



**NEW
ENGLAND
SWIMMING**

JCC Sea Serpents I.M. Ready to Race Virtual Meet

Host Site: JCC of the North Shore
4 Community Rd. Marblehead MA. 01945
August 16, 2020

Held under the sanction of USA Swimming/New England #NE20-0816JCC

Host Meet Director	Ashley Vieira	avieira@jccns.com	508-493-4984
Host Meet Referee:	Ken Galica	kennethgalica@gmail.com	
Host Entry Chair:	Ashley Vieira	avieira@jccns.com	508-493-4984
Host Admin Official:	Dan Sionkiewicz	dan.sionkiewicz@comcast.net	
Host Safety Monitor	Brandon O'Donnell	bodonnell@jccns.com	781-631-8330

Intention of Team to Participate: Emailed to Meet Director & NE Swim by Aug 10th

Your Intention to Participate must include:

- Your Meet Director & Meet Referee’s information. Meet Referee’s from all sites will talk virtually prior to the meet to ensure all teams are staffed the same with officials. Meet Directors will also talk virtually to decide how best to post the psyche sheet / results and send out awards.
- Your Specific sites information, i.e. address, pool depth, lanes etc
- Your sites Psyche Sheet so the Host can post all of them up for everyone to see prior to the first team racing.
- Attach a statement outlining your team’s plan for how you will conduct the meet at your site to follow local, state and facility Covid Policies.
- Attached a statement outlining spectator ingress and egress, use of locker rooms and other facility restrictions in place, number of individuals gathering in each area of the facility including all spaces, the pool, deck and spectator seating, and all other areas to be used. This statement must include Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child.
- An Upload of the Signed Coronavirus Waiver Policy Attached.

SAFETY PRECAUTIONS at JCCN:

- All Officials, Volunteers, Parents, Coaches, Staff & Swimmers will need to fill out the JCCs Medical Questions and disclaimer via the Motion Vibe App or in person via the paper form before entering the pool area.
- All Officials, Volunteers, Parents, Coaches, Staff & Swimmers will need to check in at the tent outside the gate to ensure they have completed the waiver / medical questions and have their temperature taken before entering.
- A full list of everyone entering the gated area will be collected at check in to ensure proper contact tracing.
- Locker Rooms will be closed, swimmers are to arrive in their suits and leave in their suits bathrooms on site will be available for emergencies only.
- All Officials, Volunteers, Parents, Coaches, Staff & Swimmers must wear a face covering during check in and at all times while on deck, in the bathroom or within 6ft of another person.
- There is a separate entry and exit.

- There will be one volunteer assigned specifically to cleaning on deck items who will clean stop watches as well as any additional shared items between uses.
- A Lifeguard will be monitoring the locker rooms and will clean after each use by a swimmer, volunteer, officials or parent.
- A designed staff only bathroom stall is available in which Coaches and Lifeguards are to use. This stall must be cleaned by the person using it after every use.

Individuals Gathering #s & Parents on Deck:

- Pool is outside and is fenced in. Large grass area located on the hill where swimmers can place their things and spread out.
- Only 12 swimmers will be allowed within the fenced in area at a time. Rolling system with warm up then a heat, then the next warm up then heat etc. Swimmers time for the heat before them. 1 swimmer per lane for warm up in the lane they will be swimming in.
- Max number of: 5 Officials, 4 Volunteers, 4 lifeguards, 2 check in staff members and 3 coaches will be allowed on deck.
- 1 parent per swimmer allowed on deck only while their swimmer is in the gated area but encouraged to watch from their cars in the parking lot above instead.
- Only one person or family unit allowed in the bathroom area at a time.
- Max Total number on deck: 42 (will be closer to 30 at a time)
- Any parent who requests access to their child will be able to do so following the PPE safety rules and by contacting Ashley Vieira at (508) 493-4984.

