



**NEW
ENGLAND
SWIMMING**

YMCA of the North Shore Specialty w Distance Meet

Sterling Center YMCA, 254 Essex Street, Beverly, MA
November 7-8, 2020

Held under the sanction of USA Swimming/New England #NE20-1107YNS

Meet Director	Mary Sparks	YNSMeetManager@gmail.com	978-815-5821
Meet Referee:	Andy Coady	andrew.coady@comcast.net	978-852-7188
Entry Chairperson:	Dan Sionkiewicz	dan.sionkiewicz@comcast.net	781-576-9801
Admin Official:	Brian Chemel	bchemel@gmail.com	781-639-8454
Safety Monitor	Mary Sparks	YNSMeetManager@gmail.com	978-815-5821

IMPORTANT DEADLINES:

First date of entry: October 24, 2020

Final date of entry: November 1, 2020

Payment deadline: November 4, 2020

ASSUMPTION OF RISK: We, YMCA of the North Shore Sharks, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at YMCA of the North Shore Sharks or on site at Sterling Center YMCA. 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 YMCA of the North Shore Sharks and being on site at Sterling Center YMCA, 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 local guidelines: <http://www.beverlyma.gov/covid-19/>

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

Entry and Exit: Swimmers will wait in their vehicle until someone comes out of the front doors to let them in. Swimmers must complete a Health Questionnaire prior to arriving at the meet and will be asked the questions again before being allowed into the facility. If you are not feeling well or are experiencing a fever or a cough PLEASE stay home. You are considered symptomatic if you have a fever of 100.0 degrees Fahrenheit or above, unusual coughing, shortness of breath, headaches, chills, shaking chills, sore throat, muscle aches or pains, new loss of smell or taste or whether you have felt feverish. If you are diagnosed with Covid-19 we need to be notified as soon as possible so we can properly sanitize the property and protect others. Once a swimmer has completed their events for the day, they must exit the facility as soon as possible by the front doors.

Arrival and Procedures: Swimmers will arrive in their swimsuit and must be wearing a face mask. Swimmers are required to wear their face mask unless they are getting into the water to swim. The flow of traffic is one way. Traffic flows one way beginning at the 6 lane pool and rotating toward the 8 lane pool until the swimmer arrives behind the blocks.

Locker Rooms: There will be no locker rooms or restrooms available for changing. Swimmers will arrive and leave in their swimsuits. The locker rooms will be used for one way traffic from the gymnasium into the pool area. Swimmers must take a quick cleansing shower in the locker room prior to entering the pool for the first time. When swimmers are finished with their warm-up or race, they will leave through the family locker room back into the gymnasium. There is one-way traffic flow from the gymnasium. Please follow the signs on the doors for entry and exit.

Restrooms: Swimmers will use the two restrooms located in the hall near the gymnasium. Swimmers are not allowed to use the restrooms in the locker rooms in order to maintain one way traffic flow.

Maximum Number of Individuals in Space:

Swimming Pool: 32 swimmers maximum in the 8 lane pool at any time

Deck Space: 60 including swimmers, officials, meet personnel and timers

Gymnasium - 70 including swimmers and meet personnel - spread out into small groups observing 6' from one another

Spectators: There will be no spectators allowed in the building.

Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting Janet Harty, Head Coach at: 978-771-7284.

STATE GUIDELINES: <https://www.mass.gov/info-details/covid-19-updates-and-information>

MEET FORMAT: The meet will be swum as Virtual Timed Final.

Each session will be pre-seeded by computer. Heat sheets will be sent out prior to the beginning of the meet. We will not be posting heat sheets or meet results during the meet. All swimmers must print their own heat sheet if they would like one. Coaches will be able to pick up heat sheets for each session at the timing table. No events will swim with more than one swimmer per lane.

DISTANCE EVENTS: The 500 Freestyle 400 Individual Medley will be swum slow-to-fast.

SITE: The Sterling YMCA Pool is an 8-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. There is a 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 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. 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.

ENTRY POLICY: 75%/25%

Teams that are included in the 75% of guaranteed entries must submit their entry no later than 7 calendar days before the first date of entry and payment made to the host team by the first date of entry acceptance, or the host team may remove them from the guaranteed entries. The team will still be liable for payment of the entry fee and will be referred to the Admin Review Board if necessary. The host team can release this liability if it is able to fill the meet with entries from other teams.

Teams accepted in the 25% or the lottery must send payment for their entry within 4 calendar days of the notification. Accepted teams that do not send payment within 4 calendar days may forfeit their entry, but will still be liable for payment of the entry fee, unless the host team is able to fill the meet with entries from other teams. No refunds will be given for entries that are accepted or for entries that are rejected due to improper entry.

