



2022 TUFFIN UP MEET
February 6, 2022
SANCTION NO.
ME-2122-0206LRSC

Hosted by
LONG REACH
SWIM CLUB

NOTE: All highlighted statements require a decision or additional information provided by the host team.

We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting The Bath Area YMCA. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Maine Swimming, Inc., SANCTION NO: ME-2122-0206LRSC • USA Swimming, Inc., Maine Swimming, Inc., and the Bath Area YMCA shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., Maine Swimming, Inc., and Long Reach Swim Club cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Maine Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Maine Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND MAINE SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.
USA-S SANCTION REQUIREMENTS	<p>To address circumstances related to COVID-19, include the following here:</p> <ul style="list-style-type: none"> • Masks are strongly recommended in the facility at all times. • Parents needing the contact their swimmer during the meet should call Brian Savage at 207-837-8342
LOCATION:	Bath area Family YMCA, 303 Centre Street, Bath, Maine, 04530, 207-443-4112
FACILITY:	<ul style="list-style-type: none"> • Bath Y pool is an eight lane 25-yard pool with 7-foot-wide lanes and has non-turbulent lane lines. The timing system includes a fully automatic Daktronics Time Systems electronic timing

	<p>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.</p> <ul style="list-style-type: none"> • The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming. 												
MEET PERSONNEL:	<p>Meet Director: Jay Morissette (lrsc@bathymca.org, 207-371-9223) Meet Referee: Marie Weferling (weferling5@gmail.com) Entry Chairperson: Jay Morissette (lrsc@bathymca.org, 207-443-4112) Admin Official: Todd Marco (todd@gnomelandscapes.com, 207-329-2599) Safety Monitor: Brian Savage (sponge@bathymca.org, 207-837-8342)</p>												
SESSIONS:	<table border="1"> <thead> <tr> <th>Date</th> <th>Session Name</th> <th>Warm-Up</th> <th>Start</th> </tr> </thead> <tbody> <tr> <td>Sunday, Feb. 6th</td> <td>Extra Tuff Stuff</td> <td>7:30 AM</td> <td>8:15 AM</td> </tr> <tr> <td>Sunday, Feb. 6th</td> <td>Tuff Stuff</td> <td>12:00 PM</td> <td>1:00 PM</td> </tr> </tbody> </table>	Date	Session Name	Warm-Up	Start	Sunday, Feb. 6th	Extra Tuff Stuff	7:30 AM	8:15 AM	Sunday, Feb. 6th	Tuff Stuff	12:00 PM	1:00 PM
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming athletes ages registered before the first day of the meet. • No on deck Maine Swimming athlete registration will be permitted. • Age on the first day of the meet will determine age for the entire meet. 												
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. 												
FORMAT:	<ul style="list-style-type: none"> • Meet will be seeded with Hy-Tek Meet Manager 8.0. • The meet will be swum as timed finals. • All Session 1 events will be swum fastest to slowest. • Swimmers must provide their own timer for the 400 IM and 1650 Free. • Live streaming will be available for this meet. 												
ENTRIES:	<ul style="list-style-type: none"> • Final Date of Entry: January 31, 2022 • Entries must be submitted in yard times. • Teams submit entries via email to lrsc@bathymca.org • Swimmers may compete in a maximum of 6 individual events a day. Time Trials count towards the individual day limit. • Entries will be processed on a first come first serve basis. • Deck entries will be accepted only if the swimmer is already entered into the meet. • Deck entry swimmers will swim in an existing heat and in an open lane. 												
FEES:	<p>Events 200 yards or less: \$5 (deck entries \$5.50) Events 400 yards or more: \$7 (deck entries \$7.50)</p>												

	<p>Time Trials: \$15.00 for 200 yard and under events and \$21.00 for 400 yard and over events, due at the time of request.</p> <p>Swimmer participation fee: \$5 (A portion of the swimmer participation fee goes to supporting the Maine Swimming Hall of Fame)</p> <p>Athlete Travel Surcharge: \$1 per swimmer</p> <p>Checks should be made payable to: LRSC</p> <ul style="list-style-type: none"> • Mail payment to: Jay Morissette, Bath Area Family YMCA, 303 Centre Street, Bath, ME, 04530 • Payment must be received by February 6, 2022, prior to entering the meet for warm up. Failure to pay entry fees by this deadline may result in teams being barred from the meet and a \$25.00 late fee in addition to the entry fees due.
SCRATCHES:	<ul style="list-style-type: none"> • Scratches for Sunday events should be emailed to lrscl@bathymca.org by 5 PM on Friday, February 4th. Please put scratch in the subject of the email. • There is no penalty for a No Show.
WARM-UP:	<ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be published after entries have been received.
AWARDS:	<ul style="list-style-type: none"> • There will be no awards.
SCORING:	<ul style="list-style-type: none"> • There will be no scoring
COVID RULES	<ul style="list-style-type: none"> • NO SPECIAL REQUIREMENTS
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy (MAAPP 2.0) will govern this meet. • All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP 2.0) and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition. • Any swimmer entered in the meet must be certified by a USA-S 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. • 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 without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • In accordance with Maine State Best Practices, all athletes should shower before entering the pool. • In accordance with Maine Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area and are subject to a fine. The Meet Referee will be checking credentials prior to meet start.

	<ul style="list-style-type: none"> • 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.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> • Entries using fraudulent or non-verifiable times. • Athlete competed in the incorrect age group. • Athlete is not registered with USA Swimming prior to the first day of the meet. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.
OFFICIALS:	<ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • 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. • All officials are welcome to work any number of sessions and walk-ons are always welcome. • The officials meeting will take place 30 minutes prior to the start of the meet. • Those officials wishing to apprentice should complete a Request to Shadow Form no later than 48 hours before the meet.
SAFETY:	<p>Maine Swimming Meet Safety Procedures will be in effect.</p> <ul style="list-style-type: none"> • No shaving is permitted at the competition site. • No glass containers are permitted within the facility. • No food is allowed on the pool deck. • 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.
GENERAL:	<ul style="list-style-type: none"> • Concession may be available. • Please limit spectators to one (1) per family • Session one admission: \$1.00 • Session two admission: \$2.00 • Programs: \$2.00 per session
FACILITY RULES:	NO SPECIAL RULES AT THIS TIME
DIRECTIONS:	The address for GPS is 303 Centre Street, Bath, ME 04530
HOTELS:	<p>Hampton Inn- Bath, ME</p> <p>Residence Inn by Marriott- Bath Brunswick Area</p> <p>Best Western Plus- Bath Brunswick Area</p>

EVENTS LIST

Sunday, February 6, 2022

Session 1	
Warm-up: 7:30 AM Meet Start: 8:15 AM	
Event #	
1	MIXED 12&U 200 IM
2	MIXED 13&O 400 IM
3	MIXED 12&U 500 FREE
4	MIXED 13&O 1650 FREE

Session 2	
Warm-Up: 12:00 PM Meet Start: 1:00 PM	
Event #	
5	MIXED OPEN 200 BREAST
6	MIXED OPEN 100 BACK
7	MIXED OPEN 200 FLY
8	MIXED OPEN 100 BREAST
9	MIXED OPEN 200 BACK
10	MIXED OPEN 100 FLY
11	MIXED OPEN 50 FREE