



South Shore YMCA Strypers 4th Annual Thanksgiving Y Invitational

SSYMCA Mill Pond, 75 Mill St, Hanover, MA
November 25-27, 2011

Session	Warm-Up	Start
Friday Distance	4:00pm	5:00pm
Saturday Morning 8 & Unders, 13 & Overs	7:00 am	8:10 am
Saturday Afternoon 9-10, 11-12	1:00 pm	2:10 pm
Sunday Morning 8 & Unders, 13 & Overs	7:10 am	8:20 am
Saturday Afternoon 9-10, 11-12	12:30 pm	1:40 pm

Meet Director: Terri Phinney, terrip@ssymca.org , 781-829-8585 x242

Meet Head Y Official: Scott Margolis ffmedicmar26@gmail.com 339-788-1799

Entry Chairperson: Julie Margolis jmargolis@ssymca.org; jcsmarginolis2@gmail.com , 781-829-8585

For the meet to run effectively, we will need every team to provide officials and timers.

We are working on having a USA swimming meet referee for all sessions. Please let us know if you have someone certified that is willing to help us with this meet.

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 snack bar. Coaches will be able to pick up heat sheets for each event at the control office. The 1,000 freestyle will be swum fast-to-slow, alternating heats of women and men. Friday night event swimmers must provide their own timers and counter (as needed).

SITE: SSYMCA Mill Pond Competition 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 with single-line electronic display. The finish end of the pool is 9.5 feet deep; the turn end of the pool is 3.5 feet deep. **Spectator seating is limited. Swimmers will be asked to leave their bags in a designated area off the pool deck. No food or beverages other than water are allowed on deck.** The pool is located inside the South Shore YMCA Mill Pond, 75 Mill Street, Hanover MA 02339. Please enter through the designated meet entrance.

COURSE: Short course yards (25 yards).

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

ENTRY INFORMATION: Entries will be accepted on and after October 1, 2011. **Entries will be accepted on a first come, first served basis.** Entries must be received no later than November 11, 2011. Make checks payable to "South Shore YMCA". Mail payment to the entry chairperson: Julie Margolis, SSYMCA Mill Pond, 75 Mill Street, Hanover, MA 02339. All entries must be typed or printed legibly, and must use full names

including middle initial and birth dates or registration numbers if USA Swimming observation is requested. All USA Swimmer's swims will be submitted to NE Swimming for the SWIMS database. The \$1.50 fee is included in the meet entry fees. 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 Julie Margolis at jmargolis@ssymca.org and to jcsmargolis2@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Please email or mail the USA registration list from NE Swimming so that we can insure that their times are submitted to NE Swim after the meet.

ENTRY LIMITS: Athletes may enter and swim in a maximum of 3 individual events per day and 1 relay event a day.

EVENTS and SESSIONS:

Friday Night Distance Meet: November 25 Warm-up: 4:00pm Start: 5:00 pm

Girls Events	Age Group	Event	Boys Events
1	Open	500 Free	2
3	Open	400 IM	4
5	11-18	1000 Free	6

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

Saturday Morning: November 26 Warm-Up: 7:00 am Start: 8:10am

Girls Events	Age Group	Event	Boys Events
7	15 & Over	200 Free Relay	8
9	13-18	100 Butterfly	10
11	8 & Under	25 Butterfly	12
13	13-18	200 Back	14
15	8 & Under	50 Back	16
17	13-18	50 Free	18
19	8 & Under	25 Free	20
21	13-18	200 Free	22
23	8 & Under	100 Free	24
25	13-18	100 Breast	26
27	8 & Under	50 Breast	28
29	13/14	200 Medley Relay	30
31	8 & Under	100 Medley Relay	32
33	15 & Over	200 Medley Relay	34

Saturday Afternoon: November 26 Warm-Up: 1:00pm Start 2:10pm

Girls Events	Age Group	Event	Boys Events
35	11-12	50 Butterfly	36
37	9-10	50 Butterfly	38
39	11-12	100 Back	40
41	9-10	100 Back	42
43	11-12	50 Free	44
45	9-10	50 Free	46
47	11-12	200 Free	48
49	9-10	200 Free	50
51	11-12	50 Breast	52
53	9-10	50 Breast	54
55	11-12	200 Medley Relay	56
57	9-10	200 Medley Relay	58

Sunday Morning: November 27 Warm-Up: 7:10am Start: 8:20am

Girls Events	Age Group	Event	Boys Events
59	13-18	200 Butterfly	61
61	8 & Under	50 Butterfly	62
63	13-18	100 Back	64
65	8 & Under	25 Back	66
67	13-18	100 Free	68
69	8 & Under	50 Free	70
71	13-18	200 IM	72
73	8 & Under	100 IM	74
75	13-18	200 Breast	76
77	8 & Under	25 Breast	78
79	13-14	200 Free Relay	80
81	8 & Under	100 Free Relay	82
83	15 & Over	400 Free Relay	84

