

North Shore Swim Club
12/Under Timed Final, 13 & Over Prelim & Final

MIT Competition Pool at Zesiger Center, Cambridge MA 02139

August 2-4 2019

Sanctioned by NE Swimming #NE19-0802NSSC

Meet Director: Tony Padvaiskas, tonypad@aol.com, 978-314-5445

Meet Referee: Dave Travers, dktravers@comcast.net, 413-320-7953

Entry Chairperson: Dan Warner, nssc1@aol.com, 978-852-3985

Admin Official: Dan Warner, nssc1@aol.com, 978-852-3985

Safety Monitor Tony Padvaiskas, tonypad@aol.com, 978-314-5445

IMPORTANT DATES:

First date of entry acceptance: June 21, 2019

Last date of entry acceptance: July 19, 2019

Payment due date: July 24, 2019

MEET FORMAT: The meet will be swum as timed finals on Friday evening fast to slow. On Saturday and Sunday the meet will be swum prelims and finals for ages 13 & over and timed finals for 12 & under. Finals for 13&14 and 15 & Over will include a consolation and final heat of 8 swimmers each for all event except Friday evening. 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. All events except evening 13 & Over finals will have chase starts. Coaches will be able to pick up heat sheets at the timing table on deck. All Friday events will be swum fast-to-slow, all heats of women and then men. Unless using chase starts, no events will swim with more than one swimmer per lane.

DISTANCE EVENTS: The 400 Free & 400 IM will be swum fast-to-slow; all heats of women and then men. Swimmers must provide their own timer for events 400 meters or longer.

SITE: The MIT pool is an 8-lane, 50-meter pool with seven-foot-wide lanes and non-turbulent lane lines. Fully automatic Colorado Time Systems electronic timing with touch pads at the finish end of the pool with full electronic display. There are touch pads at the both end of the pool. Attached to the main pool is a 25 yard pool that is available for warm-up and warm-down during the 13 & over session only, 3 lanes and 25 yards in size for 13 & Over swimmers only. The finish end of the pool is 7 feet deep; the turn end of the pool is 12 feet deep. Spectator seating for 400 in the pool balcony. The pool is located inside the MIT Zesiger Center, 120 Vasser Street, Cambridge, MA 02139. Directions may be found later in this document.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

COURSE: LCM

50 METER EVENTS: All 50 events will start at the scoreboard end of the pool finishing at the spectator end.

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%:

- (a) Entries may be cut by time or to a specific number of heats for specified events
- (b) May be asked to cut 12 & Under athlete to one less event than maximum allowed per day.
- (c) Entries may be cut by time with 12 & Under before other age groups.

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

- (a) May be asked to cut 12 & Under athletes 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
- (c) Entries may be cut by time with 12 & Under before other age groups.

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/FACILITY 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 the decision of the Meet Director, Meet Referee and the Meet Jury.

ELIGIBILITY All swimmers must be currently registered swimmers with United States Swimming. Swimmers may register with the NE Swimming Registrar: registrarnes@gmail.com. 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

REGISTRATIONS: All swimmers and non-athletes 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 website](#) to verify registration status.

FALSE REGISTRATION: 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.

DECK REGISTRATIONS will not be accepted.

DECK ACCESS: Only currently registered USA Swimming athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display 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.

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, Bob Menck. 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.

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

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. Coaches and teams entering swimmers with disabilities that require any accommodations shall provide advance notice in writing to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests. The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

EVENTS and SESSIONS: See attached list.

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 Admin Review Board. 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 LIMITS: Athletes may enter and swim in a maximum of 6 events per day for timed final events, 3 per day for trials/finals events. Time Trials count in the per day event count.

ENTRY INFORMATION:

First date of entry acceptance June 21, 2019 (any entry received before this date will be considered received June 21, 2019)

Final date of entry acceptance: July 19, 2019

Make checks payable to "North Shore Swim Club".

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

NSSC

19 Fenley Road

Gloucester MA 01930

All entries will be acknowledged within 48. hours of receipt. If you do not receive acknowledgement you should not consider your entry received and begin alternate contact efforts.

Teams will be notified within 48 hours of the First Date of Entry if they are accepted into the meet.

