



South Shore YMCA Strypers 3rd Annual Frozen Classic Meet

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

January 15-17, 2016

Held under the sanction of USA Swimming/New England #NE-16-039 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. **The 12 & under 500 freestyle on Saturday afternoon will be limited to four heats of boys and girls or 45min for the event, whatever comes first.**

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. The pool deck capacity is 180 persons. There is spectator seating for 280 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).

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

Clubs will be notified of cuts no later than **Thursday, January 7th 2016**

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 2015 or 2016 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 2016 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 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.

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.

PARALYMPIC SPORTS CLASS SCORING:

New England Swimming, Adaptive Sports New England, the South Shore Y Strypers, the YNS Sharks, the Flaherty Dolphin Swim Club and other area swim clubs are collaborating to promote participation of swimmers who have physical or visual impairments and who may be eligible for Paralympic competition regionally, nationally and internationally.

- City of Presidents IMX Meet (Oct 16-18; Quincy)
- Reid Saco Trials & Finals Meet (Nov 6-8; Beverly)
- 3rd Annual Frozen Classic (January 15-17; Quincy)

At the above meets, results of swimmers who have been assigned a U.S. Paralympics or IPC sport class will be ranked and recognized by the meet organizer and Adaptive Sports New England IN ADDITION TO THE RESULTS APPEARING IN THE OVERALL MEET RESULTS BY AGE AND GENDER. Ranking will be based on the Canadian Paralympic Points System.

This scoring will be for the following events:

- 12 & under - 50 free, 50 back, 50 breast, 100 IM
- 13 & over - 100 free, 100 back, 100 breast, 200 IM

Swimmers who hold a U.S. Paralympics or IPC sport class should be entered in events by age and gender as all other swimmers. These swimmers are eligible to be entered in other events (as they are for all USA Swimming meets), but only the above events will be ranked and recognized in this manner.

More information on Paralympic classification can be found at www.teamusa.org/us-paralympics/sports/swimming



More information on Adaptive Sports New England's Paralympic Sport Club Boston swimming initiative is available from mike.prout@adaptivesportsne.org.



EVENTS and SESSIONS: See attached list.

ENTRY INFORMATION:

First date of entry acceptance: **Monday, December 14th 2015** (any entry received before this date will be considered received Monday, December 14th 2015)

Final date of entry acceptance: **Monday, January 4th 2016**

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 11th 2016**. 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: **Monday, January 11th 2016**

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 **Monday, January 4th 2016** 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 \$10 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 and 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 will 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. 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 (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 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 or 2016 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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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 _____ @ \$10.00 = \$ _____

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

Total: \$ _____

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

Mail entries and check to:

Entry Deadline: **Monday, January 4th 2016**

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 11th 2016***

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



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January 15-17 2016

Friday Night Distance Meet: January 15th - 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	13 & Over	500 Freestyle	2
3	Open	400 IM	4
5	Open	1000 Freestyle	6
7	Open	1650 Freestyle	8

Each participant must provide their own timer and counter (as needed) for events 400yard+.

Saturday Morning: January 16th - Warm-Up: 7:00 am Start: 8:30am

Girls Events	Age Group	Event	Boys Events
9	13-14	50 Freestyle	10
11	Open	50 Freestyle	12
13	13-14	100 Butterfly	14
15	Open	100 Butterfly	16
17	13-14	200 Backstroke	18
19	Open	200 Backstroke	20
21	13-14	100 Breaststroke	22
23	Open	100 Breaststroke	24
25	13-14	200 Freestyle	26
27	Open	200 Freestyle	28
29	13-14	100 IM	30
31	Open	100 IM	32

Saturday Afternoon: January 16th - Warm-Up: 12:00pm Start: 1:20pm

Each participant must provide their own timer and counter for the 500y Freestyle.

Girls Events	Age Group	Event	Boys Events
33	10 & under	50 Backstroke	34
35	11-12	50 Backstroke	36
37	9-10	200 IM	38
39	11-12	200 IM	40
41	10 & Under	100 Freestyle	42
43	11-12	100 Freestyle	44
45	10 & under	50 Butterfly	46
47	11-12	50 Butterfly	48
49	9-10	100 Backstroke	50
51	11-12	100 Backstroke	52
53	12 & Under	500 Freestyle	54



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

55	13-14	200 IM	56
57	Open	200 IM	58
59	13-14	100 Free	60
61	Open	100 Free	62
63	13-14	200 Breast	64
65	Open	200 Breast	66
67	13-14	100 Back	68
69	Open	100 Back	70
71	13-14	200 Butterfly	72
73	Open	200 Butterfly	74

Sunday Afternoon: January 17th – Warm Up: 12:00pm Start: 1:20pm

75	10 & under	50 Breaststroke	76
77	11-12	50 Breaststroke	78
79	9-10	200 Freestyle	80
81	11-12	200 Freestyle	82
83	10 & under	100 IM	84
85	11-12	100IM	86
87	9-10	100 Butterfly	88
89	11-12	100 Butterfly	90
91	10 & under	50 Freestyle	92
93	11-12	50 Freestyle	94
95	9-10	100 Breaststroke	96
97	11-12	100 Breaststroke	98