



**NEW
ENGLAND
SWIMMING**

**United Swim Club
2020 NE USC Nov Meet**
Atkinson Pool 40 Fairbank Cir Sudbury, MA
November 14, 2020

Held under the sanction of USA Swimming/New England #NE21-1114USC

Meet Director	Gretchen Turner	gretchenpturner@gmail.com	978-339-3783
Meet Referee:	Micki Reinhorn	mreinhorn@gmail.com	978-460-1374
Entry Chairperson:	Gretchen Turner	gretchenpturner@gmail.com	978-339-3783
Admin Official:	Greg Gower	ggower@comcast.net	603-661-4186
Safety Monitor	Shelley Newark	Sjnewark18@gmail.com	978-496-1530

IMPORTANT DEADLINES:

First date of entry: November 11, 2020
 Final date of entry: November 13, 2020
 Payment deadline:

ASSUMPTION OF RISK: We, United Swim Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating on site at Atkinson Swimming Pool. 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 guests with underlying medical conditions are especially vulnerable. By participating in/spectating at 2020 NE USC November Meet and being on site at Atkinson Swimming Pool, you voluntarily assume all risks related to exposure to COVID-19.

RELEASE: *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., cannot 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 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.

SAFETY PROTOCOLS DUE to COVID RESTRICTIONS:

Statement of Massachusetts Department of Health protocols and requirements: [LINK](#)

Statement outlining the plan for spectator ingress and egress, use of locker rooms and other facility restrictions in place:

- All Officials, Volunteers, Coaches, and Swimmers will need to check in at the back-door entrance to the pool (closest to the diving well) to ensure proper contact tracing.
- Everyone in the building must wear a mask at all times (except when swimming). Swimmers will place masks in zip lock bags just before entering the pool.
- Locker Rooms and restrooms will be used only by one individual at a time (occupied signs will be hung on the outside doors).

Number of individuals gathering in each area of the facility including all spaces, the pool, deck and spectator seating, and all other areas to be used:

- Pool is inside
- Only 40 swimmers (maximum) will be permitted inside the building (pool deck, lobby, facilities).
- Numbers of others: 3 Officials, 3 Meet Staff, 11 Volunteers (7 timers, 4 traffic control), 2 Coaches
- We will be opening a zoom for viewing the meet (to be emailed to all parents & coaches)
- Parents can watch through the outside windows around the pool as long as they are wearing masks and maintaining 6ft social distancing from one another.
- Swimmers are to bring individual chairs which will be placed at least 6ft apart in the diving well area and building lobby.

Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting the Meet Director, **Gretchen Turner** at: **978-339-3783**, or Safety Monitor, **Shelley Newark**.

STATE GUIDELINES: [LINK](#)

MEET FORMAT: The meet will be swum as timed finals. Each session will be PRE-SEEDED, no scratches or deck entries will be accepted. Heat sheets will be posted to our events page the morning of the meet.

No events will swim with more than one swimmer per lane. Heats will be seeded slowest to fastest.

SITE: (example): The Atkinson Competition Pool is an 8-lane, 25-yard pool with non-turbulent lane lines. The timing system includes a fully automatic Colorado Timing system with touchpads at the finish end of the pool. There are no touchpads at the turn end of the pool. The pool is located inside the Atkinson Park and Recreation building, 40 Fairbank Cir, Sudbury, MA. Please enter through the far end pool side back entrance (through side gate).

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

COURSE: Short course yards - 25 yards

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: Intra squad Meet

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. If weather requires the cancellation of any Finals session, the results of the preliminary session will be the final order.

ELIGIBILITY: All swimmers must be currently registered as athlete members of United States Swimming. Age is determined by the age of the swimmer on the first day of the meet.

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.

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 swimmers must be registered (including proof of age and payment) with USA Swimming before 5:00 pm on the Thursday before the first day of the start of the meet. New England teams are required to check their entries with the online registration check tool on the New England Swimming website to verify registration status. Coaches must be registered before the start of the meet.

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.

EVENTS and SESSIONS: See attached list.

ENTRY INFORMATION:

First date of entry acceptance: November 11, 2020 (any entry received before this date will be considered received Nov. 11, 2020)

Final date of entry acceptance: Nov. 13, 2020

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 FEES: Electronic entries:

\$5.00 for all timed final individual events 200 yards and under.

\$10.00 for distance events (events 400 yards and over).

\$10.00 for time trials

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

NE Swimming Travel Fee of \$1.00 per swimmer

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format should be emailed as an attachment to the entry chairperson at gretchenpturner@gmail.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: 11/14/2020.

ENTRY TIME UPDATES: Entry times may be updated until the Monday prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chairperson at gretchenpturner@gmail.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 entry times must be entered in the specified meet course. (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 \$10.00 for individual events, and \$40.00 for relays.

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.

LEGAL SPLITS – Relays: All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.

ADMISSION: NO SPECTATORS

PROGRAMS: NO PROGRAMS (swimmers can print a copy at home posted on the host team website)

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. Officials meetings will be 30 minutes prior to the start of the meet.

WARM-UPS: The pool will open for warm-ups as designated on the event list.... one-hour before the beginning of the meet. The pool will close five minutes before the start of the meet. The diving well area will not 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.
- 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 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.

DRONES: 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 Program Operations.

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: As per New England Swimming policy, professional photographers contracted by the United Swim Club, 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, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests

AWARDS: There are no awards.

SCORING: The meet will not be scored.

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

VENDOR: No vendor will be at the meet

MISCELLANEOUS: New England Swimming and United Swim Club 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 and across the street.

DIRECTIONS. 40 Fairbank Cir, Sudbury, MA 01776

EVENTS

Saturday 11/14/2020
Warmup 1: 3:25-3:55pm
Warmup 2: 3:55-4:25pm
Start Time: 4:30pm

13 and over 100 back
12 and under 100 back
12 and under 50 back
----- 15 min break-----
13 and over 100 fly
12 and under 100 fly
12 and under 50 fly
----- 15 min break-----
13 and over 100 free
12 and under 100 free
----- 15 min break-----
13 and over 100 breast
12 and over 100 breast
12 and under 50 breast
----- 15 min break-----
13 and over 50 free
12 and under 50 free

United Swim Club
2020 NE USC Nov Meet
Atkinson Pool

40 Fairbank Cir, Sudbury, MA 01776
November 14, 2020

CONTACT INFORMATION (*all fields required*)

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 COVID/PPE Surcharge: # athletes_____	@ \$ 25.00	=	\$ _____
_____ NE Travel Surcharge: # athletes_____	@ \$1.00 each	=	\$ _____

Total: \$ _____

Make check payable to: United Swim Club
Mail entries and check to:
United Swim Club
27 Minot Ave
Acton, MA 01720

Entry Deadline: 11/13/2020

For e-mailed entries, this form and payment must be received by: 11/18/2020
Phone: 978-339-3783

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, United Swim Club and Sudbury Parks and Recreation 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