



South Shore YMCA Strypers
8th Annual Thanksgiving YMCA Invitational
Lincoln-Hancock Community School, 300 Water Street, Quincy, MA
November 20-22, 2015
NE Swimming Approval #NE-1120A-TT

Meet Director: Anny Wargana awargana@ssymca.org 617-650-0969
Meet Referee: Scott Margolis ffmedicmar26@gmail.com 339-788-1799
Entry Chairperson: Tim Mulvihill tmulvihill@ssymca.org 781-733-7808
Admin Official: Ross Pettit bellpettit@comcast.net 617-966-1504
Safety Monitor: Victoria Halpin-Quiroga quirogamv@verizon.net 617-698-0117

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 available for purchase at the door. Coaches will be able to pick up heat sheets for each event at the timing desk. The 1,000 and 1,650 freestyle will be mixed and swum fast-to-slow. No events will swim with more than one per lane.

Friday night and 12 & under 500 freestyle (Sat PM) event swimmers must provide their own timers and counter.

SITE: The Lincoln Hancock Community School Pool is a 6-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines with fully-automatic Colorado Time Systems electronic timing with touch pads at both ends of the pool and a single-line electronic display. The finish end of the pool is 12 feet deep; the turn end of the pool is 4 feet deep. There is spectator swimming for 300 in a concrete bleacher area, raised above the pool. **The swimmers will sit in the adjacent gymnasium. The gymnasium will have an electronic read-out board displaying event and heat.** The pool is located on Water Street, Quincy (use 297 Water Street, Quincy for GPS devices NOT Granite Street). Please enter the facility through the designated pool entrance. All other parts of the school are out-of-bounds. Directions and parking information may be found later in this document. The competition course has not been certified in accordance with 104.2.2C(4).

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have the 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 Meet Committee.

COURSE: Short course yards (25 yards).

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

All entries must be typed or printed legibly, and if a USA Swimming member, you must use full names including middle initial, birth dates and USA-S registration numbers.

All USA Swimmer's swims will be submitted to NE Swimming for the SWIMS database. 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 tmulvihill@ssymca.org. 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: **Friday, November 13th 2015.**



ENTRY LIMITS: Athletes may enter and swim in a maximum of 5 individual events per day and two relay events.

ENTRY INFORMATION:

First date of entry acceptance: **Monday, September 14th 2015** (any entry received before this date will be considered received Monday, September 14th 2015)

Final date of entry acceptance: **Wednesday, November 11th 2015**

Make checks payable to **South Shore YMCA**.

Mail completed signed entry cover page and waiver, payment, and entry list hard copy (see Cut Protocol Section) to the entry chairperson:

South Shore YMCA
C/O Tim Mulvihill
75 Mill Street
Hanover, MA, 02339

Payment due date for all entries: **Monday, November 16th 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.

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 **Wednesday, November 11th 2015** entry deadline. Entry time updates should be sent via email to the entry chairperson at tmulvihill@ssymca.org. 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,

\$5.50 for non-electronic

\$7.50 on-deck entries

\$20.00 for Relays

Swimmer Participation Fee is \$10 per swimmer

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

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 must be requested before the event using a legal split form, and the requesting party must supply additional timers, if necessary, to meet the three times needed

PROGRAMS: Session heat sheets will be available for pre-purchase for \$2 at the entry. Seeded program will be distributed after scratches.

ADMISSION: \$2 per session.

WARM-UPS: 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.

Friday Distance Events Only - *Once we have received entries we will structure a second warm up/warm down session for the 1,000 and 1,650 swimmers.*



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. The officials meeting will take place one hour prior to the start of each session in the hospitality room.

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.

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.

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: anne.l.kaufman@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 SSYS 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. Email the Meet Director with questions and requests

DECK ACCESS: Only athletes, coaches, officials, and official meet staff are permitted on the pool deck.

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 placed swimmer in each heat for 10 & 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: The South Shore YMCA Strypers assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: Please park in the parking lot and the driveway off Water St. There is additional parking available in the side lot at the end of Payson Street and street parking on Granite Street.

DIRECTIONS: The Lincoln Hancock Community School is located off Water Street, Quincy, MA, 02169 (use 297 Water Street, Quincy for GPS devices NOT Granite Street).



From Boston and points north: Travel on I-93S and take Exit 8 towards Furnace Brook Parkway. Merge onto Willard Street and keep left at the fork. Take a slight right onto Furnace Brook Parkway and 2nd right onto Copeland Street. Continue on Water Street. Destination will be on left.

From Attleboro and points west – Travel on I-95 N and Take exit 12 to merge onto I-93 N toward Boston. Take a slight right onto Furnace Brook Parkway and 2nd right onto Copeland Street. Continue on Water Street. Destination will be on left.

From Cape Cod and points south: Travel on Route 3N and take exit 19 for Burgin Parkway towards Quincy Center/MBTA Station. Merge onto Thomas E. Burgin Parkway and turn left onto Centre Street. Turn right onto Granite Street and right onto Water Street. Destination will be on left.