CUT PROTOCOL: If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour rule using the following cut protocols in any order deemed necessary:

For teams in the 75% policy:

(a.) May be asked to cut each athlete to one less event than maximum allowed per day.

For teams in the 25% of the 75/25, in the FCFS and in the 100% policy:

(a.) May be asked to cut each athlete to two less events per day than the maximum allowed.

(b.) Entries may be cut by time or to a specific number of heats for specified events

If deck scratches allow a reasonable time-line, swimmers may be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the 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: October 24, 2020, (any entry received before this date will be considered received on October 24, 2020)

Final date of entry acceptance: November 1, 2020

Make checks payable to "YMCA of the North Shore".

Mail completed signed entry cover page and waiver, and payment to the entry chairperson:

Dan Sionkiewicz
119 Lafayette St
Marblehead, MA 01945

Payment due date for all entries: Nov 4th, 2020. 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.

Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. *Your entry is considered received only if you receive an acknowledgement.*

All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.

Any team that fails to send payment, cover page and waiver form, by the payment due date can be scratched from the meet at the discretion of the Entry Chair.

Any team who has not paid their meet fees before the first day of the meet will be assessed a \$100 fine. If no payment is received after 30 days, the fine is doubled. This fine is payable to the [YMCA of the North Shore](#). Late payment of entry fees may result in future exclusion from meets hosted by our club.

Any swimmer who is entered with incorrect swimmer information, or an incorrect or no ID, or is unregistered, will be scratched from the meet until corrections are made per the New England policy.

ENTRY LIMITS: Athletes may enter as many events as they choose but may only compete in a maximum of 3 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

Non-electronic entries: \$5.50 for individual and \$10.50 for distance

Swimmer Participation Fee is \$15.00 per swimmer

NE Swimming Travel Fee of \$1.00 per swimmer (to be included in the check and the host team will send to NESwimming)

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 dan.sionkiewicz@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 by: Oct 30th, 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 Dan.Sionkiewicz@comcast.net. 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.

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.

ADMISSION: No Admissions at the venue due to COVID-19 Restrictions

MEET MOBILE: Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.

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.

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. The warmup 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.
- 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.

MISCELLANEOUS SAFETY:

- No swimmer can use the adult locker rooms, fitness areas or other areas of the YMCA not specified for the use of swimmers. Any swimmer found using adult locker rooms or areas not designated for use during the meet will be removed for the remainder of the meet.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- No ball, Frisbees or other propulsion devices are allowed in the gym.

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 **Meet Host**, 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 for this meet.

SCORING: The meet will not be scored.

FOOD: There will not be a concession stand in operation for the duration of the meet.

EQUIPMENT VENDOR: There will not be a swimming equipment vendor

MISCELLANEOUS: New England Swimming and 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 on-site parking if the building is closed for the day. If the building is open, swimmers may be dropped off at the entrance to the Sterling Center 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: *Lodging info not needed for this Virtual Meet*

