

	<p align="center"><b>NEW BEDFORD YMCA FREESTYLE FRENZY</b>  <b>New Bedford YMCA</b>  <b>November 2-3, 2024</b></p> <p align="center">Held under the sanction of USA Swimming/New England: NE25-_____</p>	<p align="center">Hosted by New Bedford YMCA Hurricanes</p> 
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<b>Meet Director</b>	Jason Buchanon	ottercoach@cox.net	401-212-6576
<b>Meet Referee</b>	Tony Parente	tony.parente1969@gmail.com	401-265-1284
<b>Entry Chair</b>	Brett Pacheco	<a href="mailto:bpacheco@ymcasc.org">bpacheco@ymcasc.org</a>	508-264-8065
<b>Admin Official</b>	Harlyn Benetti Michelle Hawes		
<b>Safety Monitor</b>	Carly DuBeau	carly.dubeau@gmail.com	

#### SESSIONS:

Date	Session Name	Warm up	Start
<b>November 2, 2024</b>	10 & Under	12:30 PM	2:10 PM
<b>November 3, 2024</b>	11 & 12	7:00 AM	8:00 AM
<b>November 3, 2024</b>	13 & Over	11:30 AM	1:10 PM

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.**

<b>IMPORTANT DEADLINES</b>	First date of entry: October 18, 2024 Final date of entry: October 27, 2024 Payment deadline: November 3, 2024
<b>SITE</b>	The New Bedford YMCA Competition Pool is a 6-lane, 25-yard pool with 7-foot-wide lanes and non-turbulent lane lines. The timing system includes a semi-automatic Daktronics Time Systems electronic timing system with 2 push buttons plus 2 stop watches at the finish end of the pool with single-line electronic display. The finish end of the pool is 9-feet deep; the turn end of the pool is 3.5 feet deep. Spectator seating is limited. The pool is located inside the New Bedford YMCA, 25 S. Water Street, New Bedford, MA 02740. Please enter through the main entrance on South Water Street.
<b>FORMAT:</b>	<p>The meet will be swum as timed finals. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session that must be returned no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each session and for the 4<sup>th</sup> individual event at the control office.</p> <p>Swimmers must be entered in all individual events offered, complete with seed times. Swimmers' times will be cumulatively added for a final standing at the completion of the respective age group's 3rd individual freestyle event. The 4th individual event for each respective age group will be limited to the top-18, based on the cumulative times achieved from the previous three individual events. Swimmers who qualify to compete in the 4th individual event will be seeded slow to fast by the cumulative time they have achieved from the first 3 individual events.</p> <ul style="list-style-type: none"> <li>• No events will swim with more than one swimmer per lane</li> <li>• 25 &amp; 75 yard events will start at the start end of the pool and will be timed with 3 watches.</li> </ul>

	<ul style="list-style-type: none"><li>A bullpen will be in the gym area and will be in operation throughout the meet, to assist in ensuring swimmers arrive on the pool deck in an orderly and SAFE fashion. All teams (swimmers and parents) will have an assigned seating area in the gym. Swimmers should bring chairs and warm clothing to travel to and from the deck.</li></ul>																								
SCRATCHES	Scratch sheets will be used for all sessions and must be turned in at the control table 30 minutes before the start of each session.																								
COURSE	SCY																								
ELIGIBILITY	<p>YMCA Membership: An athlete must be a YMCA member in good standing who holds a full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the date of the competition. An athlete may have only represented that YMCA team in competition since September 1, 2024 excluding interscholastic competition.</p> <ul style="list-style-type: none"><li>The age-up date is as of November 2, 2024.</li><li>Amateur Status: An athlete may not have represented a college, university, or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.</li><li>Unattached Athletes: There is no unattached status in YMCA Swimming.</li><li>Coaches must hold current certifications in the following courses in order to receive a deck credential:<ul style="list-style-type: none"><li>Safety Training for Swim Coaches</li><li>Basic Life Support (Professional Rescuer CPR)</li><li>First Aid</li><li>Principles of YMCA Competitive Swimming and Diving</li><li>Child/Athlete Protection training.</li></ul></li><li>Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.</li><li>Teams without a coach at the meet: All athletes and teams must have at least once certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.</li><li>Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry fee deadline.</li></ul> <p>Swimmers must meet the following qualifying standards for each age group...</p> <table><tr><td>• 8&amp;Under</td><td>25 Free -</td><td>Girls - 31.00</td><td>Boys - 32.00</td></tr><tr><td>•</td><td>50 Free -</td><td>Girls - 1:04.50</td><td>Boys - 1:06.00</td></tr><tr><td>• 9&amp;10</td><td>50 Free -</td><td>Girls - 44.00</td><td>Boys - 48.00</td></tr><tr><td>• 11&amp;12</td><td>100 Free -</td><td>Girls - 1:20.00</td><td>Boys - 1:30.00</td></tr><tr><td>• 13&amp;14</td><td>100 Free -</td><td>Girls - 1:18.50</td><td>Boys - 1:21.00</td></tr><tr><td>• 15&amp;Over</td><td>100 Free -</td><td>Girls - 1:12.00</td><td>Boys - 1:10.00</td></tr></table>	• 8&Under	25 Free -	Girls - 31.00	Boys - 32.00	•	50 Free -	Girls - 1:04.50	Boys - 1:06.00	• 9&10	50 Free -	Girls - 44.00	Boys - 48.00	• 11&12	100 Free -	Girls - 1:20.00	Boys - 1:30.00	• 13&14	100 Free -	Girls - 1:18.50	Boys - 1:21.00	• 15&Over	100 Free -	Girls - 1:12.00	Boys - 1:10.00
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• 15&Over	100 Free -	Girls - 1:12.00	Boys - 1:10.00																						
DISABILITY SWIMMERS	<ul style="list-style-type: none"><li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>																								
ENTRY POLICY	<p>USA Swimming Closed Competition- These meets meet the USA Swimming definition of closed competition:</p> <ul style="list-style-type: none"><li>Competition exclusively among members of a single club</li><li>Competition or series of competition within an independent organization open only to members of that organization, such as:<ul style="list-style-type: none"><li>YMCA competition</li><li>Summer league competition</li></ul></li></ul>																								

