

YMCA OF THE NORTH SHORE SHARKS

Reid Sacco YMCA Invitational

Sterling YMCA, Beverly, MA 01915

November 13-15, 2009

Meet Director: John Brennan, JohnBrennan@comcast.net, 978-852-1847

Meet Referee: Steve Davidson, stevedavidson48@yahoo.com 978-922-5585

Entry Chairperson: John Brennan, JohnBrennan@comcast.net, 978-852-1847

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. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the timing table. The 500 freestyle will be swum fast-to-slow, alternating heats of women and men. Swimmers in the 500 freestyle must provide their own counter. The 500 freestyle will be limited to 14 heats.

SITE: The Sterling YMCA 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 system. There are touch pads at the finish end of the pool with eight-line electronic display. There are touch pads at the turn end of the pool. Attached to the main pool is an area that is available for warm-up and warm down, approximately 20x20 feet in size. The finish end of the pool is 4.5 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for 300. The pool is located inside the Sterling YMCA, 254 Essex Street, Beverly, MA 01915. Please enter through the main entrance. Directions may be found later in this document.

COURSE: Short course yards (25 yards).

EVENTS and SESSIONS: See attached list.

ELIGIBILITY: All contestants must be a current full privilege YMCA member for the team they are representing.

ENTRY INFORMATION: Entries must be received no later than October 30, 2009. **Entries will be accepted on a first come, first served basis.** Make checks payable to "YNS Swim Team". Mail completed forms (including signed entry cover page and waiver) and payment to the entry chairperson: John Brennan 23 Roderick Avenue, Beverly, MA 01915. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. All entries must include a completed and signed entry cover sheet and waiver. No deck entries will be accepted. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

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 JohnBrennan@comcast.net. 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 3 individual and 1 relay events per day.

ENTRY TIME UPDATES: Entry times may be updated through Monday, November 9, 2009 at 9:00 AM. Entry time updates should be sent via email to the entry chairperson at JohnBrennan@comcast.net. 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 (500 yd. free)**, and \$10.00 for relay events. Non-electronic entries: \$4.50 for individual events, **\$5.50 for distance events**, \$10.50 for relay events. **The Swimmer Participation Fee is \$ 5.00 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 rejected.)

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.

25-YARD EVENTS: 25-yard events will start at the start end of the pool. Swimmers may dive in from the wall.

HEAT SHEETS: \$2.00 per session.

ADMISSION: \$1.00 per session.

WARMUPS: The pool will open for warm-ups one-hour before the beginning of each session. The pool will close ten minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. The warm-up area will be available during the meet for warm up and warm down. .

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. No camera cell phones are permitted in the locker rooms.
6. No swimmer is allowed to use the adult locker rooms, fitness areas or any other areas of the YMCA not specified. Swimmers found to be in violation are subject to removal from the rest of the meet.
7. No balls, Frisbees or other propulsion devices are allowed in the gym.

RULES: 2009 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.

TIME TRIALS: Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$5.00 for individual events.

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: Ribbons will be awarded to the top six finishers in each individual event. Heat prizes will be awarded to the first place swimmer in each heat for 10 and under events.

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: YMCA of the North Shore assumes no responsibility for lost or stolen property. A swimmer attending the meet without a coach must report to the meet referee. The Sterling YMCA is open to YMCA members during the meet. Swimmers are not permitted to use adult locker rooms or areas not designated for use during the meet. Failure to comply may result in a swimmer being removed from the remainder of the meet. Pets of any kind and smoking are not permitted within the facility.

PARKING: There will be off-site parking available with a shuttle service running constantly to and from both sites. Swimmers may be dropped off at the entrance to the Sterling but **all** cars will be directed to one of the nearby off-site lots. Directions to lots will be available daily at the entrance to the Sterling YMCA and may change from day to day during the meet **Your cooperation is vital in order to run future meets at this facility!**

DIRECTIONS: The Sterling YMCA is located on 254 Essex Street, Beverly MA 01915. From the north (New Hampshire, Maine) take Interstate 95 South to Route 128 North to exit 18. Take a right off the exit and proceed 1 mile. From the south or west, take 128 North to exit 18. Turn right off the exit and proceed 1 mile. The Sterling YMCA is on the right. Telephone # is 978-927-6855.

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

Springhill Suites 43 Newbury Street (US 1 North), Peabody 978-535-5000. Suites (2 double beds per suite) have been blocked under the name North Shore YMCA 2009. Reservations can be made by individual attendees directly with Marriott reservations at 1 (888) 287-9400 or (978) 535-5000. Reservations by attendees must be received on or before **Friday, October 23, 2009.**

Beverly Garden Suites 5 Lakeview Ave & Rte 1A, Beverly 800-922-7535

Courtyard by Marriott at the Liberty Tree Mall, Independence Drive, Danvers 978-777-8630

Towne Place Suites/Marriott, 238 Andover St., Danvers, MA 978-777-6222

Residence Inn/Marriott Hotel, 51 Newbury St., Rt. 1, Danvers, MA 978-777-7171

Days Inn, 152 Endicott St. Danvers, 978-777-1030

Super 8 Motels, Rte.1 North, Danvers 978-774-6500

Motel 6, Rte 1 North, Danvers 978-774-8045

Holiday Inn, 1 Newbury St., Rt. 1, Peabody, MA 978-535-4600

Homewood Suites, 57 Newbury St., Rt. 1, Peabody, MA 978-536-5050

Hampton Inn, 59 Newbury St., Rt. 1, Peabody, MA 978-535-2377 or 978-536-2020

Salem Waterfront Hotel & Suites, 57 Wharf St., Salem, MA 978-740-8788