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 may 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

ENTRY FEES: Electronic entries:

\$5.00 for all individual events

\$6.00 for all Prelim & Final Entries

\$20.00 for Relays

\$10.00 for Time Trials

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 NSSC1@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: July 24, 2019.

ENTRY TIME UPDATES: Entry times may be updated until Monday before the first day of the meet. No new entries will be accepted after the July 19, 2019 entry deadline. Entry time updates should be sent via email to the entry chairperson at NSSC1@aol.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

ENTRY TIMES: All entries must be specified in long-course meters times, (NT's are accepted)

RELAYS:

- Use of Electronic Relay Judging Pads: Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. If Electronic Relay Judging pads are to be used at a meet, they will serve in the following capacity. Once a Dual Confirmation of a relay take off has been confirmed (Dual Human Confirmation), the Meet Referee or his/her designee shall request the RJP data. This data can only be used to support the disqualification or overturn the disqualification. In the event the RJP data is either missing or deemed invalid, the disqualification will stand.
- Unattached swimmers may not participate in any relays.
- Mixed relays must have two swimmers of each gender

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 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 a pad, 3 timers when no pad) When this form is submitted for relay take offs, it will be used to verify a time that is in question. It can also be used to verify and record a lead off split in an event that does not automatically go into SWIMS.

ADMISSION: \$ 3.00 per session

PROGRAMS: \$4.00 per session.

MEET MOBILE: Meet Mobile/ Live Results 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.

WARM-UPS: The pool will open for warm-ups 60 minutes before the beginning of each session. The pool will close five minutes before the beginning of each session start time. Teams will be assigned warm-up lanes

after all entries are received. The warm-up pool will be available with 3 lanes throughout the 13 & Over sessions beginning at the start of the meet.

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, restrooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
6. Deck changes are prohibited.

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.

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 the Meet Referee or the Meet Director. 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](#).

PHOTOGRAPHY/PHOTOGRAPHERS ON DECK: As per New England Swimming policy, professional photographers contracted by NSSC 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

SCORING: The meet will not be scored.

AWARDS: there will be no awards.

FOOD: No food concession during the meet.

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

MISCELLANEOUS: North Shore Swim Club assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility

PARKING:

Parking Link: [http://web.mit.edu/afs/athena.mit.edu/user/b/m/bmce/Public/MIT Recreation Event Parking.pdf](http://web.mit.edu/afs/athena.mit.edu/user/b/m/bmce/Public/MIT_Recreation_Event_Parking.pdf)

MIT recommends the use of public transportation when possible. During events, guests are able to park in select MIT Garages and Lots. Once these lots are at capacity, MIT Parking Services staff will direct guests to the overflow lot. The current charge is \$9.00 (this is subject to change at any time by MIT). **The West Garage is no longer available.** The Albany Street Garage and the Westgate Lot are both an easy walk to the pool. There is metered parking along Vassar Street and adjacent streets. Due to current construction on Vassar Street, certain Metered Parking is unavailable in posted areas Monday-Saturday, 7AM-4PM. No restrictions outside this time. Please follow all posted signs as it is closely patrolled by Cambridge Police.

DIRECTIONS: From the North (I-95 or I-93)

If you are heading south on I-93, follow I-93 into Boston then follow the I-93 instructions below. If you are heading south on I-95, take the I-93 South exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.

From the South (I-95 or I-93)

If you are heading north on I-93, follow I-93 (the Southeast Expressway) into Boston then follow the I-93 instructions below. If you are heading north on I-95, take the I-93 North exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.

From the West (I-90) (Mass Turnpike)

Follow I-90 east to the Cambridge/Brighton exit (exit 18). Following the signs to Cambridge, cross the River Street Bridge, and continue straight about 1 mile to Central Square. Turn right onto Massachusetts Avenue and follow Massachusetts Avenue for about a half mile. The main entrance to MIT will be on your left. If you cross the river again, you have gone too far.

From Route I-93

From I-93, take exit 26, and follow the signs to Back Bay along Storrow Drive West, approximately 1.5 miles, to the exit for Route 2A. The exit will be on the left, just before the Harvard Bridge (more appropriately called the Massachusetts Avenue Bridge). The Charles River will be on your right. As you cross the bridge, you will be looking at MIT – the Great Dome and academic facilities are on the right, the dormitories and athletic facilities are on the left.

