

# Greater Holyoke YMCA

## 2<sup>nd</sup> Annual Viking Winter Invitational

Donald R Taber Aquatic Center, Greater Holyoke YMCA, Holyoke, MA

January 10<sup>th</sup> to January 11<sup>th</sup>, 2015

Sanctioned by NE Swimming #NE-15-60-TT

**Meet Manager:** Jim Hirtle ([hirtle@rcn.com](mailto:hirtle@rcn.com), 413-695-3766)

**Meet Referee:** Dave Travers ([dktravers@comcast.net](mailto:dktravers@comcast.net), 413-320-7953)

**Entry Chair:** Nick Rice- ([nrice.swim@gmail.com](mailto:nrice.swim@gmail.com) 413- 534-5631 x128)

**Safety Monitor:** Ron Jacobs ([rjacobs@albany.edu](mailto:rjacobs@albany.edu) 413-275-2446)

**Admin Official:** Jill Larkin ([jilianlarkin@gmail.com](mailto:jilianlarkin@gmail.com) 413-297-5993)

**Meet Format:** 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 at the control table. No events will be swum two per lane. Swimmers must provide their own timer for events 400 yards or longer.

**SITE:** The Greater Holyoke YMCA Donald R Taber Aquatic Center is a 6-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Time Systems electronic timing system with touchpads at the finish end of the pool with six-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 7 feet deep; the turn end of the pool is 5 feet deep. Spectator seating is for 300. The pool is located inside the Greater Holyoke YMCA in Holyoke, MA 01040. 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, swimmers will be asked to cut down to 4 events \*\*

**\*\* 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:** Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Laura Matuszak.

**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 jury but not vote. 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 2014 or 2015 USA Swimming Rulebook

**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 the decision of the Meet Director, Meet Referee and the Meet Committee.

**ELIGIBILITY** All swimmers must be 2015 registered swimmers with United States Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: [office@neswim.com](mailto:office@neswim.com). Age is determined by the age of the swimmer on the first day of the meet. All coaches on deck must be registered with USA Swimming and display their coach membership cards.

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. 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

**REGISTRATIONS:** All swimmers must be registered with USA Swimming before the first day of the start of the meet. Any swimmer who has entered a meet and does not register by 11:59 PM on the day before the first day of the meet is subject to a \$100 fine and will be scratched from the meet. Teams are **required** to check their entries with the online registration check tool on the [New England Swimming web site](#)

**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 12<sup>th</sup>, 2014, (any entry received before this date will be considered received December 12<sup>th</sup>, 2014), Entries must be received no later than January 2<sup>nd</sup>, 2015.

Make checks payable to "Holyoke YMCA Competitive Swim". Mail completed signed entry cover page and waiver, and payment to the entry chairperson:

Nicholas Rice  
171 Pine Street  
Holyoke, MA 01040

Payment due date for all entries: January 2<sup>nd</sup>, 2015. 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. 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.*

**ENTRY POLICY:** 75%/25%

Accepted teams that do not send payment within 4 calendar days will forfeit their entry, but will still be liable for payment of the entry fee, unless the host team is able to fill the meet with entries from other teams. 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.*

All unattached swimmers must be declared as unattached in writing before the meet begins.

**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 [nrice.swim@gmail.com](mailto:nrice.swim@gmail.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: January 2<sup>nd</sup>, 2015.

**ENTRY LIMITS:** Athletes may enter and swim in a maximum of (5) total events per session a combination of up to (4) individual events and (2) relay events per session.

