

LRSC Tuffin-Up Meet 2018

Bath Area Family YMCA 303 Centre Street, Bath Maine 04530

Sunday February 4th, 2018

Sanctioned by USA Swimming/Maine Swimming #1718-0204-TT

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)

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.

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 heat to slowest. Session 2 will be swum slowest heat to fastest. Swimmers in the 1650 and 500 yard freestyles must provide their own timer. In session 2, the 200 yard events are limited to 11 and older and ten year old swimmers who turn 11 between February 5, 2018 and March 15, 2018.

Cut Protocol: If a session is over-subscribed, 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 2018 USA Swimming Rulebook.

Weather Protocol: If the weather or the facility conditions make it impossible to follow the original timeline of events, the Meet Director and the 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 2018 registered swimmers with United States Swimming. Swimmers may register with Mary Ellen Tynan, 10 Kirsi Circle, Westford, MA 01886: 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.

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.

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 surcharge. The surcharge 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 Ircs@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 29th 2018. Deck entries will be accepted on a case by case basis in existing heats and empty lanes. Payment due date for all entries: February 4, 2018. 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.

SWIMWEAR: Swimmers 12 years old and younger are not permitted to wear "Tech" suits at this meet

Rules: Current USA Swimming Code and Rules shall apply. Decisions by the Meet Referee will be final.

Admission: \$2.00 per session

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

Deck Credentials: Only certified and meet registered coaches, session officials, registered USA swimmers, and Meet Staff will be allowed on the deck.

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. All officials are welcome to work any number of sessions and walk-ons are always welcome.

Warm Ups: All swimmers shall enter feet first using the sit and slide method at the starting end of the pool. Sprint lanes will be announced during the warm up period. Headfirst dives are allowed in sprint lanes only. There will ALWAYS be at least 1 lane available for circle swim during the warm up periods. Coaches are urged to limit this lane to older swimmers. If it is deemed “not working” then the lane will be shut down.

Start Time: Session 1 warm ups will begin at 7:30am. The meet will start at 8:15am. Session 2 warm ups will begin no earlier than 11:30am. The meet will start no earlier than 12:30pm but at least 1 hour after the start of session 2 warm up.

Awards: There are no awards for this meet.

Safety: Each participating swimmer must be under the supervision of a USA-Swimming certified coach with a current USA-Swimming membership; swimmers must enter and exit the pool through the locker rooms.

1. Diving will be prohibited during warm-ups except during sprint lane warm ups and swim event starts. All entry into the pool is from the deep end only, sit and slide method is required.
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility. There is no food allowed in the pool area.
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. 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 Referee or the meet director to be resolved.

Photography: Photographers on deck: As per Maine Swimming policy, only coaches may take photo or video from the pool deck. Devices, including a cell phone, are 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: This meet will not be scored.

Equipment Vendor: No swimming equipment vendor will be working the meet.

Concessions: Food will be available for sale throughout the meet.

Misconduct: Any issues of conduct which occur within the meet venue are defined as, but not limited to; violation of safety guidelines, disrespect for meet management personnel, officials or fellow athletes, theft, vandalizing or possession of alcohol, tobacco or illegal drugs. More serious violations may result in legal action by the LSC or local authorities. Cell Phones of any kind and all video recording or image capturing devices of any kind are prohibited from the locker rooms and behind the starting blocks. THERE ARE NO EXCEPTIONS!

Event List

Session 1 – 7:30am Warm-Up 8:15 start

1. Mixed 12 & under 200 IM
2. Mixed 13 & over 400 IM
3. Mixed 12 & Under 500 Freestyle
4. Mixed 13 & Over 1650 Freestyle

Session 2 – not earlier than 11:30am Warm-up not earlier than 12:30pm start

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

* Only ten year old swimmers who turn 11 between February 5, 2018 and March 15, 2018 may compete in these events.

CONTACT INFORMATION (all fields required)

Team Name: _____

Abbreviation:

Deck Coach: _____ Phone: _____

Email: _____ Entries

Contact: _____ Phone: _____

Email: _____

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: LRSC

Mail entries and check to: LRSC c/o Jay Morissette [303 centre street bath, maine 04530](http://303-centre-street-bath-maine-04530)

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, the Bath YMCA or Long Reach Swim Club 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