North Shore Swim Club 12 and under Timed finals/ 13 and over Trials and Finals

Friday, August 2, 2019

Friday Evening Warm Up: 2:30 PM Start: 3:15 PM

Female Event Number	Event	Male Event Number
1	13 and over 200 meter butterfly Timed Final *	2
3	11-12 200 Meter Freestyle*	4
5	13 and over 400 Meter freestyle* Timed final	6
7	11 & Over 200 Meter IM*	8
9	13 and over 400 IM* Timed final	10

*Based on timeline, cuts will be made to the top 32

Saturday AM, August 3, 2019

Saturday Morning Warm Up: 7:30 AM Start: 8:15 AM

Female Event Number	Event	Male Event Number
11	13 and over 200 Mixed freestyle Relay	
12	9-10 50 meter freestyle	13
14	13 and over 100 meter Freestyle Trials	15
16	9-10 50 meter backstroke	17
18	13 and over 200 meter backstroke Trials *	19
20	9-10 50 meter breaststroke	21
22	13 and over 100 meter breaststroke Trials	23
24	9-10 50 meter butterfly	25
26	13 and over 50 meter freestyle Trials	27

*top 32

Saturday PM, August 3, 2019

Saturday Afternoon Warm Up: 2:30 PM Start: 3:15 PM

Female Event Number	Event	Male Event Number
28	11-12 200 Mixed freestyle relay	
	13-14 and 15 and over 50 meter freestyle final	
29	11-12 100 meter freestyle	30
	13-14 and 15 and over 100 meter freestyle final	
31	11-12 100 meter backstroke	32
	13-14 and 15 and over 200 meter backstroke final	
33	11-12 100 meter breaststroke	34
	13-14 and 15 and over 100 meter Breaststroke final	
35	11-12 100 meter butterfly	36

*Swimmers are only allowed to swim 3 finals events on Saturday evening.

Sunday AM, August 4, 2019
 Sunday Morning Warm Up: 7:30 AM Start: 8:15 AM

Female Event Number	Event	Male Event Number
37	13 and over 200 Mixed Medley Relay	
38	11-12 50 meter freestyle	39
40	13 and over 200 meter freestyle Trials *	41
42	11-12 50 meter backstroke	43
44	13 and over 100 Trials backstroke	45
46	11-12 50 meter breaststroke	47
48	13 and over 200 breaststroke Trials*	49
50	11-12 50 meter butterfly	51
52	13 and over 100 meter butterfly Trials	53

*top 32

Sunday PM, August 4, 2019
 Sunday afternoon Warm Up: 2:30 PM Start: 3:15 PM

Female Event Number	Event	Male Event Number
54	9-10 100 meter freestyle	55
	13-14 and 15 and over 200 meter freestyle final	
56	9-10 100 meter backstroke	57
	13-14 and 15 and over 100 meter backstroke final	
58	9-10 100 meter breaststroke	59
	13-14 and 15 and over 200 meter Breaststroke final	
60	9-10 100 meter butterfly	61
	13-14 and 15 and over 100 meter Butterfly final	
62	9-10 200 Mixed freestyle relay	

Top 16 will return on Saturday and Sunday evening for finals in the 13/14 and 15-over age groups. Female and Male.

North Shore Swim Club
12 and under Timed finals/ 13 and over Trials and Final
August 2-4, 2019

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 (Timed Final)	@ \$5.00	=	\$ _____
_____	Individual Entries (Prelim/ Final)	@ \$6.00	=	\$ _____
_____	Distance Entries (400 Meters & Longer)	@ \$10.00	=	\$ _____
_____	Relays	@ \$20.00	=	\$ _____
_____	Swimmer Participation Fee (# of athletes)	@ \$10.00	=	\$ _____
_____	NE Swimmer Travel Fee (# of athletes)	@ \$1.00	=	\$ _____
Total:				\$ _____

Make check payable to: North Shore Swim Club
 Mail entries and check to:
 NSSC
 c/o Dan Warner, Entry Chairperson
 19 Fenley Road
 Gloucester MA 01930
 978-852-3985

Entry Deadline: July 19, 2019,
*For e-mailed entries, this form and payment
 must be received by July 24, 2019*

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, 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, North Shore Swim Club and MIT 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