**ENTRY TIME UPDATES:** Entry times may be updated until January 6<sup>th</sup>, 2015. No new entries will be accepted after the January 2<sup>nd</sup>, 2015, entry deadline. Entry time updates should be sent via email to the entry chairperson at [nrice.swim@gmail.com](mailto:nrice.swim@gmail.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: \$5.00 for individual events and \$10.00 for relay events. Non-electronic entries: \$5.50 for individual events, \$10.50 for relay events. Swimmer Participation Fee is \$4.00 per swimmer. **NE Swimming Travel Fee of \$1.00 per swimmer** (to be included in the check and the host team will send to NE Swimming)

**ENTRY TIMES:** All entries must be specified in short yard (25-yard pool) times. Meter times must be converted to yard times. (Coach's times should be used instead of NT's)

**PROGRAMS:** \$2.00 per session.

**ADMISSION:** There will be no admission costs.

**WARM-UPS:** The pool will open for warm-ups approximately one-hour before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes and times after all entries are received.

<b>SESSIONS:</b>	Session1- Sat AM:	12 & Unders	Warm-up at 8:00am Meet Start at 9:00am
	Session 2-Sat PM:	13 & Overs	Warm-up at 12:00pm Meet Start at 1:00pm
	Session 3-Sun AM:	12 & Unders	Warm-up at 8:00am Meet Start at 9:00am
	Session 4-Sun PM:	13 & Overs	Warm-up at 12:00pm Meet Start at 1:00pm

\*Times may change after entries are received, club contacts will be notified of these changes no later than Monday 5<sup>th</sup>.

**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.

**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, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
6. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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.

**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 an official, the Referee or the Meet Director to be resolved.

**PHOTOGRAPHY:** As per USA Swimming and New England Swimming policy, the only photographers allowed on the pool deck at any time during the meet (including during warm-ups) must be professional photographers contracted by the Hampshire Regional YMCA or press photographers who have been approved in advance by the Meet Director and have been properly credentialed with USA Swimming (i.e. non athlete member with required background check and athlete protection training). Use of audio or visual recording devices is not permitted on deck, or behind the starting blocks, including in the stands. CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests.

**DECK ACCESS:** Only 2015 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their current 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:** This Meet will not be scored

**AWARDS:** Individual Ribbons will be given out for 1<sup>st</sup>-6<sup>th</sup> Place for 8 & Under, 9-10, 11-12, 13 & Over Age Groups. No Relay Awards will be given.

**FOOD:** A concession stand will be in operation for the duration of the meet.

**EQUIPMENT VENDOR:** A swimming equipment vendor will be selling suits, goggles, and other accessories for the duration of the meet.

**MISCELLANEOUS:** The Greater Holyoke YMCA assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility. Swimmers and Spectators are to limit their access to the facility to the pool, designated locker rooms, and refreshment areas.

## Event Lists

Saturday AM Session Warm-ups: 8:00am Meet Start: 9:00am		
Girls Event #	Event	Boys Event #
1	10 & Under 200 Medley Relay	2
	5 Minute Break	
3	8 & Under 100 IM	4
5	9-10 200 IM	6
7	8 & Under 25 Back	8
9	9-10 50 Back	10
11	8 & Under 50 Free	12
13	9-10 200 Free	14
15	8 & Under 25 Fly	16
17	9-10 50 Fly	18
19	8 & Under 50 Breaststroke	20
21	9-10 100 Breaststroke	22
23	8 & Under 100 Free Relay	24
25	10 & Under 400 Free Relay	26

Sunday AM Session Warm-ups: 8:00am Meet Start: 9:00am		
Girls Event #	Event	Boys Event #
51	10 & Under 200 Free Relay	52
	5 Minute Break	
53	8 & Under 100 Free	54
55	9-10 100 Free	56
57	8 & Under 25 Breast	58
59	9-10 50 Breast	60
61	8 & Under 50 Fly	62
63	9-10 100 Fly	64
65	8 & Under 50 Back	66
67	9-10 100 Back	68
69	8 & Under 25 Free	70
71	9-10 50 Free	72
73	8 & Under 100 Medley Relay	74
75	10 & Under 400 Medley Relay	76
77	9-10 500 Free	78

