



# North Shore Swim Club 12 & Under Specialty Meet

Saturday April 8, 2017

Medford High School, Medford MA 02155

Held under the sanction of USA Swimming/New England #NE-17-0408-NSSC TT

First day of entry acceptance: **March 3, 2017**

**Meet Director:** Dan Warner ([nssc1@aol.com](mailto:nssc1@aol.com), 978-852-3985)

**Meet Referee:** TBA

**Entry Chairperson:** Dan Warner ([nssc1@aol.com](mailto:nssc1@aol.com), 978-852-3985)

**Admin Official:** Dan Warner ([nssc1@aol.com](mailto:nssc1@aol.com), 978-852-3985)

**Safety Monitor:** Tony Padvaiskas ([tonypad@aol.com](mailto:tonypad@aol.com), 978-314-5445)

**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, which must be returned no later than 30 minutes before the beginning of the session to the timing table on deck. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets at the timing table on deck. No events will swim with more than one swimmer per lane.

**SITE:** The Medford High School Pool is an 8-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. Fully-automatic Colorado Time Systems electronic timing with touchpad's at the finish end of the pool with an 8 lane electronic display. There are no touchpad's at the turn end of the pool. The finish end of the pool is 13 feet deep; the turn end of the pool is 4.5 feet deep with limited spectator seating. The pool is located inside the Medford High School Complex, 489 Winthrop Street, Medford MA 02155. 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 yd).

**CUT PROTOCOL:** 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:

(a.) Teams included in the 75% may be asked to cut each athlete to one less event than maximum allowed per day.

For teams included in the 25% of the 75/25:

(a.) Teams may be asked to cut each athlete to two less events per day than the maximum allowed.

(b.) Entries may be cut by time or to a specific number of heats for specified events

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. 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.

**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 2017 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 a decision of the Meet Director and the Meet Referee.

**ELIGIBILITY** All swimmers must be 2017 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 (includes proof of age and payment) with USA Swimming before 11:59 PM on the Tuesday before the start of the meet. Any swimmer who has entered a meet and does not register by 11:59 PM on the Tuesday 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](#) to verify registration status.

**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 POLICY: 75%/25%** *(click to read policy)*

Teams that are included in the 75% of guaranteed entries must submit their entry and payment to the host team no later than 7 calendar days before the first date of entries, or the host team may remove them from the 75% of guaranteed entries. The team will still be liable for payment of the entry fee, and will be referred to the Board of Review. The host team can release this liability if it is able to fill the meet with entries from other teams.

Teams accepted in the 25% or the lottery must send payment for their entry within 4 calendar days of the notification. 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.

**ENTRY INFORMATION:**

First day of entry acceptance: **March 3, 2017** (any entry received before this date will be considered received on **March 3, 2017**)

Final date of entry acceptance **March 24, 2017**

Make checks payable to: "North Shore Swim Club"

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

NSSC

19 Fenley Road

Gloucester MA 01930

Payment due date for all entries: March 8, 2017 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. **Printed copy of entry is NOT required.**

**ENTRY FEES:** Electronic entries:

\$5.00 for all individual events including time trials

Swimmer Participation Fee is \$9.00 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)

**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 [nssc1@aol.com](mailto:nssc1@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 by: March 8, 2017

**ENTRY LIMITS:** Athletes may enter and swim in a maximum of 5 events per day for timed final events. Time trials events 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 March 24, 2017 entry deadline. Entry time updates should be sent via email to the entry chairperson at [nssc1@aol.com](mailto:nssc1@aol.com). Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

**ENTRY TIMES:** All entries must be specified in short course (25 yard pool) times. (Enter a coach time instead of a N/T)

**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.

**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 Clerk of Course) and the requesting party must supply an additional timer(s) on the lane for the split, if necessary, to meet the USA-S requirement.

**PROGRAMS:** \$3.00

**ADMISSION:** \$3.00

**MEET MOBILE & LIVE RESULTS:** will be functional for this meet. All users should be aware that Meet Mobile publishes unverified raw data which cannot be relied upon until the official results have been published and posted on Live Results and in the facility.

**WARMUPS:** The pool will open for warm-ups a designated on the event list for each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received.

**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. Announce any meetings, place and time. Officials will meet one hour prior to the start of a session

**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 Meet Referee or the Meet Director to be resolved. 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](mailto:nesafesport@gmail.com) (857-928-3638) or through the [USA-S online reportable form](#)..

