



CCSC Power Point Challenge Team Specialty Meet

Event Date: **December 2-4, 2011**

Registration Deadline: November 10, 2011

Entries Close: November 20, 2011

Description:

CCSC Team Specialty Meet, **December 2-4, 2011**

SCY Meet, \$6 fee; Mass Maritime Academy. Buzzards Bay Ma 02532

Contact: Alan Sanders 508 759 7107

CCSC Team Specialty Meet

New England Swimming Sanction # NE-11-136 (TT)

December 2-4, 2011

Massachusetts Maritime Academy

100 Academy Drive

Buzzards Bay, MA 02532

Contacts	Phone	E-mail
Meet Manager: Alan Sanders	508-759-7107	atsanders@aol.com
Meet Referee: Carlos Pereira	401-437-0747	pereiracarlos@aol.com
Entry Chairperson: Alan Sanders	508-759-7107	atsanders@aol.com

For Cape Cod Swim Club information, warm-up schedules, and/or "day-of-the-meet" weather or emergency notices call the CCSC office at 508-564-5690

MEET FORMAT: The meet will be swum timed finals on Friday, Saturday and Sunday. 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, which 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 event at the control office. Coaches are responsible for ensuring their swimmers are in the correct heat and lane. The 1650 freestyle will be swum fast-to-slow, alternating heats of women and men. Only events 500 yards or longer may be swum 2 per lane. If swimming two per lane, the swimmers start the first heat on the right and then the second heat starts 15 seconds later on the left. Swimmers must provide their own timer for the 1650 FR.

SITE: The Massachusetts Maritime Academy (MMA), Buzzards Bay, MA is located on Cape Cod. The pool is a 6 lane, 25 yard course with Competitor non-turbulent lane lines including buffer zones and lane lines on outside lanes. Starting blocks are at the deep end. Deep end pool depth is 10' and turn end pool depth is 3'6". Colorado Timing with 6 lane electronic scoreboard and touchpads at the finish end. Seating for 300. The pool is located along the scenic Cape Cod Canal, one of Bourne's major recreational attractions. Fishermen, boaters, joggers, bicyclists and walkers all use the canal for recreation. In addition, we are only ¼ mile from a marina and public boat launching facility and about one mile from Bourne Scenic Park and Campground. Directions may be found later in this document. The competition course has not been certified in accordance with 104.2.2C(4).

COURSE: Short course yards (25 yards)

CUT PROTOCOL: If a session is over-subscribed, the following cuts will be made in this order:

- Relays will be cut
- Swimmers will be asked to cut down to 4 events **
- The 1650 may be limited to fit allotted time

**** Teams should send a hard copy of their entry (by athlete), with their payment. On the hard copy, the event to scratch, if necessary, should be circled in RED ink. This will be the event that the Entry Chair will scratch if over-subscribed. If you fail to send in a hard copy, the Entry Chair will choose the event to cut based on times. If deck scratches allow a reasonable time-**

line, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet.

RESERVE THE RIGHT TO MAKE CHANGES: Changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Mariella Allard. If changes need to be made once the meet begins, the Meet Committee will make the decision, after consulting with the Technical Chair, and will present it to the coaches at a coaches meeting for a vote.

MEET COMMITTEE: The meet committee should be made up of the Meet Director, Meet Referee, two coaches, and one athlete. The five members should be from separate teams.

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 session,** is a decision of the Meet Director, Meet Referee and the Meet Committee

ELIGIBILITY: All swimmers must be 2011/2012 registered swimmers with United States Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: office@neswim.com Age is determined by the age of the swimmer the first day of the meet and must be shown on the entry form. All coaches on deck must be registered with USA Swimming and display their coach membership cards.

REGISTRATIONS: Swimmers must be registered before the entry is submitted. Teams that enter unregistered swimmers will be subject to a fine of \$100 per unregistered swimmer. Teams are **required** to check their entries with the online registration check tool on the New England Swimming web site

DECK REGISTRATIONS: We will accept on deck registrations at this meet, for any unregistered swimmer that wants to swim, as long as there is a completed registration form, proof of age, and a check made out to New England Swimming for \$75.00. Entry fee for on-deck entries is \$7.00 per event.

ADAPTED SWIMMING: 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: Entries will be accepted on and after November 10, 2011. Entries received before November 10, 2011 will be considered received on November 10, 2011. Entries must be received no later than November 20, 2011.

Make checks payable to “**CCSC**”.

