



Hosted by New England Swimming

December 4-6, 2020

Boston Sports Institute, Wellesley, MA

900 Worcester St, Wellesley, MA 02482 Phone: (781) 489-5088

Held under the sanction of USA Swimming/New England Swimming: NE21-1204NE

Meet Director: Gabrielle Hunt, gabriellehunt@live.com , 603-540-9103

Meet Referee: David Hunt, davidhunt@live.com cell 339-368-4235

Entry Chair: Carol Healey, newenglandswim@gmail.com 781-449-0270

Admin Official: Carol Healey, newenglandswim@gmail.com 781-449-0270

Teams assigned: subject to change after entries are received

Group A: Session I: **BGSC, CCSC, CRA, HYV, KING, UN-Zhu, USC, WW**

Group B: Session II: **ABF-Williston, ATST, CRIM, CS, MWYS. NANT. PVAA. SAIL. UN-Sheldon**

DATE	GROUP I	GROUP II
FRIDAY, December 4th	Warm-up at 5:30, Start at 6:15 pm	Warm-up at 5:30, Start at 6:15 pm
SATURDAY, December 5th	Warm-up at 8:00, Start at 8:45 am	Warm-up at 11:00, Start at 11:45 am
SUNDAY, December 6th	Warm-up at 8:00, Start at 8:45 am	Warm-up at 11:00, Start at 11:45 am

Session times subject to change after entries are received

COVID 19

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc. nor New England Swimming, Inc. can prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND NE Swimming AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

SAFETY PROTOCOLS DUE to COVID RESTRICTIONS:

No athlete who resides outside of Massachusetts is allowed to compete at this meet.

All athletes, coaches, officials, volunteers and other staff will be screened upon arrival and admitted to deck only if listed on a roster and if NES has confirmation of receipt of a signed Consent and Release form.

Accurate team rosters will be created, noting arrival and departure times and listing all staff present. These rosters will be retained for use should contact tracing become necessary.

Athletes must arrive, towel off and depart in swim wear. Changing rooms are closed with the exception of access to toilets and sinks. No changing of clothing is permitted.

Spectator seating is closed. No spectators are permitted.

All athletes, coaches, officials, volunteers and other staff will enter the natatorium via the wet corridor; observe the one-way path for movement on deck, and exit via the deck door, directly into a one-way foyer lane to exit the building.

Face coverings must be worn at all times, with the exception of while swimming. Athletes will wear face coverings to the blocks, removing the covering only to race. All coaches, officials, volunteers and other staff must wear a face covering at all times.

A 15 minute window is planned between each session of the meet to allow for one group to leave, and the deck to be fully sanitized--including all stop watches and any other equipment--before the next group of athletes arrives.

Individuals Gathering on Deck:

The BSI Competition Pool is indoors. Charles River Aquatics Inc. carefully maintains the pools, meeting all requirements as set forth by the CDC and the Wellesley Board of Health, and adheres to a rigid schedule of regular sanitization of high-touch surfaces.

Athletes will be seated at 6 foot intervals on bleachers on deck with a maximum of 50 per session.

Each session will have a designated warm up duration and a 50 yd recovery after each heat (at the discretion of the Meet Director).

The number of coaches **on deck** (excluding athletes) is limited to 1 per team (satellite). The Meet Director has the authority to limit the number of people on deck.

Maximum number of athletes allowable in the water (40% capacity) at any one time is 52. The maximum number of individuals allowable on deck (40% capacity) at any one time is 66.

A maximum of two individuals are permitted to use the bathrooms at any one time.

In compliance with Safe Sport expectations, if a parent needs to reach his/her child at any time during the meet, the parent will text the Meet Director, Gabrielle Hunt at 603-540-9103 to be escorted in.

Athletes and parents are informed in advance of the meet of the expectations set forth for the safety of all participants. NE Swimming has a zero tolerance policy with regard to violation of these expectations. Anyone not in compliance will be immediately removed from the meet and from the pool deck.

All athletes and meet personnel will be required to sign a health waiver that will be collected at the start of the meet. Anyone who does not submit this waiver will not be allowed into the facility. This will include the timers and any other staff and volunteers.

