

South Shore YMCA Strypers

2nd Annual Frozen Classic Meet

Lincoln-Hancock Community School, Water Street, Quincy, MA, 02169

January 16-18, 2015

Sanctioned by NE Swimming #NE-15-74-TT

Meet Director: Anny Wargana awargana@ssymca.org 617-650-0969

Meet Referee: Scott Margolis ffmedicmar26@gmail.com 339-788-1799

Entry Chairperson: Tim Mulvihill tmulvihill@ssymca.org 781-733-7808

Admin Official: Ross Pettit bellpettit@comcast.net 617-966-1504

Safety Monitor: Victoria Halpin-Quiroga quirogamv@verizon.net 617-698-0117

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 pre-purchase on entry to the facility. Coaches will be able to pick up heat sheets for each event at the timing desk. The 1,000 and 1,650 freestyle will be swum fast-to-slow, alternating heats of women and men. Only freestyle events, 500 yards or longer, may be swum two per lane. Two per lane can only be run with approval of the Meet Referee. If swimming two per lane, the swimmers start the first heat on the right and then the second heat starts 15 seconds later on the left. Note that if a swimmer swims 2 per lane, there must be 3 watch times on the lane if they are to be considered legal. If a swimmer does not want to compete as two per lane, they are entitled to delete that event and receive a refund of the entry fee only if the entry chair is notified BEFORE the meet begins.

Swimmers must provide their own timer and counter for events 400 yards or longer.

SITE: The Lincoln Hancock Community School 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 and a single-line electronic display. The finish end of the pool is 12 feet deep; the turn end of the pool is 4 feet deep. There is spectator swimming for 300 in a concrete bleacher area, raised above the pool. **The swimmers will sit in the adjacent gymnasium. The gymnasium will have an electronic read-out board displaying event and heat.** The pool is located on Water Street, Quincy (use 297 Water Street, Quincy for GPS devices NOT Granite Street). Please enter the facility through the designated pool entrance. All other parts of the school are out-of-bounds. Directions and parking information 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).

25-YARD EVENTS: 25-yard events will start at the block end of the pool and finish at the turn end.

CUT PROTOCOL: If a session is over-subscribed, the following cuts will be made in this order:

- Swimmers will be asked to cut down to 3 events **Optional: (see below):

**** Teams should send a hard copy of their entry (by athlete), with their payment. On the hard copy, the event to scratch, if necessary, should be circled in RED ink. This will be the event that the Entry Chair will scratch if over-subscribed. If you fail to send in a hard copy, the Entry Chair will choose the event to cut based on times. If deck scratches allow a reasonable time-line, the swimmers can be reinstated into those previously entered events.**

Clubs will be notified of cuts no later than Monday before the meet.

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, Laura Matuszak. (lmatuszak@smcvt.edu).

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 jury but not vote. 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 2014 or 2015 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 the 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 session,** is a decision of the Meet Director, Meet Referee and Meet Committee.

ELIGIBILITY: All swimmers must be 2015 registered swimmers with United States Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: office@neswim.com. Age is determined by the age of the swimmer on the first day of the meet. All coaches on deck must be registered with USA Swimming and display their coach membership cards.

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

REGISTRATIONS: All swimmers must be 2015 registered with USA Swimming before the first day of the start of the meet. Any swimmer who has entered a meet and does not register by 11:59 PM on the day before the first day of the meet is subject to a \$100 fine and will be scratched from the meet. Teams are **required** to check their entries with the online registration check tool on the [New England Swimming web site](#).

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: **December 5th 2014** (any entry received before this date will be considered received December 5th, 2014)

Final date of entry acceptance: **Friday, January 9th 2015**

Make checks payable to **South Shore YMCA**.

Mail completed signed entry cover page and waiver, payment, and entry list hard copy (see Cut Protocol Section) to the entry chairperson:

South Shore YMCA
C/O Tim Mulvihill
75 Mill Street
Hanover, MA, 02339

Payment due date for all entries: **Monday, January 12th 2015**. 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.

ENTRY POLICY **75%/25%** Teams that are included in the 75% of guaranteed entries must submit their entry and payment to the host team no later than 7 calendar days before the first date of entries, 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 Board of Review. 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 will 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. *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.*

All unattached swimmers must be declared as unattached in writing before the meet begins.

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 tmulvihill@ssymca.org. 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: **Friday, January 9th 2015**

ENTRY LIMITS: Athletes may enter and swim in a maximum of 5 individual events per day. Time Trials count in the per day event count.

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 **Friday, January 9th 2015** entry deadline. Entry time updates should be sent via email to the entry chairperson at tmulvihill@ssymca.org. 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:

\$5.00 for individual events,

\$5.50 for non-electronic

\$7.50 on-deck entries

Swimmer Participation Fee is \$6 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)

ENTRY TIMES: All entries must be specified in short-course yard (25-yard pool) times. (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 \$5.00 for individual events, and \$20.00 for relays.

LEGAL SPLITS: legal splits must be requested before the event using a legal split form, and the requesting party must supply additional timers, if necessary, to meet the three times needed

PROGRAMS: Session heat sheets will be available for pre-purchase for \$3 at the entry. Seeded program will be distributed after scratches.

ADMISSION: \$2 per session.

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.