	<ul style="list-style-type: none"> <li>○ Conference competition</li> <li>● Closed competition does not include representing a group within USA Swimming such as LSC, Zone, Region, or Section, nor does it include dual meets, invitationals, or other meets where only certain clubs are invited to participate.</li> </ul>
<b>CUT PROTOCOL</b>	<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 policy using the following cut protocols in any order deemed necessary:</p> <ul style="list-style-type: none"> <li>● Teams may be asked to cut each athlete to no more than two fewer events per day than the maximum allowed.</li> <li>● Entries may be cut by time or to a specific number of heats for specified events.</li> <li>● Teams may be asked to cut relay events.</li> <li>● If deck scratches allow a reasonable timeline, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet.</li> </ul>
<b>ENTRIES</b>	<ul style="list-style-type: none"> <li>● 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. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received by: November 2, 2024. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>● Mail completed signed entry cover page and waiver, and payment to the entry chairperson: <ul style="list-style-type: none"> <li>○ Brett Pacheco – NB YMCA Hurricanes</li> <li>○ Freestyle Frenzy Entries</li> <li>○ 25 South Water St.</li> <li>○ New Bedford, MA 02740.</li> </ul> </li> <li>● Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to YMCA Southcoast. Late payment of entry fees may result in future exclusion from meets hosted by our club.</li> <li>● <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> <li>● Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. <b><i>Your entry is considered received only if you receive an acknowledgement.</i></b></li> <li>● All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.</li> <li>● All entry times must be entered in the specified meet course. (Coach's times are recommended instead of NT's)</li> <li>● Athletes must be entered in ALL 4 events offered for each age group.</li> <li>● <b>ENTRY TIME UPDATES:</b> Entry times may be updated until the Friday prior to 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. (New entries will be automatically excluded.)</li> <li>● No deck entries will be accepted.</li> </ul>
<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>● Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.</li> </ul>
<b>FEES</b>	<ul style="list-style-type: none"> <li>● Swimmer Participation Fee is \$19.00 per swimmer. \$22.00 for non-electronic entries</li> <li>● NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NESwimming)</li> </ul>
<b>ADMISSIONS</b>	<ul style="list-style-type: none"> <li>● No Admission charge for spectators</li> <li>● <b>PROGRAMS:</b> \$2</li> </ul>

<b>MEET MOBILE</b>	<ul style="list-style-type: none"> <li>• <b>MEET MOBILE:</b> 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.</li> </ul>
<b>WARM-UP</b>	<p>The pool will open for warm-ups as designated on the event list....The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received.</p> <p>See “Safety” for Warm-up safety guidelines.</p>
<b>AWARDS</b>	Heat prizes will be awarded. Based on overall cumulative times at the conclusion of the fourth individual event, medals will be awarded to places 1-6, ribbons awarded to places 7-12. Awards will be presented at the conclusion of each session, if time allows
<b>SCORING</b>	The meet will not be scored.
<b>LEGAL SPLITS</b>	<p><b>Individual Events:</b> Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course. Optionally, a legal split may be requested after the event using a legal split form when using a fully automatic timing system. The Admin Official has discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish.</p>
<b>SWIMWEAR</b>	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 <a href="#">Tech Suit Restriction for 12-and-Under Swimmers</a> .
<b>RULES</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>• Operation of a <b>DRONE</b>, 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.</li> <li>• 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>.</li> <li>• <b>PHOTOGRAPHY:</b> As per New England Swimming policy, professional photographers contracted by the New Bedford YMCA Hurricanes, 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.</li> <li>• <b>VIDEO STREAMING:</b> All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE.</li> <li>• Deck Changing is <b>PROHIBITED</b>.</li> <li>• 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.</li> <li>• According to New England Swimming Best Practices, all athletes should shower before entering the pool.</li> </ul>

