome. Officials meetings will be at least one hour prior to the start of each session in the room across from the pool Those officials wishing to apprentice should complete a Request to Shadow Form no later than 48 hours before the meet.
SAFETY:	<p>Maine Swimming Meet Safety Procedures will be in effect.</p> <ul style="list-style-type: none"> No shaving is permitted at the competition site. No glass containers are permitted within the facility. No food is allowed on the pool deck. 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. There is medical supervision, lifeguards, and an AED device is available to athletes participating in the meet.
GENERAL:	<ul style="list-style-type: none"> A concession stand will be in operation for session 2 of the meet. Admission: session 1 = \$1 session 2 = \$2_____ Programs: session 1 = \$1 session 2 = \$2_____
WAIVER	<p>USA Swimming, Inc., Maine Swimming, Inc., and the Bath Area Family YMCA cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Maine Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Maine Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p>

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Morning Session Warm-up: 730am; Start: 815am			Afternoon Session Warm-up: 12noon; Start: 1pm <small>(Times are approximate)</small>		
	<u>Events</u>			<u>Events</u>	
1	200 IM 12 & under		5	200 breaststroke	
2	400 IM 13 & older		6	100 backstroke	
3	500 free 12 & under		7	200 butterfly	
4	1650 13 & older		8	100 breaststroke	
			9	200 backstroke	
			10	100 butterfly	
			11	50 freestyle	