

YMCA OF THE NORTH SHORE SHARKS  
TEAM SPECIALTY MEET  
Sterling YMCA, Beverly, MA  
May 20, 2012  
Sanctioned by NE Swimming: NE-12-61 TT

**Meet Director Janie Powers** ([jelpowers@verizon.net](mailto:jelpowers@verizon.net)) 978-618-1283  
**Meet Referee:** Bob Seltzer ([seltzer@metasoft.com](mailto:seltzer@metasoft.com)) 617-510-0746  
**Entry Chairperson:** Janie Powers ([jelpowers@verizon.net](mailto:jelpowers@verizon.net)) 978-618-1283

**MEET FORMAT:** The meet will be swum as timed-finals. Each session will be seeded by computer based on positive check-in at the beginning of the 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. Coaches will be able to pick up heat sheets for each event at the timing table. .

**SITE:** The Sterling YMCA Pool is a 6-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 electronic display. There are touch pads at the turn end of the pool. Attached to the main pool is a warm-up/warm-down area that is approximately 42x20 feet in size. The start end of the pool is 5 feet deep, the turn end is 3 ½ feet deep. Spectator seating is for 300. The pool is located inside the Sterling YMCA, 254 Essex Street, Beverly, MA 01915, Telephone number is 978-927-6855. Please enter through the main entrance. Directions may be found later in this document. There is no bullpen. The competition course has not been certified in accordance with 104.2.2C(4). Details of 104.2.2C(4) can be found in the USA Swimming 2011 rulebook.

**COURSE:** Long Course Meters

**CUT PROTOCOL:** If a session is over-subscribed, the following cuts will be made in this order :

**Swimmers will be asked to cut down to 4 events.**

**\*\*:** Teams should send a hard copy of their entry (by athlete), with their payment. On the hard copy, the event to scratch, if necessary, should be circled in RED ink. This will be the event that the Entry Chair will scratch if over-subscribed. If you fail to send in a hard copy, the Entry Chair will choose the event to cut based on times. If deck scratches allow a reasonable time-line, the swimmers can be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet.

**RESERVE THE RIGHT TO MAKE CHANGES:** Changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Mariella Allard. If changes need to be made once the meet begins, the Meet Committee will make the decision, after consulting with the Technical Chair, and will present it to the coaches at a coaches meeting for a vote.

Meet Director reserves the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour rule.

**MEET COMMITTEE:** The meet committee should be made up of the Meet Director, Meet Referee, two coaches, and one athlete. The five members should be from separate teams.

**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 session**, is a decision of the Meet Director, Meet Referee and the Meet Committee

**ELIGIBILITY** All swimmers must be 2012 registered swimmers with United States Swimming. Swimmers may register with Carol Healey, PO Box 920133, Needham, MA 02492: [office@neswim.com](mailto:office@neswim.com). Age is determined by the age of the swimmer the first day of the meet and must be shown on the entry form. All coaches on deck must be registered with USA Swimming and display their coach membership cards.

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:** Swimmers must be registered before the entry is submitted. Teams that enter unregistered swimmers will be subject to a fine of \$100 per unregistered swimmer. Teams are **required** to check their entries with the online registration check tool on the New England Swimming web site

**ADAPTED SWIMMING:** 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 INFORMATION:** Entries will be accepted on and after April 16, 2012. Entries received before April 16, 2012 will be considered received on April 16, 2012. Entries must be received no later than May 11, 2012. Make checks payable to "YNS Swim Team". Mail completed signed entry cover page and waiver and payment to the entry chairperson: Janie Powers 16 Burnham Road, Wenham, Ma 01984. 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. YNS Swim Team will reserve 75% for its own team and any other teams (New England and/or out of district) that it may want to invite to the meet. In order to make sure that the meet is not either oversubscribed or undersubscribed, all teams included in the 75% must submit their entry and check at least one week before the date of first acceptance. The other 25% of the swims will be open to other teams to submit entries. If on the first day of acceptance, those meet entries exceed the 25% still available in the meet, there will be a lottery of those teams*

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in L2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at [jelpowers@verizon.net](mailto:jelpowers@verizon.net)). 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 within four (4) days, excluding Sundays and holidays, of receipt of the email entry. If payment is received within four (4) days, excluding Sundays and holidays, of the email entry, the email receipt date will be considered the date of entry. If payment is received more than four (4) days, excluding Sundays and holidays, after the email entry, the payment receipt date will be considered the date of entry.

**ENTRY LIMITS:** Athletes may enter and swim in a maximum of 5 events per day for timed final events. Time trials count in the per day event count.

**ENTRY TIME UPDATES:** Entry times may be updated 7 days prior to the first day of the meet. No new entries will be accepted after the May 11, 2012. Entry time updates should be sent via email to the entry chairperson at [jelpowers@verizon.net](mailto:jelpowers@verizon.net)). Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

**ENTRY FEES:** Electronic entries: \$4.00 for individual events. Non-electronic entries: \$4.50 for individual events. \$ 5.00/ \$5.50 for distance events (400 or longer) The Swimmer Participation Fee is \$10.00 per swimmer.