**PHOTOGRAPHY: PHOTOGRAPHERS ON DECK:** As per New England Swimming policy, professional photographers contracted by NSSC 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 which will be clearly designated. Email the Meet Director with questions and requests

**DECK ACCESS:** Only 2017 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:** The meet will not be scored.

**AWARDS:** No awards

**FOOD:** No food concession will be available.

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

**MISCELLANEOUS:** North Shore Swim Club assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

**PARKING:** There is ample parking available in the parking lot adjacent to the Medford HS Complex.

**Directions to Medford High School:**

From North of Boston

Take route 93 North to exit 33. Follow (route 28) which enters Roosevelt Circle. Follow Forest Street (2nd right) from Roosevelt circle toward Medford Square. Turn right at first traffic light onto Lawrence Road. Proceed to second light, and turn right onto Winthrop street. Proceed past Temple Shalom to High School entrance on right.

From South of Boston

Take Route 93 north to exit 31. Follow Mystic Valley Parkway west to first light(exclude two pedestrian crossing lights) which is Winthrop Street. Turn right, follow Winthrop Street (Route 38) past Temple Shalom to High School entrance on right.

From West of Boston

Take Mass Turnpike to Route 128 North. Take Route 2 East, to Route 60 until you come to the Route 38 Rotary. Go around the rotary to the left and follow Route 38 North(Winchester/Woburn). The Medford High School entrance is about a mile on the right.

**North Shore Swim Club**  
**12 & Under Specialty Meet**

Saturday April 8, 2017  
Medford High School, Medford MA 02155

**4:00 PM Warm Up, 4:25 PM Start**  
**10 and under session**

| Female | Event                       | Male |
|--------|-----------------------------|------|
| 1      | 9/10 50 Freestyle           | 2    |
| 3      | 9/10 50 Backstroke          | 4    |
| 5      | 8 and under 25 Freestyle    | 6    |
| 7      | 8 and under 25 Backstroke   | 8    |
| 9      | 9/10 50 Breaststroke        | 10   |
| 11     | 9/10 50 butterfly           | 12   |
| 13     | 9/10 100 Freestyle          | 14   |
| 15     | 8 and under 25 Breaststroke | 16   |
| 17     | 8 and under 25 Butterfly    | 18   |
| 19     | 9/10 100 Backstroke         | 20   |
| 21     | 9/10 100 IM                 | 22   |

\*events are yards\*

**6:00 PM Warm Up, 6:25 PM Start**  
**11-12 session**

| Female | Event                  | Male |
|--------|------------------------|------|
| 23     | 11/12 200 Butterfly    | 24   |
| 25     | 11/12 50 Freestyle     | 26   |
| 27     | 11/12 50 Backstroke    | 28   |
| 29     | 11/12 100 Breaststroke | 30   |
| 31     | 11/12 100 IM           | 32   |
| 33     | 11/12 50 Breaststroke  | 34   |
| 35     | 11/12 50 butterfly     | 36   |
| 37     | 11/12 100 Freestyle    | 38   |
| 39     | 11/12 200 Backstroke   | 40   |

\*events are yards\*

**North Shore Swim Club**  
**12 & Under Specialty Meet**

Medford High School, Medford MA 02155

Saturday April 8, 2017

CONTACT INFORMATION (all fields required)

Held under the sanction of USA Swimming/New England #NE-17-0408-NSSC TT

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

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

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

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

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

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

\_\_\_\_\_ Individual Entries All Distances @ \$5.00 = \$ \_\_\_\_\_

\_\_\_\_\_ Swimmer Participation Fee (# of athletes) @ \$9.00 = \$ \_\_\_\_\_

\_\_\_\_\_ NE Swimmer Travel Fee (# of athletes) @ \$1.00 = \$ \_\_\_\_\_

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

Make check payable to: North Shore Swim Club

Mail entries and check to:

NSSC

c/o Dan Warner, Entry Chairperson

19 Fenley Road

Gloucester MA 01930

978-852-3985

Entry Deadline: March 24, 2017

*For e-mailed entries, this form and payment  
must be received by March 8, 2017*

**LIABILITY RELEASE**

Any swimmer whose entry is accepted will, for him/herself, executors and administrators waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, North Shore Swim Club and Medford High School 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