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

Alan Sanders, PO Box 623, Buzzards Bay MA 02532

No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry. *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.*

METHOD OF CLOSING THE MEET: Cape Cod Swim Club (CCSC) will limit the number of swims in the meet to adhere to session time lines. CCSC will reserve 75% for its own team and any other teams (New England and/or out of district) that it may choose to invite to the meet. *The other 2% of the splashes will be open to other teams to submit entries. If on the first day of acceptance, those meet entries exceed the 25% still available in the meet, there will be a lottery of those teams. The lottery will be run by the New England Office.* Teams that are cut from the meet will have their entry fee returned within four days of being cut

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 atsanders@aol.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 within four (4) days, excluding Sundays and holidays, of receipt of the email entry. If payment is received within four (4) days, excluding Sundays and holidays, of the email entry, the email receipt date will be considered the date of entry. If payment is received more than four (4) days, excluding Sundays and holidays, after the email entry, the payment receipt date will be considered the date of entry.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 5 events per day for timed final events, or 3 per day for trials/finals events. Time Trials count in the per day event count.

ENTRY TIME UPDATES: Entry times may be updated until 7 days prior to the first day of the meet. No new entries will be accepted after the October 24, 2011 entry deadline. Entry time updates should be sent via email to the entry chairperson at atsanders@aol.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

ENTRY FEES: Electronic entries: \$4.00 for individual events, \$5.00 for distance event, \$16.00 for relays. On deck entries: \$7.00. Non-electronic entries: \$4.50 for individual events, \$5.50 for distance events, \$18.00 for relays. The Swimmer Participation Fee is \$6.00 per swimmer.

ENTRY TIMES: All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times. (Entries with “NO TIME” will be accepted.)

ENTRY CUTS: Entry cuts, if necessary, will be made by the date of receipt. Teams will be notified that they have been accepted or cut from the meet within seven days of receipt of entry. If the meet becomes oversubscribed, a random selection of those entries received on the date the meet becomes oversubscribed will be conducted in accordance with New England Swimming guidelines. Teams that are cut from the meet will have their entry fee returned within four days of being cut.

RELAYS: Relays if offered will be limited to 6 relays per team per event. All relay swimmers must be officially entered in the meet.

25-YARD EVENTS: 25-yard events will start will start from the starting blocks and will be hand timed at the turn end of the pool.

PROGRAMS: Programs: \$6.00 for all sessions
Heat Sheets: \$1.00 w/proof of purchase of program

ADMISSION: \$1.00 per session

WARMUPS: The pool will open for warm-ups up to one-hour before the beginning of each session (See event listing). The pool will close ten minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received.

SAFETY:

1. 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
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. 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.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

RULES: 2011 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.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$5.00 for individual events, and \$20.00 for relays.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

SCORING: The meet will not be scored.

AWARDS: This meet has four special categories for a **Power Point Challenge**. The Age 11 and over winners for boys and girls of each category will be awarded a trophy with recognition certificates for 2nd and 3rd. The 10 and under winners will also be awarded a trophy with recognition certificates for 2nd and 3rd. Points will be awarded based on the national power point program, so points are based on times and not on place in the meet. Athletes can enter only one of the categories but can compete in any other events as well. The categories and age groups are

	IronMan	Sprinter	Medley Artist	Freestyle Specialist
10 & Under	500 FR, 400 IM, 200 FLY	50 FR, 50 BK, 50 BR, 50 FLY, 100 IM	100 IM, 200 IM, 400 IM	50 FR, 100 FR, 200 FR, 500 FR
11 & Over	500 FR, 400 IM, 200 FLY, 1650 FR	50 FR, 50 BK, 50 BR, 50 FLY, 100 IM	100 IM, 200 IM, 400 IM	50 FR, 100 FR, 200 FR, 500 FR, 1650 FR

Ribbons will be awarded from 1st to 6th place in all 12 & under events only. Heat winner ribbons will be awarded for each 12 & under event

FOOD: A concession stand will be in operation on Saturday and Sunday.

EQUIPMENT VENDOR: A swimming equipment vendor will be selling suits, goggles, and other accessories on Saturday and Sunday.

MISCELLANEOUS: Cape Cod Swim Club assumes no responsibility for lost or stolen property. Pets of any kind are not permitted within the facility.

PARKING: There is ample parking available in the parking lot adjacent to the pool

OFFICIALS AND TIMERS: Volunteer officials and timers would be appreciated. Please include with your entry a list of your team's eligible officials, their phone numbers, and the session(s) they are available to work. The Officials liaison for this meet will be Carlos Pereira, and officials are encouraged to contact Carlos at 401-437-0747 or email at pereiracarlos@aol.com before the meet.

DIRECTIONS: From Rhode Island and Connecticut – Take I-95 North to Providence, RI. Take I-195 East to Rte. 25 East. Take Exit 3 off Route 25. Do not cross over the Bourne Bridge. Directions continue below.

From the West – Take I-84 to I-90 East (Mass. Pike). Take I-495 South to Rte. 25 East. Take Exit 3 off Rte. 25. Do not cross over the Bourne Bridge. Directions continue below.