STATE OF MASSACHUSETTS SAFETY REGULATIONS: [Link](#)

SITE: The Boston Sports Institute Competition Pool is a 10-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 single-line electronic display. There are no touchpads at the turn end of the pool. Attached to the main pool is a diving well area that is available for warm-up and warm-down, approximately 2-3 25 yard lanes. The finish end of the pool is 12.5 feet deep; the turn end of the pool is 7 feet deep. Spectator seating is for 300. The pool is located inside the Boston Sports Institute Athletic Complex, 900 Worcester Street, Wellesley MA 02482. Please enter through the main entrance at the front of the building. Directions may be found later in this document.

The competition course has not been certified in accordance with 104.2.2C(4).

FORMAT: All events will be in short course yards (SCY) and timed finals. Swimmers may qualify for the 1650 Freestyle events using the 1500/1650 time standards or the 800/1000 time standards.

The 1650 Freestyle and the 400 IM on Friday evening will be conducted fastest to slowest, alternating women and men. The 500 Freestyle event will be slow to fast, women and then men.

The meet will be pre-seeded the night before. There will be no deck entries.

SCRATCHES: All scratches will be due by 6 PM the night before the session

ELIGIBILITY: This Competition is open to all current Premium or Outreach USA Swimming/New England Swimming athletes who are 18 & Under as of December 1, 2020 and who have the achieved published time standards.

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 without the use of the backstroke ledge. 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.

ENTRY DEADLINE: Tuesday, November 24th at 11:59 PM

NEW CUTS and ENTRY TIMES UPDATES: Any new cuts or updated times achieved after the entry deadline and before November 30th will be accepted until Monday, November 30th at 9 PM.

QUALIFYING PERIOD: The qualifying period for this competition is November 1, 2018 through November 30, 2020.

EVENTS: *(attached).*

BONUS EVENTS: Once entries are received and time allows, bonus events will be considered. Teams will be informed by Thursday, November 26th.

RESULTS: Only results for athletes who have achieved the published USA Swimming time standards and meet the eligibility criteria will be included in the official USA Swimming 18-Under Winter Championship results.

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, [Patrick Johnstone](#). 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 Meet Jury but not vote. When possible, 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 current 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.

SWIMWEAR: Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under [Tech Suit Restriction for 12-and-Under Swimmers](#).

REGISTRATIONS: All athletes age 18 and older must complete Athlete Protection Training (“APT”) in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before November 1, 2020, who has not completed APT **before the first day of competition**, will be prohibited from participating in the competition. Times achieved by an athlete who turns age 18 on or after December 1st, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

FALSE REGISTRATIONS: If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach, or a member club submitting a meet the entry.

DECK REGISTRATIONS: Will not be accepted.

DECK ACCESS: Only current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership in USA Swimming will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach’s club.

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.

ENTRY FEES:

\$10.00 for all individual events

\$10.00 for time trials

Swimmer Participation Fee is \$25 per swimmer (includes a \$20 Covid/PPE surcharge)

NE Swimming Travel Fee of \$1.00 per swimmer

ENTRY LIMITS: Athletes may enter as many events as they choose but may only compete in a maximum of 6 individual events per day for timed final events. Time trials count in the per day event count

ENTRY PROCESS: All entry times submitted for this competition must be from Official USA Swimming sanctioned, approved or observed competitions and must be provable. Entry times not proven by the entry deadline will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

Send your electronic entry file to the Entry Chair before the deadline: Carol Healey,
newenglandswim@gmail.com.

RESPONSIBILITY CLAUSE: The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to New England Swimming for each such time entered, unless absolved of the fine by the Admin Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by New England Swimming.

Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.

TIME TRIALS: Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$10.00 for individual events.

LEGAL SPLITS – Individual Events: Legal splits must be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party must supply an additional timer(s) on the lane for the split, if necessary, to meet the USA-S requirement. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course.

TIMING ASSIGNMENTS: There will be one assigned timer per lane, per session. Full cooperation from the attending teams is expected.

ADMISSION: NO SPECTATORS

PROGRAMS: Heat sheets will be available on Meet Mobile.

OFFICIALS: Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. Walk-on officials may not be accepted to limit the number of people on the deck. We will staff the meet with 4 Officials other than the Meet Ref and Admin Official. Officials meetings will be announced before the meet.

