

LRSC Tuffin-Up Meet 2020

Bath Area Family YMCA 303 Centre Street, Bath Maine 04530

Sunday February 2nd, 2020

Sanctioned by USA Swimming/Maine Swimming #1920-0202-TT

MEET CONTACT:

Meet Director: D. Jay Morissette (lrsc@bathymca.org) 207-443-4112

Meet Referee: Nicole Viele (bnviele@gmail.com) 207-380-6140

Entry Chairperson: Jay Morissette (lrsc@bathymca.org) 207-443-4112

Admin Official: Todd Marco

Safety Monitor: Brian Savage (sponge@bathymca.org) 207-443-4112

MEET FORMAT: All events will be timed finals. For Session one, coaches will receive a scratch sheet which they must return 30 minutes before the start of the meet so the session can be seeded. Session 2 will be pre-seeded with Hy-tek 6.0. All session 1 events will be swum fastest to slowest. Swimmers in the 1650- and 500-yard freestyles must provide their own timer. Session 2 will be swum slowest to fastest. Coaches can pick up heat sheets in the Deep end office.

SITE: Bath Y pool is an eight lane 25-yard pool with 6-foot-wide lanes and has non-turbulent lane lines. The timing system includes a fully automatic Daktronics Time Systems electronic timing system with touchpads at the finish end of the pool with single-line electronic display. There are no touchpads at the turn end of the pool. The finish end of the pool is 9 feet deep; and the turn end of the pool is 4 feet deep. There is overlooking bleacher seating for 300. The competition course has been certified in accordance with 104.2.2c (4). Backstroke wedges will be available.

START TIME: Session 1 warmups will begin at 7:30am. The meet will start at 8:15am. Session 2 warmups will begin no earlier than 12:15 pm.

COURSE: Short course yards (25 yards)

CUT PROTOCOL: If a session is over-subscribed, the following cuts will be made in this order: (list the protocol) Teams will be cut based on date of entry – last in first cut

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 a session, is the decision of the Meet Director, Meet Referee and the Meet Jury.

ELIGIBILITY: All swimmers must be 2020 registered swimmers with United States Swimming. Swimmers may register with Mary Ellen Tynan, 17203 Millikan Ave, Irvine, CA 92606: meswimoffice@gmail.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 or display their deck pass when asked. 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: Swimmers 12 years old and younger are not permitted to wear "Tech" suits at this meet

REGISTRATIONS: All swimmers must be 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. Meet reconciliation will be done for this meet.

DECK REGISTRATIONS for deck entries: Deck Registrations will not be accepted for this 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.

EVENTS and SESSIONS: See attached list.

ENTRY FEES: There will be a \$4.00 per individual event for HY-TEK entries. There is a \$0.50 surcharge, per event, for non HY-TEK entries. There will be a \$5 per swimmer participation fee. A portion of the participation fee proceeds (less MSI cut) will benefit the Maine Swimming and Diving Hall of Fame.

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 <mailto:lpsc@bathymca.org> along with the entry cover sheet. Please check that your team name, address, and contact information are listed correctly in this file.

ENTRY DEADLINE: Hy-Tek entries must be received no later than 11:59 pm Monday, January 27th, 2020. Deck entries will be accepted on a case by case basis in existing heats and empty lanes. Payment due date for all entries: February 2nd, 2020. Any team that fails to send payment by this due date can be scratched from the meet at the discretion of the Entry Chairperson. Any team that does not pay before the start of the meet may be assessed a late payment fee of \$25.

ENTRY LIMIT: Swimmers are limited to 6 (six) individual events per day. Time Trials count in the per day event count.

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 \$16.00 for relays.

ENTRY TIMES: All entries must be specified in short course yard times. Meter times must be converted to yard times. (Coach's times should be used instead of NT's).

DECK ENTRIES: Deck entries will be allowed at this meet. Deck entries will swim in the first heat in an empty lane.

RELAYS: There will not be relays at this meet.

ADMISSION: \$2.00 per session

PROGRAMS: \$1.00 for session 1 and \$2 for session 2

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.

WARM-UPS: All swimmers shall enter feet first using the sit and slide method at the starting end of the pool. Team warm up lane assignments will be made once all of the entries have been received.

OFFICIALS: If you know that you will be attending this meet, please email the Meet Referee and let 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. No shaving is permitted at the competition site.
2. No glass containers are permitted within the facility.
3. No food is allowed on the pool deck.
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. Deck changes are prohibited.
7. 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.

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. A swimmer may compete under protest during appeal of a decision of the MSI Board of Directors or MSI House of Delegates only upon presentation of a written protest and its required fee of \$100 to the General Chair. 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 Maine 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.

PHOTOGRAPHY: PHOTOGRAPHERS ON DECK: As per Maine Swimming policy, only coaches are permitted to use video equipment on deck, but this is not permitted from behind the blocks. The 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.

DECK ACCESS: Only 2020 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 or display their Deck Pass when asked. Individuals without proof of USA Swimming registration will be removed from the pool deck, and will be subject to a fine by Maine Swimming.

SCORING: The meet will not be scored.

AWARDS: There will be no awards

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

EQUIPMENT VENDOR: No equipment vendor will be present at the meet

MISCELLANEOUS: Long Reach Swim Club and the Bath YMCA assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

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, Maine Swimming, Long Reach Swim Club and the Bath YMCA 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.

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 Sanction Chair. 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.

EVENT LIST

Session 1 – 7:30am Warm-Up 8:15 start

1. Mixed Open 200 IM
2. Mixed Open 400 IM
3. Mixed Open 500 Freestyle
4. Mixed Open 1650 Freestyle

Session 2 – not earlier than 12 Warm-up not earlier than 1pm start

5. Mixed Open 200 Breaststroke
6. Mixed Open 100 Backstroke
7. Mixed Open 200 Butterfly
8. Mixed Open 100 Breaststroke
9. Mixed Open 200 Backstroke
10. Mixed Open 100 Butterfly
11. Mixed Open 50 Freestyle

Events 3 & 4 you must provide your own timer.

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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 @ \$4.00/ \$4.50 = \$ _____

____ Swimmer Participation Fee: # athletes ____ @ \$ 5.00 = \$ _____

Total: \$ _____

Make check payable to: Long Reach Swim Club

Mail entries and check to: LRSC c/o Jay Morissette 303 Centre street Bath, Maine 04530

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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, Maine Swimming, Long Reach Swim Club and the Bath YMCA 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