



## CCSC Power Point Challenge Team Specialty Meet

New England Swimming Sanction # NE-16-056 (TT)

November 20-22, 2015

Massachusetts Maritime Academy

100 Academy Drive

Buzzards Bay, MA 02532

| Contacts                        | Phone        | E-mail   |
|---------------------------------|--------------|--|
| Meet Manager: Sarah Hawley      | 508-564-5690 | <a href="mailto:ccscsarah@yahoo.com">ccscsarah@yahoo.com</a>         |
| Meet Referee: Carlos Pereira    | 401-437-0747 | <a href="mailto:pereiracarlos@aol.com">pereiracarlos@aol.com</a>     |
| Entry Chairperson: Alan Sanders | 508-863-7164 | <a href="mailto:atsanders@aol.com">atsanders@aol.com</a>             |
| Admin Official: Alan Sanders    | 508-863-7164 | <a href="mailto:atsanders@aol.com">atsanders@aol.com</a>             |
| Safety Monitor: Marc Solomon    | 508-564-5690 | <a href="mailto:capecodswimclub@aol.com">capecodswimclub@aol.com</a> |

For Cape Cod Swim Club information, warm-up schedules, and/or "day-of-the-meet" weather or emergency notices call the CCSC office at 508-564-5690

**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. The 1650 freestyle will be swum fast-to-slow, alternating heats of women and men. Swimmers must provide their own timer for the 1650 FR. No events will swim with more than one swimmer per lane..

**SPECIAL MEET FORMAT:** This meet has four special categories for a **Power Point Challenge (See table below)**. There are 3 Age groups – 10 & Under, 11-12 and 13&Over. The highest point winner of each category in each Age Group will be awarded a trophy. Athletes must swim and obtain valid times in all listed events in the category to be eligible. A DQ in an included event

does disqualify eligibility. Points will be awarded based on the national power point program, so points are based on times and not on place in the meet. **Hy-Tek single year points will be used.** Athletes are eligible for awards in only one of the categories but can compete in any other events as well up to 5 events per day. There is no formal entry process. Entry is automatic once entered in the appropriate events. The categories and age groups are:

|                       | <b>IronMan</b>                         | <b>Sprinter</b>                     | <b>Medley Artist</b>                            | <b>Freestyle Specialist</b>     |
|-----------------------|--|-------------------------------------|---|---------------------------------|
| <b>10 &amp; Under</b> | 500 FR, 200 IM, 200 FR, 100 FLY        | 50 FR, 50 BK, 50 BR, 50 FLY, 100 IM | 100 IM, 200 IM, 100 BR, 100 BK, 100 FLY         | 100 FR, 200 FR, 500 FR          |
| <b>11 – 12</b>        | 500 FR, 400 IM, 200 FLY, 200 BK, 200BR | 50 FR, 50 BK, 50 BR, 50 FLY, 100 IM | 100 IM, 200 IM, 400 IM, 100 BR, 100 BK, 100 FLY | 100 FR, 200 FR, 500 FR          |
| <b>13&amp;Over</b>    | 500 FR, 400 IM, 200 FLY, 1650 FR       | 50 FR, 50 BK, 50 BR, 50 FLY, 100 IM | 100 IM, 200 IM, 400 IM, 100 BR, 100 BK, 100 FLY | 100 FR, 200 FR, 500 FR, 1650 FR |

Swimmers must swim in the most restrictive age appropriate event to be eligible. (eg, an 11 yo must swim the 12&U 500FR instead of the OPEN 500FR etc)

**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 yards)

**25-YARD EVENTS:** 25-yard events will start from the blocks. Hand timing will be used for these events.

**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:

(a.) Teams included in the 75% may be asked to cut each athlete to 4 events in the session.

For teams included in the 25% of the 75/25:

(a.) Teams may be asked to cut each athlete to as few as 3 events in the session.

(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, the swimmers can be reinstated into those previously entered events. In order to comply with the specific time requirements for any 12&U session, a lottery from the 25% for entry into those sessions may be conducted by the New England Swim office. 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. 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 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 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 session**, is a decision of the Meet Director, Meet Referee and the Meet Committee

**ELIGIBILITY:** All swimmers must be 2015/2016 registered swimmers with United States Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: [office@neswim.com](mailto: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 registered (includes proof of age and payment) with USA Swimming before 11:59 PM on the Tuesday before the start of the meet. Any swimmer

who has entered a meet and does not register by 11:59 PM on the Tuesday 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](#) to verify registration status

**DECK REGISTRATIONS for deck entries:** We will accept on-deck registrations at this meet, for any unregistered swimmer that wants to swim, as long as there is a completed registration form, proof of age, and a check made out to New England Swimming for \$75.00. Entry fees for on-deck entries are \$7.00 per event.