WARM-UPS: The pool will open for warm-ups as designated time on the event list. The pool will close five minutes before the start of the session. Teams will be assigned warm-up lanes after all entries are received. The shallow end area will be available during the meet for warm-up and warm-down.

SAFETY:

- 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
- No shaving is permitted at the competition site.
- No glass containers are permitted within the facility.
- 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.
- Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Operations.
- 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.
- Deck changes are prohibited.

RULES: Current USA Swimming Rules and Regulations will govern all competition. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all information contained here within. 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 the Meet Referee or Meet Director. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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 (857-928-3638) or through the [USA-S online reportable form](#).

ON DECK PHOTOGRAPHY: Due to the restrictions of the number of individuals allowed on deck, no photographers will be allowed. The 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, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests.

AWARDS: Bag tags will be distributed to the swimmers.

Nation-wide results will be compiled by USA Swimming by December 16, 2020 and awards will be mailed for the top three girls, boys, and combined teams, the top eight individual finishers in each event, and individual girls and boys high point winners. There will be no separate scoring or awards for East and West regions.

Scoring: Will not be done at a local level.

National Scoring will be on a sixteen (16) place basis with individual events scored 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Qualified swimmers may compete in the same event multiple times throughout the competition dates (December 1-13); however, only his/her fastest time will be included in the overall results. Additionally, only a swimmer's top scoring six events will be included in the results and in the calculations for high point and team scoring. Any additional event results submitted will be compiled into separate "time trials" results.

FOOD: There will not be a concession stand during the meet

VENDOR: No vendor will be at the meet

MISCELLANEOUS: New England Swimming will assume 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.

DIRECTIONS: The Boston Sports Institute Athletic Complex is located at 900 Worcester Street, Wellesley MA 02482. Please make sure to take route 9 from either direction. There will be a stop light that will allow you access to the facility from either direction.

2020 USA 18 & Under Winter Championships

Boston Sports Institute, Wellesley, MA

Feb 4-6, 2020

Order of Events

All events are timed finals. Session times are subject to change after entries are received
The pool will open 10 minutes before the start of warm-up.

FRIDAY, Dec 4th: Both groups: Warm up at 5:30 pm, start at 6:15 pm

Women	EVENT	Men
1	400 Ind Medley	2
3	1650 Yd Freestyle	4

SATURDAY. December 5th SESSION I, Group A: warm up at 8:00 am, start at 8:45 AM

SATURDAY. December 5th SESSION II, Group B: warm up at 11 AM, start at 11:45

5/105	100 Yd Backstroke	6/106
7/107	200 Yard Freestyle	8/108
9/109	100 Yard Butterfly	10/110
11/111	200 Yd Breastroke	12/112
13/113	50 Yard Freestyle	14/114
15/115	200 Ind. Medley	16/116

SUNDAY, December 6th SESSION I, Group A: warm up at 8:00 am, start at 8:45 AM

SUNDAY, December 6th SESSION II, Group B: warm up at 11 AM, start at 11:45

17/117	200 Yd Backstroke	18/118
19/119	100 Yard Freestyle	20/120
21/121	200 Yard Butterfly	22/121
23/123	100 Yd Breastroke	24/124
25/125	500 Yard Freestyle	26/126

2020 18 & Under USA Winter Championships

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CONTACT INFORMATION *(all fields required) ALL ATTENDEES WILL NEED TO SUBMIT AN ELECTRONIC WAIVER WITH TRACKING INFORMATION*

Team Name: Abbreviation:
Deck Coach: Phone: Email:
Entries Contact: Phone: Email:

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

_____ Individual Entries all distances @ \$10.00 = \$ _____
_____ Swimmer Participation Fee: # athletes____ @ \$25.00 = \$ _____
_____ NE Travel Surcharge: # athletes____ @ \$1.00 each = \$ _____
Total: \$ _____

Make check payable to: New England Swimming

Mail entries and check to:

Entry Deadline: 11/24/20

1241 Highland Ave Rear
Needham, MA 02492

payment must be received by: 12/4/20

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her theirs, 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, and Boston Sports Institute 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.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND NEW ENGLAND SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Signature of Authorized Team Official

Date