YMCA of the North Shore

Trials Finals w/Distance Meet

Sterling Center YMCA, 254 Essex Street, Beverly, MA

November 7-8, 2020

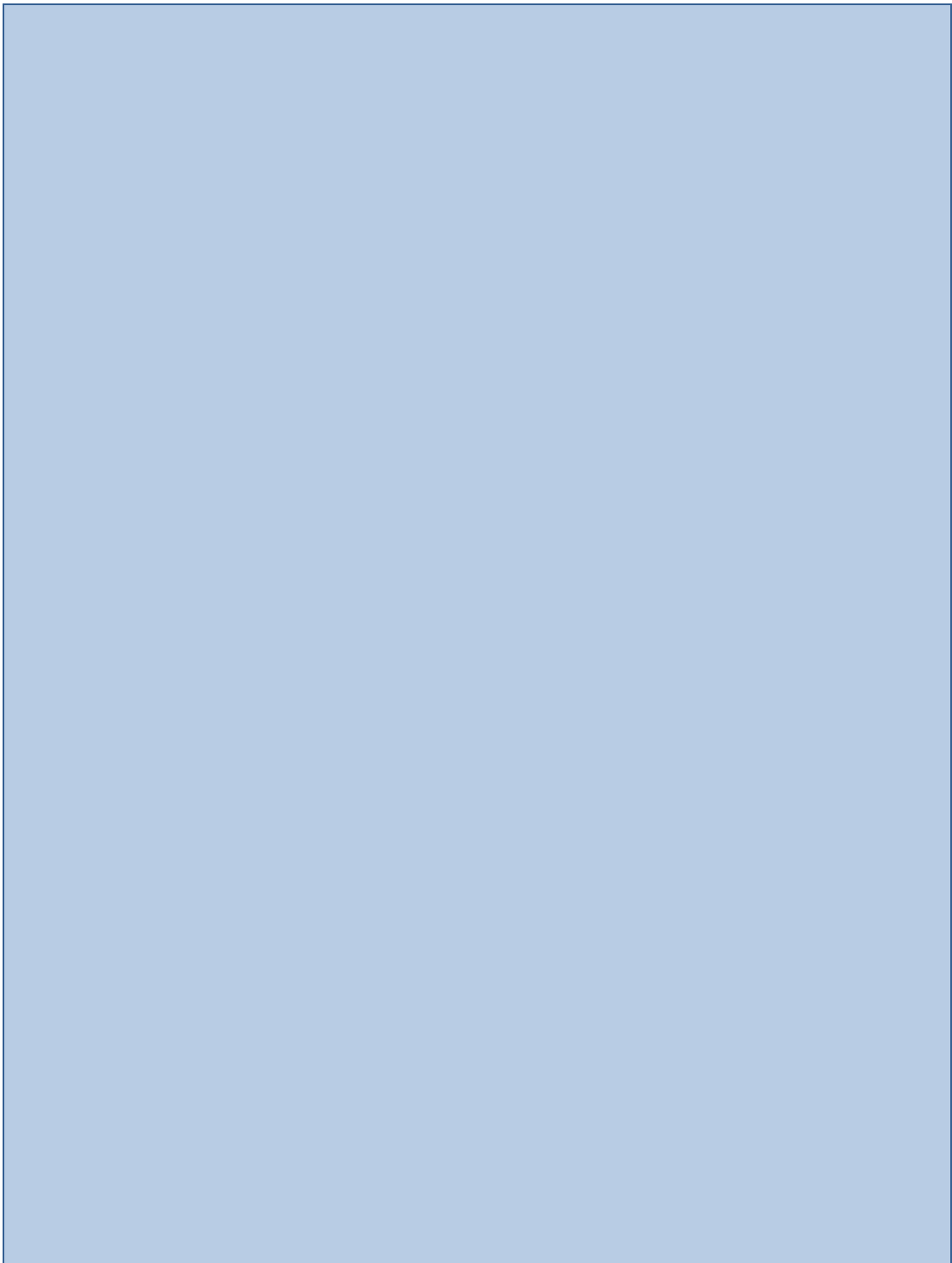
Held under the sanction of USA Swimming/New England #NE21=1107YNS

Session 1 Saturday Afternoon Timed Final		
Warm-up: 1:00PM / Session Start: 2:00PM		
Girls Event #	Age Group / Distance / Stroke	Boys Event #
1	11 & Over 50 Freestyle	2
3	11 & Over 200 Backstroke	4
5	11 & Over 100 Freestyle	6
7	11 & Over 200 Butterfly	8
9	11 & Over 100 Breaststroke	10

Session 2 Sat Distance Timed Finals
<p>Warm-up: 30 min after completion of Session1/ Start: 40 min after start of Warm-Up</p>

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Girls Event #	Age Group / Distance / Stroke	Boys Event #
11	11 & Over 400 IM	12

Session 3 Sunday Afternoon Timed Final		
Warm-up: 1:00PM / Session Start: 2:00PM		
Girls Event #	Age Group / Distance / Stroke	Boys Event #
13	11 & Over 100 Backstroke	14
15	11 & Over 200 Freestyle	16

17	11 & Over 100 Butterfly	18
19	11 & Over 200 Breaststroke	20
21	11 & Over 200 IM	22

Session 4 Sun Distance Timed Finals		
Warm-up: 30 min after completion of Session1/ Start: 40 min after start of Warm-Up		
Girls Event #	Age Group / Distance / Stroke	Boys Event #
23	11 & Over 500 Freestyle	24

YMCA of the North Shore
Specialty w Distance Meet
Sterling Center YMCA, 254 Essex Street, Beverly, MA
November 7-8, 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	=	\$ _____
_____	Trials/Finals Event Entries	@ \$6.00	=	\$ _____
_____	Distance events	@ \$10.00	=	\$ _____
_____	Relays	@ \$20.00 each	=	\$ _____
_____	Swimmer Participation Fee: # athletes _____	@ \$15.00	=	\$ _____
_____	NE Travel Surcharge: # athletes _____	@ \$1.00 each	=	\$ _____

Total: \$ _____

Make check payable to: YMCA of the North Shore

Mail entries and check to:

Dan Sionkiewicz
119 Lafayette Street
Marblehead, MA 01945
Phone: 781-576-9801

Entry Deadline: 11/01/2020

For e-mailed entries, this form and payment
must be received by: 11/04/2020

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, YMCA of the North Shore 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