Saturday PM Session Warm-ups: 12:00pm Meet Start: 1:00pm		
Girls Event #	Event	Boys Event #
27	11-12 200 Medley Relay	28
29	13 & Over 200 Medley Relay	30
31	11 & Over 200 Free	32
33	11 & Over 100 Fly	34
35	11 & Over 50 Free	36
37	11-12 50 Back	38
39	11 & Over 200 Backstroke	40
41	11 & Over 100 Breast	42
43	11-12 100 IM	44
45	11-12 400 Free Relay	46
47	13 & Over 400 Free Relay	48
49	11 & Over 400 IM	50

Sunday PM Session Warm-ups: 12:00pm Meet Start: 1:00pm		
Girls Event #	Event	Boys Event #
79	11-12 200 Free Relay	80
81	13 & Over 200 Free Relay	82
83	11 & Over 200 IM	84
85	11 & Over 100 Back	86
87	11-12 50 Fly	88
89	11 & Over 200 Fly	90
91	11 & Over 100 Free	92
93	11-12 50 Breast	94
95	11 & Over 200 Breast	96
97	11-12 400 Medley Relay	98
99	13 & Over 400 Medley Relay	100
101	11 & Over 500 Free	102

\*All warm-up and session start times are subject to change after the receipt of entries. Teams will be notified of these changes no later than January 3<sup>rd</sup>.

**Greater Holyoke YMCA**  
**2<sup>nd</sup> Annual Viking Winter Invitational**

Donald R Taber Aquatic Center, Greater Holyoke YMCA, Holyoke, MA  
January 10<sup>th</sup> to January 11<sup>th</sup>, 2015

**CONTACT INFORMATION**

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

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

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

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

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

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

\_\_\_\_\_ Individual Entries @ \$5.00/ \$5.50 = \$ \_\_\_\_\_

\_\_\_\_\_ Relay Event Entries @ \$10.00/ \$10.50 = \$ \_\_\_\_\_

\_\_\_\_\_ Swimmer Participation Fee: # athletes\_\_\_\_ @ \$4.00 = \$ \_\_\_\_\_

\_\_\_\_\_ NE Travel Surcharge: # athletes\_\_\_\_ @ \$1.00 each = \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Make check payable to: Holyoke YMCA Competitive Swimming

Mail entries and check to:

Greater Holyoke YMCA

Nick Rice, Head Swim Coach

171 Pine Street

Holyoke, MA 01040

413-534-5631, ex 128

Entry Deadline: 1/2/15

*For e-mailed entries, this form and c/o  
payment must be received by:*

**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, and the Greater Holyoke YMCA 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

<p>Area Lodging: Holiday Inn  245 Whiting Farms RD  Holyoke, MA  (413) 534-3311</p> <p>Country Inn and Suites  U.S. 5  Holyoke, MA  (413) 533-2100</p> <p>Homewood Suites  375 Whitney Ave  Holyoke, MA  (413) 532-3100</p>	<p>Days Inn  1515 Northampton St  Holyoke, MA  (413) 536-1980</p> <p>Springfield Marriot  1500 Main St  Springfield, MA  (413) 781-7111</p> <p>Springfield Sheridan  One Monarch Place  Springfield, MA  (413) 781-1010</p>
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Directions:

From the Mass Pike:

- Take Exit 4 (West Springfield)
- Follow Signs to Route 91 North
- Follow Directions Below “I-91 Heading North”

From Interstate 91 Heading North

- Take Exit 16 – Route 202 North, Holyoke Center
- Take right at the bottom of the ramp on Route 202 North
- Proceed through 8 traffic lights on Route 202 North
- The YMCA is on the corner of Route 202 (Beech Street) and Appleton Street at the 8th traffic light.

From Interstate 91 Heading South

- Take Exit 17 (Route 141, Holyoke)
- At the end of the ramp, turn left and proceed down the hill under Route 91
- Go through the traffic lights at the bottom of the hill (light at Route 5 / Northampton Street)
- Proceed several blocks and bear to the right at a fork in the road (follow Route 141/Appleton Street)
- Proceed to the 4th traffic light and take a left onto 202 North (Beech Street). The Y will be on the right hand side.

Limited parking is available in the YMCA lots – Street parking available!