South Shore YMCA Strypers
8th Annual Thanksgiving YMCA Invitational
 Lincoln-Hancock Community School, 300 Water Street, Quincy, MA
 November 20-22, 2015
 NE Swimming Approval #NE-1120A-TT

Friday Night Distance Meet: November 20th - Warm-up: 4:00pm Start: 5:00 pm

Once we have received entries we will structure a second warm up/warm down session for the 1,000 and 1,650 swimmers.

Girls Events	Age Group	Event	Boys Events
1	13 & Over	500 Freestyle	2
3	Open	400 IM	4
5	Open	1000 Freestyle	6
7	Open	1650 Freestyle	8

Each participant must provide their own timer and counter (as needed) for events 400yard+.

Saturday Morning: November 21st - Warm-Up: 7:00 am Start: 8:30am

Girls Events	Age Group	Event	Boys Events
9	13-18	50 Freestyle	10
11	13-18	100 Butterfly	12
13	13-18	200 Backstroke	14
15	13-18	400 Free RELAY	16
17	13-18	100 Breaststroke	18
19	13-18	200 Freestyle	20
21	13-18	100 IM	22

Saturday Midday: November 21st - Warm-Up: 12:00pm Start: 1:00pm

Girls Events	Age Group	Event	Boys Events
23	10 & under	50 Freestyle	24
25	10 & under	200 IM	26
27	8 & under	25 Backstroke	28
29	10 & under	100 Freestyle	30
31	8 & Under	100 Free RELAY	32
33	9-10	200 Free RELAY	34
35	10 & under	50 Breaststroke	36
37	8 & under	25 Butterfly	38
39	10 & under	100 Backstroke	40
41	10 & Under	50 Butterfly	42



Saturday Afternoon: November 21st - Warm-Up: 3:30pm Start: 4:30pm

Each participant must provide their own timer and counter (as needed) for the 500y Freestyle.

Girls Events	Age Group	Event	Boys Events
43	11-12	200 IM	44
45	11-12	100 Freestyle	46
47	11-12	50 Breaststroke	48
49	11-12	200 Free RELAY	50
51	11-12	100 Backstroke	52
53	11-12	50 Butterfly	54
55	12 & Under	500 Freestyle	56

Sunday Morning: November 22nd - Warm-Up: 7:00am Start: 8:30pm

57	13-18	200 IM	58
59	13-18	100 Free	60
61	13-18	400 Medley RELAY	62
63	13-18	200 Breast	64
65	13-18	100 Back	66
67	13-18	200 Butterfly	68

Sunday MIDDAY: November 22nd – Warm Up: 12:00pm Start: 1:00pm

69	8 & under	25 Freestyle	70
71	10 & under	100 IM	72
73	10 & under	200 Freestyle	74
75	8 & under	100 Medley RELAY	76
77	9-10	200 Medley RELAY	78
79	8 & under	25 Breaststroke	80
81	10 & under	100 Breaststroke	82
83	10 & under	50 Backstroke	84
85	10 & under	100 Butterfly	86

Sunday Afternoon: November 22nd – Warm Up: 3:30pm Start: 4:30pm

Girls Events	Age Group	Event	Boys Events
87	11-12	50 Freestyle	88
89	11-12	100 IM	90
91	11-12	200 Freestyle	92
93	11-12	200 Medley RELAY	94
95	11-12	100 Breaststroke	96
97	11-12	50 Backstroke	98
99	11-12	100 Butterfly	100



South Shore YMCA Strypers
8th Annual Thanksgiving YMCA Invitational
 Lincoln-Hancock Community School, 300 Water Street, Quincy, MA
 November 20-22, 2015
 NE Swimming Approval #NE-1120A-TT

CONTACT INFORMATION (all fields required)

Team Name: _____ Abbreviation: _____

Deck Coach: _____ Phone: _____ Email: _____

Entries Contact: _____ Phone: _____ Email: _____

Address: _____

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

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

_____ Swimmer Participation Fee: # athletes @ \$10.00 = \$ _____

_____ Relays @ \$20.00 each = \$ _____

Total: \$ _____

Make check payable to: **South Shore YMCA**

Mail entries and check to:

Entry Deadline: **Wednesday, November 11th 2015**

South Shore YMCA Strypers
c/o Tim Mulvihill
75 Mill Street
Hanover, MA, 02339
781-829-8585 ext. 8304

*For e-mailed entries, this form and payment
 must be received by: **Monday, November 16th 2015***

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrators, waive and release any and all rights and claims for damages he/she may have against the South Shore YMCA, Eastern Massachusetts YMCA Swimming, YMCA of the USA and its National Swimming and Diving Advisory Committee, USA Swimming and New England Swimming for any and all injuries suffered by him/her at said meet.

 Signature of Authorized Team Official

 Date