



CAPE COD SWIM CLUB

Team Specialty Meet with 50's Shoot Outs

Mass Maritime Academy. Buzzards Bay Ma 02532

November 30 to December 2, 2018

Held under the sanction of USA Swimming/NE: NE19-1130CCSC

	Name	Email	Phone
Meet Director	Sarah Hawley	508-564-5690	ccscsarah@yahoo.com
Meet Referee	Carlos Pereira	401-437-0747	pereiracarlosh@aol.com
Entry Chair	Alan Sanders	508-863-7164	atsanders@aol.com
Admin Official	Alan Sanders	508-863-7164	atsanders@aol.com
Safety Monitor	Marc Solomon	508-564-5690	capecodswimclub@aol.com

IMPORTANT DEADLINES:

First date of entry: Tuesday October 30, 2018

Final date of entry: Sunday November 25, 2018

Payment deadline: Saturday November 3, 2018

MEET FORMAT: The meet will be swum timed finals on Friday, Saturday and Sunday. 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 posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the control office. Coaches are responsible for ensuring their swimmers are in the correct heat and lane. No events will swim with more than one swimmer per lane.

SPECIAL FORMAT NOTE: The meet will hold Swim Offs format elimination rounds (also known as Shoot-Outs and Skins Elimination) at the conclusion of 50 yard events in each of the sessions on Saturday and Sunday. The top 6 finishers by time will compete in the first swim-off. The top 4 finishers will then compete in a semi-final swim-off. The top 2 finishers will then compete in a final swim-off. Swim-offs for both sexes will commence at the end of each male event. Girls will complete their series of swim-offs before the boys commence theirs.

DISTANCE EVENTS: The 1650 freestyle will be swum fast-to-slow, alternating heats of women and men. Swimmers must provide their own timer for this event.

SITE: The Massachusetts Maritime Academy (MMA), Buzzards Bay, MA is located on Cape Cod. The pool is a 6 lane, 25-yard course with Competitor non-turbulent lane lines including buffer zones and lane lines on outside lanes. Starting blocks are at the deep end. Deep end pool depth is 10' and turn end pool depth is 3'6". Colorado Timing with 6 lane electronic scoreboard and touchpads at the finish end. There are no touchpads at the turn end of the

pool. Seating for 300 with excellent views of the deck and pool. The pool is located along the scenic Cape Cod Canal, one of Bourne's major recreational attractions. Fishermen, boaters, joggers, bicyclists and walkers all use the canal for recreation. In addition, we are only ¼ mile from a marina and public boat launching facility and about one mile from Bourne Scenic Park and Campground. 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-YARD EVENTS: 25-yard events will start at the starting block end of the pool and finish at the turn end with manual timers

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 meets using the 75%/ 25% entry policy:

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

For teams included in the 25% of the 75%/ 25% entry 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.

Any event 200 and over may be cut by time or limited by heat to conform to rules.

If deck scratches allow a reasonable time-line, the 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 current registered swimmers with United States. 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.

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 New England Swimming policy, swimmers 10 years old and younger are not allowed to wear "Tech" suits at any sanctioned or approved meet. The age of the swimmer is

determined on the first day of the meet. A list of banned suits is found on www.neswim.com under ADMIN/Governance/Policies.

REGISTRATIONS: All swimmers must be registered (includes 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 web site 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 subject to a fine 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 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 entries, and payment to the host team by the first date of entry acceptance, or the host team may remove them from the 75% of 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.

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

ENTRY LIMITS: Athletes may enter as many events as they choose but may only compete in a maximum of 5 individual events per day for timed final events. Time trials count in the per day event count.

ENTRY INFORMATION:

First date of entry acceptance: Tuesday October 30, 2018 (any entry received before this date will be considered received on Tuesday October 30, 2018,)

Final date of entry acceptance: Sunday November 25, 2018

Make checks payable to "CCSC".

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

Alan Sanders
PO Box 623
Buzzards Bay MA 02532

Payment due date for all entries: Saturday November 3, 2018. 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.*

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 by the start 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 meet host. Late payments 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 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 \$10.50 for distance and \$25.00 for relays.

Swimmer Participation Fee is \$10.00 per swimmer

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

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 atsanders@aol.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 the payment deadline

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 atsanders@aol.com. Entry time updates must be sent as Hy-Tek format. (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: Legal splits (including relay lead-offs) must be requested by a coach, before the event, using a legal split form (available from the Clerk of Course) and the requesting party must supply an additional timer(s) on the lane for the split, if necessary, to meet the USA-S requirement.

ADMISSION: \$3.00 per session

PROGRAMS: \$3.00 per session.

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 will not always be accurate.

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. Time and place of officials' meetings will be announced at the meet

WARM-UPS: The pool will open for warm-ups up to one-hour before the beginning of each session (See event listing). The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes.

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 an official, the Meet 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: 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: Ribbons will be awarded to the top six finishers in each individual event for 12&U. (Dedicated 8&U events to 12th place) Medals will be awarded to Shoot-Out winners

SCORING: The meet will not be scored. (except in regards individual scoring)

FOOD: A concession stand will be in operation for Saturday and Sunday sessions

VENDOR: A swimming equipment vendor – Metro Swim Shop - will be selling suits, goggles, and other accessories for the Saturday and Sunday sessions.

MISCELLANEOUS: New England Swimming, **Error! Reference source not found.** or Cape Cod 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 adjacent to the pool.

Directions For GPS, the Street address is 101 Academy Drive, Buzzards Bay, MA

From Rhode Island and Connecticut – Take I-95 North to Providence, RI. Take I-195 East to Rte. 25 East. Take Exit 3 off Route 25. Do not cross over the Bourne Bridge. Directions continue below.