	<p>In accordance with New England 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.</p>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• No shaving is permitted at the competition site.</li> <li>• No glass containers are permitted within the facility.</li> <li>• 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.</li> <li>• Lifeguards will be available to athletes participating in the meet</li> </ul> <p><b>WARM UP SAFETY:</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• For all warm-up sessions, swimmers must utilize a “sit and slide”/ “three-point” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool.</li> <li>• During competition, when entering the warm-up/warm-down area, a “sit and slide”/ “three-point” entry is required at all times.”</li> <li>• In extraordinary cases, due to bulkheads and other pool designs, it may be determined that it is unsafe or impossible for swimmers to perform the required sit and slide entry. In such extremely rare cases, the sit and slide rule may be modified. Exceptions to the sit and slide rule shall only be made when performing the sit and slide entry poses risk of injury to swimmers and/or risk damaging or ripping of swimsuits. An exception to the sit and slide rule shall only be made when the Safety Monitor, Meet Director, and Meet Referee have evaluated the risks and unanimously determined that the use of the sit and slide entry poses such great risk as to be unsafe. In these cases, the Safety Monitor, Meet Director, and Meet Referee must determine and agree upon an alternative safety plan to ensure swimmer safety.</li> </ul>
<b>SAFE SPORT</b>	<ul style="list-style-type: none"> <li>• The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</li> <li>• The Minor Athlete Abuse Prevention Policy (<a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a>) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.</li> <li>• Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> <li>• For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a>.</li> <li>• All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after November 2, 2024, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after November 2, 2024, who competes in this USA Swimming sanctioned event without</li> </ul>

	completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
<b>FACILITY RULES</b>	Sandals, slides, or sneakers MUST be worn by all swimmers when moving between the pool and other areas of the facility.
<b>CHANGES TO MEET</b>	Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, <a href="#">Patrick Johnstone</a> . 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.
<b>WEATHER/ FACILITY PROTOCOL</b>	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 the decision of the Meet Director, Meet Referee and the Meet Jury.
<b>MEET JURY</b>	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.
<b>DECK ACCESS</b>	Only current USA Swimming and YMCA 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.
<b>OFFICIALS</b>	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. Officials meeting will be held approx. 30 min. prior to the start of each session in classroom off the hall leading to the pool.
<b>GENERAL</b>	There will be a concession stand available down the steps on the left just before entering the pool area. There will be NO vendor.
<b>DIRECTIONS</b>	Use 25 S. Water St, New Bedford, MA for gps devices.
<b>PARKING</b>	Parking is available on the premises with additional metered parking on adjacent streets
<b>EVENTS</b>	See list below
<b>WAIVERS</b>	USA Swimming, Inc., New England Swimming, Inc., and YMCA Southcoast – New Bedford cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

**New Bedford YMCA Hurricanes  
2024 FREESTYLE FRENZY  
ORDER OF EVENTS**

<b>Session: Ages 10 &amp; Under    Warm-up: 12:30 PM    Start: 2:10 PM</b>		
<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
1	8 & Under 25 Freestyle	2
3	9-10 50 Freestyle	4
5	8 & Under 50 Freestyle	6
7	9-10 75 Freestyle	8
9	8 & Under 75 Freestyle	10
11	9-10 100 Freestyle	12
13	8 & Under 100 Freestyle	14
15	9-10 200 Freestyle	16

<b>Session: Ages 11 &amp; 12    Warm-up: 7:00 AM    Start: 8:00 AM</b>		
<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
17	11-12 50 Freestyle	18
19	11-12 100 Freestyle	20
21	11-12 200 Freestyle	22
23	11-12 500 Freestyle	24

**Session: 13 & Over    Warm-up: 11:30 AM    Start: 1:10 PM**

<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
25	13-14 50 Freestyle	26
27	15 & Over 50 Freestyle	28
29	13-14 100 Freestyle	30
31	15 & Over 100 Freestyle	32
33	13-14 200 Freestyle	34
35	15 & Over 200 Freestyle	36
37	13-14 500 Freestyle	38
39	15 & Over 500 Freestyle	40



## ENTRY PAYMENT AND LIABILITY RELEASE FORM

### 2024 FREESTYLE FRENZY, New Bedford YMCA

New Bedford, MA, November 2-3, 2024

Held under the sanction of USA Swimming/New England: NE25-\_\_\_\_\_

<b>CONTACT INFO</b>	CLUB NAME:  CONTACT NAME:  CONTACT EMAIL  CONTACT CELL PHONE:  LIST UNATTACHED SWIMMERS:
<b>ENTRY FEES</b>	Swimmer Participation Fee: # athletes_____ @ \$ _____.00 = \$ _____  NE Travel Surcharge: # athletes _____ @ \$1.00 each = \$ _____  TOTAL DUE: \$ _____
<b>PAYMENT</b>	Make checks payable to: YMCA Southcoast  Send to: Brett Pacheco – NB YMCA Hurricanes Freestyle Frenzy Entries 25 S. Water St. New Bedford, MA 02740  Payment deadline: November 2, 2024
<b>WAIVER:</b>	<b>LIABILITY RELEASE</b>  Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming Inc, YMCA Southcoast – New Bedford for any and all injuries suffered by him/her at said meet, including Covid 19. 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.  _____  Signature of Authorized Team Official  _____  Date