Sunday Afternoon: November 27 Warm-Up: 12:30pm Start 1:40pm

Girls Events	Age Group	Event	Boys Events
85	11-12	100 Butterfly	86
87	9-10	100 Butterfly	88
89	11-12	50 Back	90
91	9-10	50 Back	92
93	11-12	100 Free	94
95	9-10	100 Free	96
97	11-12	200 IM	98
99	9-10	200 IM	100
101	11-12	100 Breast	102
103	9-10	100 Breast	104
105	11-12	200 Free Relay	106
107	9-10	200 Free Relay	108

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 November 11, 2011 entry deadline. Entry time updates should be sent via email to the entry chairperson Julie Margolis at jmargolis@ssymca.org & jcs margolis2@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: \$6.00 for individual events, \$7.00 for distance events (400 yds or more), \$16.00 for relays. Non-electronic entries: \$6.50 for individual events, \$7.50 for distance events, \$18.00 for relays. **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.) In order for times to be recorded in the SWIMS database for USA registered swimmers, please make sure that their USA id is correct in the meet file.

ENTRY CUTS: Entry cuts, if necessary, will be made according to the entry date. Entries will be accepted to fill a four-hour session time line goal.

RELAYS: Relays will be limited to 4 relays per team per event. All relay swimmers must be officially entered in the meet. Relay participants starting at the turn-end of the pool, must start in the water.

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

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. **There will be lap lanes in the family slide pool for warm-down on Saturday and Sunday. The walk-in/slide side of the pool is off limits. A coach must be with swimmers in the warm-up pool at all times.**

BULLPEN: Each team is required to have a coach supervising swimmers in the bullpen area under the slide. Please note that the slide pool is not open to swimmers except to use the designated lane for warm-up/ cool-down only. No playing in the pool or shallow beach area please.

SAFETY:

1. Diving will be prohibited during warm-ups until the last 5 minutes of your designated time slot and once all circle swimming is completed in the lane.
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 head official before he/she warms up. The head official will assign the swimmer to a registered coach for warm-ups.
5. No camera cell phones are permitted in the locker rooms.
6. No flash photography at the start of races.
7. 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.
8. No balls, Frisbees or other propulsion devices are allowed in the waiting areas specified for the meet.

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.

SCORING: The meet will not be scored.

AWARDS: Heat prizes will be awarded to the first place swimmer in each heat for 12 and under events.

PROGRAMS: Session heat sheets will be available for purchase for \$2.00 a session.

ADMISSION: There is no admission charge for this meet.

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

EQUIPMENT VENDOR: K&B Swim and Sports will be on site on Saturday only.

MISCELLANEOUS: South Shore YMCA assumes no responsibility for lost or stolen property. Pets of any kind are not permitted within the facility. No smoking is allowed on the property. The SSYMCA 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.

PARKING: Please park in the parking lot past the outdoor pools in designated spots. There will be Parking Marshalls to direct you where to park. Please do not park in the lot in front of the building or along the grassy islands.

DIRECTIONS: The South Shore YMCA Millpond is located at 75 Mill Street, Hanover MA 02339. Phone number is (781)829-8585.

From Boston and points north: take Route 3 South towards Cape Cod to exit 13 Rt-53; at light, bear right onto Rt. 53 S (Washington St) towards Pembroke; at second light, go left onto Mill St. The SSYMCA is the second right. Follow the parking lot road around, drop off your swimmer (live parking only) at the front door and proceed to the right of the building to the rear lot at the Outdoor Center.

From Plymouth and points south: Take Route 3 North toward Boston to Exit 13 Rt-53; Turn left onto Rt. 53 S (Washington St) toward Pembroke; At third light, go left onto Mill St. The SSYMCA is the second right. Follow the parking lot road around, drop off your swimmer (live parking only) at the front door and proceed to the right of the building to the rear lot at the Outdoor Center.

From Attleboro and points west: Take I-95 N toward Boston; merge onto I-93 N/US-1 N via Exit 12 toward Boston; merge onto MA-3 S via Exit 7 toward Cape Cod. Take Exit 13 Rt 53 S; go right at light onto Rt 53 S (Washington St) towards Pembroke; at second light, go left onto Mill St. The SSYMCA is the second right. Follow the parking lot road around, drop off your swimmer (live parking only) at the front door and proceed to the right of the building to the rear lot at the Outdoor Center.

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

Holiday Inn, 929 Hingham Street, Rockland, MA 781-871-0545

Comfort Inn, 850 Hingham Street, Rockland, MA 781-982-1000

Best Western, 909 Hingham Street, Rockland, MA 781-871-5660

CapeWay Motel, 149 Washington Street, Norwell, MA 781-878-8124

Park View Inn, 350 Washington Street, Norwell, MA 781-659-2881