Friday Distance Events Only - *Once we have received entries we will structure a second warm up/warm down session for the 1,000 and 1,650 swimmers.*

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. The officials meeting will take place one hour prior to the start of each session in the hospitality room.

SAFETY:

1. 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
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 referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. 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.
6. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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.

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 Referee or the Meet Director to be resolved.

PHOTOGRAPHY: PHOTOGRAPHERS ON DECK: As per New England Swimming policy, professional photographers contracted by SSYS 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. Email the Meet Director with questions and requests

DECK ACCESS: Only 2015 USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their current USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

SCORING: The meet will not be scored.

AWARDS: Ribbons will be awarded to the top six finishers in each individual event. Heat prizes will be awarded to the first placed swimmer in each heat for 10 & under events.

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

EQUIPMENT VENDOR: A swimming equipment vendor will be selling suits, goggles, and other accessories for the duration of the meet.

MISCELLANEOUS: The South Shore YMCA Strypers assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

PARKING: Please park in the parking lot and the driveway off Water St. There is additional parking available in the side lot at the end of Payson Street and street parking on Granite Street.

DIRECTIONS: The Lincoln Hancock Community School is located off Water Street, Quincy, MA, 02169 (use 297 Water Street, Quincy for GPS devices NOT Granite Street).

From Boston and points north: Travel on I-93S and take Exit 8 towards Furnace Brook Parkway. Merge onto Willard Street and keep left at the fork. Take a slight right onto Furnace Brook Parkway and 2nd right onto Copeland Street. Continue on Water Street. Destination will be on left.

From Attleboro and points west – Travel on I-95 N and Take exit 12 to merge onto I-93 N toward Boston. Take a slight right onto Furnace Brook Parkway and 2nd right onto Copeland Street. Continue on Water Street. Destination will be on left.

From Cape Cod and points south: Travel on Route 3N and take exit 19 for Burgin Parkway towards Quincy Center/MBTA Station. Merge onto Thomas E. Burgin Parkway and turn left onto Centre Street. Turn right onto Granite Street and right onto Water Street. Destination will be on left.

LODGING (in or near Quincy)

Best Western Adams Inn – 617 328 1500

Boston Marriott Quincy – 617 472 1000

Holiday Inn Express – 781 848 1260

Hampton Inn – 781 380 3300

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Friday Night Distance Meet: January 16th - Warm-up: 4:00pm Start: 5:00 pm

Once we have received entries we will structure a second warm up/warm down session for the 1,000 and 1,650 swimmers.

Girls Events	Age Group	Event	Boys Events
1	Open	500 Free	2
3	Open	400 IM	4
5	Open	1000 Free	6
7	Open	1650 Free	8

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

Saturday Morning: January 17th - Warm-Up: 7:00 am Start: 8:30am

Girls Events	Age Group	Event	Boys Events
9	8 & Under	100 IM	10
11	13-14	100 Butterfly	12
13	Open	100 Butterfly	14
15	8 & Under	25 Butterfly	16
17	13-14	200 Back	18
19	Open	200 Back	20
21	8 & Under	50 Breast	22
23	13-14	50 Free	24
25	Open	50 Free	26
27	8 & Under	25 Free	28
29	13-14	200 Free	30
31	Open	200 Free	32
33	8 & Under	50 Back	34
35	13-14	100 Breast	36
37	Open	100 Breast	38

Saturday Afternoon: January 17th - Warm-Up: 12:00pm Start: 1:30pm

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

Sunday Morning: January 18th - Warm-Up: 7:00am Start: 8:30am

Girls Events	Age Group	Event	Boys Events
59	8 & Under	25 Back	60
61	13-14	200 Butterfly	62
63	Open	200 Butterfly	64
65	8 & Under	50 Butterfly	66
67	13-14	100 Back	68
69	Open	100 Back	70
71	8 & Under	25 Breast	72
73	13-14	100 Free	74
75	Open	100 Free	76
77	8 & Under	50 Free	78
79	13-14	200 IM	80
81	Open	200 IM	82
83	8 & Under	100 Free	84
85	13-14	200 Breast	86
87	Open	200 Breast	88

Sunday Afternoon: January 18th - Warm-Up: 12:00pm Start: 1:30pm

Girls Events	Age Group	Event	Boys Events
89	11-12	200 Free	90
91	9-10	200 Free	92
93	11-12	100 Butterfly	94
95	9-10	100 Butterfly	96
97	11-12	50 Free	98
99	9-10	50 Free	100
101	11-12	100 IM	102
103	9-10	100 IM	104
105	11-12	50 Back	106
107	9-10	50 Back	108
109	11-12	100 Breast	110
111	9-10	100 Breast	112

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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 @ \$5.00/ \$5.50 = \$ _____

_____ Swimmer Participation Fee: # athletes _____ @ \$6.00 = \$ _____

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

Total: \$ _____

Make check payable to: **South Shore YMCA**

Mail entries and check to:

Entry Deadline: **Friday, January 9th 2015**

South Shore YMCA Strypers

c/o Tim Mulvihill

75 Mill Street

Hanover, MA, 02339

781-829-8585 ext. 8304

For e-mailed entries, this form and payment

*must be received by: **Monday, January 12th 2015***

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, South Shore YMCA and Quincy Public Schools 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.**

Signature of Authorized Team Official

Date