**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 20, 2015. (Entries received before this date will be considered received on October 20, 2015.)

**Final date of entry acceptance:** November 16, 2015.

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: November 16, 2015 or 4 days after entry submittal - whichever occurs first.** Any team that fails to send payment, cover page and waiver form by this 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.

**ENTRY FEES:** Electronic entries:

\$5.00 for all individual events including time trials

\$7.00 for distance events

On-deck entries: \$7.00.

Non-electronic entries: Add 50c for individual events and \$5.00 for relays.

Swimmer Participation Fee is \$9.00 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 may be emailed as an attachment to the entry chairperson Alan Sanders. Entries WILL be acknowledged. If you do not receive acknowledgement, contact entry chair directly by phone. 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 within 4 days of acceptance.

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

**ENTRY TIME UPDATES:** Entry times may be updated until 1 day prior to the first day of the meet. Entry time updates should be sent via email to the entry chairperson Alan Sanders. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries may be automatically excluded.)

**ENTRY TIMES:** All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times. Entries with No Time are accepted but it is preferred that the swimmer be entered with a Coaches Time.

**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 (including relay lead-offs) must be requested 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:** \$2.00 per session

**HEAT SHEETS:** \$3.00 per session.

**MEET MOBILE:** Meet mobile will be functional for this meet. All users should be aware that Meet Mobile publishes unverified raw data which cannot be relied upon until the official results have been published and posted in the facility.

**WARMUPS:** 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 after all entries are received.

**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.

**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. 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 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: [anne.l.kaufman@gmail.com](mailto:anne.l.kaufman@gmail.com) (857-928-3638) or through the [USA-S online reportable form](#).

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

**DECK ACCESS:** Only 2015/2016 USA Swimming registered athletes, coaches, officials, and official meet staffs 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 (Except as noted below).

**AWARDS:** This meet has four special categories for a **Power Point Challenge (See table below)**. There are 3 Age groups – 10 & Under, 11-12 and 13&Over. The highest point winner of each category in each Age Group will be awarded a trophy. Athletes must swim and obtain valid times in all listed events in the category to be eligible. A DQ in an included event does disqualify eligibility. Points will be awarded based on the national power point program, so points are based on times and not on place in the meet. **Hy-Tek single year points will be used.** Athletes are eligible for awards in only one of the categories but can compete in any other events as well up to 5 events per day. There is no formal entry process. Entry is automatic once entered in the appropriate events.

The categories and age groups are:

|            | IronMan                                      | Sprinter                               | Medley Artist   | Freestyle Specialist               |
|------------|--|--|---|------------------------------------|
| 10 & Under | 500 FR, 200 IM,<br>200 FR, 100 FLY           | 50 FR, 50 BK, 50 BR,<br>50 FLY, 100 IM | 100 IM, 200 IM,<br>100 BR, 100 BK,<br>100 FLY         | 100 FR, 200 FR,<br>500 FR          |
| 11 – 12    | 500 FR, 400 IM,<br>200 FLY, 200 BK,<br>200BR | 50 FR, 50 BK, 50 BR,<br>50 FLY, 100 IM | 100 IM, 200 IM,<br>400 IM, 100 BR,<br>100 BK, 100 FLY | 100 FR, 200 FR,<br>500 FR          |
| 13&Over    | 500 FR, 400 IM,<br>200 FLY, 1650 FR          | 50 FR, 50 BK, 50 BR,<br>50 FLY, 100 IM | 100 IM, 200 IM,<br>400 IM, 100 BR,<br>100 BK, 100 FLY | 100 FR, 200 FR,<br>500 FR, 1650 FR |

Swimmers must swim in the most restrictive age appropriate event to be eligible. (eg, an 11 yo must swim the 12&U 500FR instead of the OPEN 500FR etc)

No ribbons will be awarded at this meet, excepting 8 & under events will be awarded thru 12<sup>th</sup> place. Heat winner ribbons will be awarded for each 12 & under event.