Dates Meet Must be Completed within: Aug 15th – 23rd (Host team will Race on Aug 16th)

Payment deadline: Mailed to Host by Aug 31st

SAFETY INFORMATION: *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 individual with underlying medical conditions are especially vulnerable.*

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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 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 NEW ENGLAND SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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 WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

SAFETY PROTOCOLS:

Facility Specifics JCC of the North Shore:

- All Officials, Volunteers, Parents, Coaches, Staff & Swimmers will need to fill out the JCCs Medical Questions and disclaimer via the Motion Vibe App or in person via the paper form before entering the pool area.
- All Officials, Volunteers, Parents, Coaches, Staff & Swimmers will need to check in at the tent outside the gate to ensure they have completed the waiver / medical questions and have their temperature taken before entering.
- A full list of everyone entering the gated area will be collected at check in to ensure proper contact tracing.
- Locker Rooms will be closed, swimmers are to arrive in their suits and leave in their suits bathrooms on site will be available for emergencies only.
- All Officials, Volunteers, Parents, Coaches, Staff & Swimmers must wear a face covering during check in and at all times while on deck, in the bathroom or within 6ft of another person.
- There is a separate entry and exit.
- There will be one volunteer assigned specifically to cleaning on deck items who will clean stop watches as well as any additional shared items between uses.
- A Lifeguard will be monitoring the locker rooms and will clean after each use by a swimmer, volunteer, officials or parent.
- A designed staff only bathroom stall is available in which Coaches and Lifeguards are to use. This stall must be cleaned by the person using it after every use.

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- Only one person or family unit allowed in the bathroom area at a time.
- Max Total number on deck: 42 (will be closer to 30 at a time)

MEET FORMAT: This meet will be a virtual meet, in which teams will participate individually collecting the times in Meet Manager. The meet results will then be combined by the Host Team's A.O. and final results and awards will be emailed/mailed to all participating teams. Each site's sessions should be pre-seeded. **Individual meet hosts are responsible for ensuring all of their participating swimmers are registered correctly before the start of their site's races.** No events will swim with more than one swimmer per lane.

HOST SITE: The JCC Outdoor Pool is a 25-yard pool with 6 foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Time Systems with touchpads at the finish end of the pool. There are no touchpads at the turn end of the pool. The finish end of the pool is 7.5 feet deep; the turn end of the pool is 3.5 feet deep. Spectator seating is for 6 at a time. The competition course not been certified in accordance with 104.2.2C(4).

COURSE: All sites must be Short course yards, 25 yards

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. Any change to the meet format after the meet begins will be at the discretion of each sites 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 **from each site** to be selected by the Meet Referees who will present issues and moderate the Meet 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.

ENTRY POLICY: 100%

Teams that are included in the 100% of guaranteed entries must submit their entry no later than the first date of entries, and payment to the host team by Aug 31st, or the host team may remove them from the 100% of guaranteed entries. The team will still be liable for payment of the entry fee and will be referred to the Admin Review Board if necessary. The host team can release this liability if it is able to fill the meet with entries from other teams. In addition, no LSC teams other than New England Swimming will be allowed to enter the meet until after day 7 (midnight) of entries, at which point entries will be opened to non-New England Swimming LSC's.

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 meets using the 100 % or FCFS entry policy.

(a.) Entries may be cut by time or to a specific number of heats for specified events.

WEATHER PROTOCOL: If weather or facility conditions make it impossible to follow the original timeline of events, the sites Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the team of the changes with as much notice as possible. Cancellation / Postponement of the meet, or a session, is a decision of the Meet Director and the Meet Referee. If weather requires the cancellation of any finals session, the results of the preliminary session will be the final order.

ELIGIBILITY: All swimmers must be current registered swimmers with United States Swimming. 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.

SWIMWEAR: Per New England Swimming policy, swimmers **age 12** years old and younger are not allowed to wear "Tech" suits at any sanctioned or approved meet. The age of the swimmer is determined on the first day of the meet. A list of banned suits is found on www.neswim.com under ADMIN/Governance/Policies.

REGISTRATIONS: All swimmers 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 web site to verify registration status. Coaches must be registered before the start of the meet.

FALSE REGISTRATIONS: If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will 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 current USA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce 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 of \$100 to the coach, and \$200 to the coach's club.

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: See attached list.

ENTRY INFORMATION:

Intention of Team to Participate: Emailed to Meet Director & NE Swim by Aug 10th

Make checks payable to "**JCC of the North Shore**".