From the West – Take I-84 to I-90 East (Mass. Pike). Take I-495 South to Rte. 25 East. Take Exit 3 off Rte. 25. Do not cross over the Bourne Bridge. Directions continue below.

From the North – Take I-93 South to Rte. 3 South to Rte. 6 & 28 West to Buzzards Bay or take Rte. 24 South to 495 South to Rte. 25 East. Take Exit 3 off Rte. 25. Do not cross over the Bourne Bridge. Directions continue below.

From Cape Cod – If crossing the Sagamore Bridge, proceed on Rte 6 West towards Buzzards Bay. If crossing the Bourne Bridge take the first exit. Directions continue below.

Continue: On the rotary, go past the CVS and follow the MMA and Main Street signs. Once on Main Street in Buzzards Bay take a left after 1 mile at the only set of lights onto Academy Drive. Proceed ½ mile to MMA campus. Turn right into parking lot just before gate. Pool entrance is far left door in first building

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

Quality Inn (508)759-0800. Bourne. 6 minutes to the Academy.

Towne Place Suites by Marriott, (508) 291-1800 50 Rosebrook Pl, Wareham, MA 02571 10 minutes from pool

Hilton Garden Plymouth (508)830-0200. Plymouth. 20 minutes to the Academy.

Inn on the Square. 508-457-0606. Falmouth. 20 minutes to the Academy.

Sandwich Motor Lodge (508)282-5353. Sandwich. 15 minutes to the Academy.

Seacrest Resort & Conference Center (508) 540-9400. No. Falmouth. 20 minutes to the Academy.

EVENTS:**CCSC Nov 30-Dec 2, 2018 Shoot Out Meet****FRIDAY PM warm-up @ 4:30 PM, meet starts @ 5:05 PM**

Girls Event #	Event	Boys Event #
1	12 & U 500 FR	2
3	12&U 400 IM	4
	30 Minute warm up	
5	OPEN 1650 FR (Fast-to-Slow/Alt)	6

SATURDAY AM warm-up @ 7:00 AM, meet starts @ 8:05AM

Girls Event #	Event	Boys Event #
7	12&U 200 FLY	8
9	12&U 50 FR	10
109	12&U 50 FR SwimOff	110
209	12&U 50 FR SwimOff Semi	210
309	12&U 50 FR SwimOff Final	310
11	8&U 25 BR	12
13	12&U 100 BK	14
15	12&U 100 BR	16
17	8&U 25 BK	18
19	12&U 200 FR	20
21	12&U 50 FLY	22
121	12&U 50 FLY SwimOff	122
221	12&U 50 FLY SwimOff Semi	222
321	12&U 50 FLY SwimOff Final	322
23	OPEN 100 IM	24

SATURDAY PM warm-up @ 1:00PM, Meet starts @ 2:20 PM

Girls Event #	Event	Boys Event #
25	OPEN 400 IM	26
27	OPEN 100 BK	28
29	OPEN 50 BR	30
129	OPEN 50 BR SwimOff	130
229	OPEN 50 BR SwimOff Semi	230
329	OPEN 50 BR SwimOff Final	330
31	OPEN 200 FLY	32
33	OPEN 100 FR	34
35	OPEN 200 BR	36
37	OPEN 50 FLY	38
137	OPEN 50 FLY SwimOff	138
237	OPEN 50 FLY SwimOff Semi	238
337	OPEN 50 FLY SwimOff Final	338

39	OPEN 200 FR	40
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SUNDAY AM warm-up @ 7:00 AM, Meet starts @ 8:05AM

Girls Event #	Event	Boys Event #
41	12&U 200 IM	42
43	12&U 50 BK	44
143	12&U 50 BK SwimOff	144
243	12&U 50 BK SwimOff Semi	244
343	12&U 50 BK SwimOff Final	344
45	8&U 25 FR	46
47	12&U 200 BK	48
49	12&U 100 FR	50
51	8&U 25 FLY	52
53	12&U 50 BR	54
153	12&U 50 BR SwimOff	154
253	12&U 50 BR SwimOff Semi	254
353	12&U 50 BR SwimOff Final	354
55	12&U 100 FLY	56
57	OPEN 200 BR	58

SUNDAY PM warm-up @ 1:00 PM, Meet starts @ 2:20 PM

Girls Event #	Event	Boys Event #
59	OPEN 500 FR	60
61	OPEN 100 FLY	62
63	OPEN 50 BK	64
163	OPEN 50 BK SwimOff	164
263	OPEN 50 BK SwimOff Semi	264
363	OPEN 50 BK SwimOff Final	364
65	OPEN 200 IM	66
67	OPEN 100 BR	68
69	OPEN 200 BK	70
71	OPEN 50 FR	72
171	OPEN 50 FR SwimOff	172
271	OPEN 50 FR SwimOff Semi	272
371	OPEN 50 FR SwimOff Final	372

CAPE COD SWIM CLUB

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Mass Maritime Academy. Buzzards Bay Ma 02532



November 30 to December 2, 2018

Sanctioned

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 = \$ _____

_____ Distance events @ \$10.00 = \$ _____

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

_____ NE Travel Surcharge: # athletes _____ @ \$1.00 each = \$ _____

Total: \$ _____

Make check payable to:	Cape Cod Swim Club	Entry Deadline	Sunday November 25, 2018
Mail entries and check to: Alan Sanders PO Box 623 Buzzards Bay MA 02532		For all entries, this form and payment must be received by Saturday November 3, 2018	
		Phone: _____	

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, Mass Maritime Academy or Cape Cod Swim Club for any and all injuries suffered by him/her at said meet. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or a member club submitting a meet the entry

Signature of Authorized Team Official

Date