From the North – Take I-93 South to Rte. 3 South to Rte. 6 & 28 West to Buzzards Bay or take Rte. 24 South to 495 South to Rte. 25 East. Take Exit 3 off Rte. 25. Do not cross over the Bourne Bridge. Directions continue below.

From Cape Cod – If crossing the Sagamore Bridge, proceed on Rte 6 West towards Buzzards Bay. If crossing the Bourne Bridge take the first exit. Directions continue below.

Continue: On the rotary, go past the CVS and follow the MMA and Main Street signs. Once on Main Street in Buzzards Bay take a left after 1 mile at the only set of lights onto Academy Drive. Proceed ½ mile to MMA campus. Turn right into parking lot just before gate. Pool entrance is far left door in first building

LODGING: The following hotels and motels are in the area:

Quality Inn (508)759-0800. Bourne. 6 minutes to the Academy.

Comfort Inn (508)746-2800. Plymouth. 25 minutes to Academy.

Hilton Garden Plymouth (508)830-0200. Plymouth. 20 minutes to the Academy.

Swimmer discount rates.

Inn on the Square. 508-457-0606. Falmouth. 20 minutes to the Academy.

[Seacrest Resort & Conference Center](#) (508) 540-9400. No. Falmouth. 20 minutes to the Academy.

CCSC MEET ORDER OF EVENTS Dec 2-4 , 2011

NE-11-136(TT)

FRIDAY PM warm-up @ 4:30 PM, meet starts @ 5:05 PM

Girls Event #	Event	Boys Event #
1	12&U 500FR	2
	30 Minute warm up	Mile check-in at 5:30
3	OPEN 1650FR	4

SATURDAY AM warm-up @ 7:00 AM, meet starts @ 8:05AM

Girls Event #	Event	Boys Event #
5	12&U 200BR	6
7	8&U 25FR	8
9	10&U 50BK	10
11	11-12 50BK	12
13	10&U 100IM	14
15	11-12 100IM	16
17	8&U 25 FLY	18
19	12&U 200BK	20
21	10&U 50BR	22
23	11-12 50BR	24
25	12&U 400IM	26
27	10&U 100FLY	28
29	11-12 100FLY	30
31	10&U 100FR	32
33	11-12 100FR	34

SATURDAY PM warm-up @ 1:15 PM, meet starts @ 2:30 PM

Girls Event #	Event	Boys Event #
35	OPEN 400IM	36
37	OPEN 50FLY	38
39	OPEN 100BK	40
41	OPEN 200FR	42
43	OPEN 50BK	44
45	OPEN 100IM	46
47	OPEN 100FLY	48
49	OPEN 200BR	50

SUNDAY AM warm-up @ 7:00 AM, Meet starts @ 8:05AM

Girls Event #	Event	Boys Event #
51	12&U 200FR	52
53	8&U 25BR	54
55	10&U 100BK	56
57	11-12 100BK	58
59	12&U 200FLY	60
61	8&U 25BK	62
63	10&U 100BR	64
65	11-12 100BR	66
67	10&U 50FLY	68
69	11-12 50FLY	70
71	12&U 200IM	72
73	10&U 50FR	74
<u>75</u>	11-12 50FR	<u>76</u>

SUNDAY PM warm-up @ 1:15 PM, Meet starts @ 2:30 PM

Girls Event #	Event	Boys Event #
77	OPEN 500FR	78
79	OPEN 50BR	80
81	OPEN 100FR	82
83	OPEN 200FLY	84
85	OPEN 200IM	86
87	OPEN 100BR	88
89	OPEN 200BK	90
91	OPEN 50FR	92

**Cape Cod Swim Club
Team Specialty Meet w/ Power Point Challenge
Massachusetts Maritime Academy,
Buzzards Bay, MA 02532**



December 2-4, 2011

Sanctioned by NE Swimming #NE-11-136-(TT)

CONTACT INFORMATION

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

List Unattached Swimmers: _____

ENTRY FEES

_____ Individual non-Distance Electronic Entries @ \$4.00 = \$ _____

_____ Individual non-Distance Non-Electronic Entries @ \$4.50 = \$ _____

_____ Individual Distance (400yds +) Entries @ \$5.00 = \$ _____

_____ Individual Distance Non-Electronic Entries @ \$5.50 = \$ _____

_____ Swimmer Participation Fee @ \$6.00 = \$ _____

Total: \$ _____

Make check payable to: **Cape Cod Swim Club**

Mail entries and check to:

Alan Sanders

P.O. Box 623.

Buzzards Bay, MA 02532

Entry Start Date: November 10, 2011

*For e-mailed entries, this form and payment
must be received within four business days
of your entry e-mail.*

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 United States Swimming, New England Swimming, Cape Cod Swim Club, Friends of the Cape Cod Swim Club and Massachusetts Maritime Academy 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.**

Signature of Authorized Team Official/Date

Please list officials attending meet: _____