**FOOD:** A concession stand will be in operation on Saturday and Sunday.

**EQUIPMENT VENDOR:** A swimming equipment vendor will be selling suits, goggles, and other accessories on Saturday and Sunday.

**MISCELLANEOUS:** Cape Cod Swim Club assumes no responsibility for lost or stolen property. Pets of any kind are not permitted within the facility.

**PARKING:** There is ample parking available in the parking lot adjacent to the pool

**DIRECTIONS:** 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.

***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.

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



**CCSC MEET ORDER OF EVENTS Nov 20-22, 2015**

**FRIDAY PM warm-up @ 4:30 PM, meet starts @ 5:05 PM**

| Girls Event # | Event             | Boys Event # |
|---------------|-------------------|--------------|
| 1             | 12&U 500FR        | 2            |
|               | 30 Minute warm up |              |
| 3             | 12&U 400IM        | 4            |
| 5             | OPEN 1650FR       | 6            |

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

| Girls Event # | Event       | Boys Event # |
|---------------|-------------|--------------|
| 7             | 12&U 200BR  | 8            |
| 9             | 8&U 25FR    | 10           |
| 11            | 12&U 50BK   | 12           |
| 13            | 12&U 100IM  | 14           |
| 15            | 8&U 25 FLY  | 16           |
| 17            | 12&U 200BK  | 18           |
| 19            | 12&U 50BR   | 20           |
| 21            | 12&U 100FLY | 22           |
| 23            | 12&U 100FR  | 24           |

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

| Girls Event # | Event       | Boys Event # |
|---------------|-------------|--------------|
| 25            | OPEN 400IM  | 26           |
| 27            | OPEN 50FLY  | 28           |
| 29            | OPEN 100BK  | 30           |
| 31            | OPEN 200FR  | 32           |
| 33            | OPEN 50BK   | 34           |
| 35            | OPEN 100IM  | 36           |
| 37            | OPEN 100FLY | 38           |
| 39            | OPEN 200BR  | 40           |

**SUNDAY AM warm-up @ 7:00 AM, Meet starts @ 8:05AM**

| Girls Event # | Event      | Boys Event # |
|---------------|------------|--------------|
| 41            | 12&U 200FR | 42           |

|    |             |    |
|----|-------------|----|
| 43 | 8&U 25BR    | 44 |
| 45 | 12&U 100 BK | 46 |
| 47 | 12&U 200FLY | 48 |
| 49 | 8&U 25BK    | 50 |
| 51 | 12&U 100BR  | 52 |
| 53 | 12&U 50 FLY | 54 |
| 55 | 12&U 200IM  | 56 |
| 57 | 12&U 50 FR  | 58 |

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

| <b>Girls Event #</b> | <b>Event</b> | <b>Boys Event #</b> |
|----------------------|--------------|---------------------|
| 59                   | OPEN 500FR   | 60                  |
| 61                   | OPEN 50BR    | 62                  |
| 63                   | OPEN 100FR   | 64                  |
| 65                   | OPEN 200FLY  | 66                  |
| 67                   | OPEN 200IM   | 68                  |
| 69                   | OPEN 100BR   | 70                  |
| 71                   | OPEN 200BK   | 72                  |
| 73                   | OPEN 50FR    | 74                  |

**Cape Cod Swim Club Power Point Challenge  
Team Specialty Meet  
Massachusetts Maritime Academy,  
Buzzards Bay, MA 02532**



**November 20-22, 2015**

**Sanctioned by NE Swimming #NE-16-056-(TT)**

**CONTACT INFORMATION**

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

List Unattached Swimmers: \_\_\_\_\_

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

\_\_\_\_ Individual Entries @ \$5.00/ \$5.50 = \$ \_\_\_\_\_

\_\_\_\_ Distance Events (400 & longer) @ \$7.00/ \$7.50 = \$ \_\_\_\_\_

\_\_\_\_ Swimmer Participation Fee: # athletes \_\_\_\_ @ \$9.00 = \$ \_\_\_\_\_

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

Total: \$ \_\_\_\_\_

Make check payable to: **CCSC**

Mail entries and check to:

Alan Sanders

P.O. Box 623

Buzzards Bay MA 02532

Entry Start Date: October 20, 2015

**Payment due date for all entries: November 16, 2015 or 4 days after entry submittal, whichever occurs first**

**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, Cape Cod Swim Club, Friends of the Cape Cod Swim Club and Massachusetts Maritime Academy 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

Please list officials attending meet: \_\_\_\_\_