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

Ashley Vieira

4 Community Rd.

Marblehead MA 01945

Payment due date for all entries: **Aug 31st** Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from results at the discretion of the Entry Chairperson.

Entries will be acknowledged within **48 hours** of the date of entry if they are accepted into the meet. *Your entry is considered received only if you receive an acknowledgement.*

All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins.

Any team who has not paid their meet fees by Aug 31st will 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 payment of entry fees may result in future exclusion from meets hosted by our club.

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.

ENTRY LIMITS: Athletes may enter only 1 event only. Time trials do not count in the per day event count.

ENTRY FEES:

\$5 per swimmer Paid to Host Team for Awards!!!

ELECTRONIC RESULTS: Electronic results (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format must be emailed to the HOST teams A.O. by Aug 31st for compiling of results and allocating awards.

ENTRY TIME UPDATES: Entry times may not be updated once the psyche sheet is sent to the host. No new entries will be accepted after the entry deadline.

ENTRY TIMES: All entry times must be entered in the specified meet course. (Coach's times should be used instead of NT's)

TIME TRIALS: Time trials can be offered at the discretion of each sites Meet Director and Meet Referee if time allows. Time trials fees will be determined by the site.

OFFICIALS: If you know that you will be attending this meet email your sites 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. Walk-ons are not allowed. A virtual Officials meeting will take place prior to the meet.

WARM-UPS: Protocol will be specific to each site and follow Covid Protocol.

SAFETY:

- 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
- No shaving is permitted at the competition site.
- No glass containers are permitted within the facility.
- 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.
- 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.
- Deck changes are prohibited.

RULES: Current USA Swimming rules and the Minor Athlete Protection Abuse Policy (MAAPP) 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.

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.

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 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](#).

ON DECK PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the JCC Sea Serpents or other host sites, 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

AWARDS: There will be awards for the top two finishers for each Event, Male/Female. Awards will be mailed out in early September. 10&U 100IM M/F, 11-13 200IM M/F & OPEN 400IM M/F
Awards will be determined based off how many swimmers participate.

SCORING: The meet will Not be scored.

EVENTS:

I.M. READY to RACE
Virtual Meet

1. Girls 10&Under 100IM
2. Boys 10&Under 100IM
3. Girls 11-13 200IM
4. Boys 11-13 200IM
5. Girls Open 400IM
6. Boys Open 400IM

JCC of the North Shore
I.M. Ready to RACE Virtual Meet
Host Site: 4 Community Rd. Marblehead, MA. 01945
Dates Aug. 15-23rd (Host Races Aug.16th)

CONTACT INFORMATION

Team Name:

Abbreviation:

Deck Coach:

Phone:

Email:

Entries Contact:

Phone:

Email:

Address: _____

Unattached Swimmers: _____

ENTRY FEES

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

Total: \$ _____

Make check payable to: JCC of the North Shore

Mail entries and check to:

4 Community Rd.

Marblehead, MA. 01945

Phone: 781-631-8330

Intention to Participate: 8/10/20

For e-mailed entries, this form and payment must be received by: 08/31/20

LIABILITY RELEASE

Any swimmer whose entry is accepted will, for him/herself, his/her theirs, 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, JCC of the North Shore 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

REVIEW AND ATTEST TO THE FOLLOWING

In applying for this sanction (event), the _____

(Club Name)

agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, New England Swimming, and the State of _____ (name the state the meet will be hosted in).

All participating athletes and clubs are currently registered with New England Swimming. If any participants are competing from an adjacent LSC, I, as the meet host, have formally received permission from the LSC that registered the other athletes and/or clubs and have attached documentation of that permission request.

This meet is pre-seeded and no deck entries will be allowed. All New England Swimming members competing must be in compliance with the New England Swimming Coronavirus Waiver Policy. New England

Swimming retains the right, for any changes in health and safety considerations, or in compliance with governmental or health department guidance or rules, to revoke this sanction at any time on the authority of the General Chair or the Vice Chair for Program Operations.

The undersigned certifies that the proposed facility meets all the requirements of Article 103 of USA Swimming Rules and Regulations for the requested season. In granting this sanction it is understood and agreed that USA Swimming, Inc. and New England Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Authorized Signature of Club Representative and Position

Date