**ENTRY TIMES:** All entries must be specified in long course meter (50-meter pool) times. Yard times must be converted to meter times. Coach's times should be used instead of NT'.

**ENTRY CUTS:** Entry cuts, if necessary, will be made by the date of receipt. Teams will be notified that they have been accepted or cut from the meet within seven days of receipt of entry. If the meet becomes oversubscribed, a random selection of those entries received on the date the meet becomes oversubscribed will be conducted in accordance with New England Swimming guidelines. Teams that are cut from the meet will have their entry fee returned within four days of being cut.

**HEAT SHEETS:** \$2.00 per session.

**ADMISSION:** \$2.00 per session.

**WARMUPS:** The pool will open for warm-ups one hour before the beginning of each session. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. The warm-up/warm-down area will be available during the meet.

**TIMERS:** All swimmers will have to provide their own timer and lap counters for all distance events.

**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.

No swimmer is allowed to use the adult locker rooms, fitness areas or other areas of the YMCA not specified for the use of swimmers. Any swimmer found using adult locker rooms or areas not designated for use during the meet will be removed for the remainder of the meet.

No ball, Frisbees or other propulsion devices are allowed in the gym.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**RULES:** 2012 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.

**TIME TRIALS:** Time trials will be offered at the discretion of the meet referee if time allows. Time trials are \$10.00 for individual events.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must display their USA Swimming registration card at all times. Individuals without their USA Swimming registration card will be removed from the pool deck, and will be subject to a fine by New England Swimming.

**SCORING:** The meet will not be scored.

**AWARDS:** No awards will be given at this meet.

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

**EQUIPMENT VENDOR:** There will be no equipment vendor on site.

**MISCELLANEOUS:** YMCA of the North Shore assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility. The Sterling Center YMCA is open to YMCA members during the meet.

**PARKING:** There will be off-site parking available within walking distance to the Sterling Center YMCA. Swimmers may be dropped off at the entrance to the Sterling Center but **all** cars will be directed to the nearby offsite lots. Directions to off- site lots will be available at the entrance to the Sterling YMCA.

**DIRECTIONS:** The Sterling YMCA is located at 254 Essex Street, Beverly, MA 01915. Phone is (978) 927-6855. From the north, (New Hampshire, Maine) take Interstate 95 South to Route 128 North to exit 18. Take a right off the exit and proceed 1 mile. From the south, take 128 North to exit 18. Take a right at the end of the exit and proceed 1 mile. The Sterling Center YMCA is on the right.

**LODGING:** The following hotels and motels are in the area:

**Springhill Suites** 43 Newbury Street (US 1 North), Peabody 978-535-5000

**Beverly Garden Suites** 5 Lakeview Ave & Rte 1A, Beverly 800-922-7535

**Courtyard by Marriott** at the Liberty Tree Mall, Independence Drive, Danvers 978-777-8630

**Towne Place Suites/Marriott**, 238 Andover St., Danvers, MA 978-777-6222

**Residence Inn/Marriott Hotel**, 51 Newbury St., Rt. 1, Danvers, MA 978-777-7171

**Days Inn**, 152 Endicott St. Danvers, 978-777-1030

**Super 8 Motels**, Rte.1 North, Danvers 978-774-6500

**Motel 6**, Rte 1 North, Danvers 978-774-8045

**Holiday Inn**, 1 Newbury St., Rt. 1, Peabody, MA 978-535-4600

**Homewood Suites**, 57 Newbury St., Rt. 1, Peabody, MA 978-536-5050

**Hampton Inn**, 59 Newbury St., Rt. 1, Peabody, MA 978-535-2377 or 978-536-2020

**Salem Waterfront Hotel & Suites**, 57 Wharf St., Salem, MA 978-740-8788

## Schedule of Events

### TEAM SPECIALTY MEET

Sterling YMCA, 254 Essex St. Beverly MA

May 20, 2012

Sanctioned by NE Swimming # NE-12-61 TT

**Sunday May 20, 2012**

**Warm-up: 7:00 am Start: 8:00 am**

Girls Events	Age Group	Event	Boys Events
1	12 and under	200 IM	2
3	12 and under	100 Free	4
5	12 and under	200 Free	6
7	12 and under	100 Back	8
9	12 and under	200 Back	10
11	12 and under	100 Fly	12
13	12 and under	200 Fly	14
15	12 and under	100 Breast	16
17	12 and under	200 Breast	18

**Sunday, May 20, 2012**

**Warm-up: 2:00 pm Start: 3:00 pm**

19	13 and over	400 IM	20
21	13 and over	100 Free	22
23	13 and over	200 Free	24
25	13 and over	100 Back	26
27	13 and over	200 Back	28
29	13 and over	100 Fly	30
31	13 and over	200 Fly	32
33	13 and over	100 Breast	34
35	13 and over	200 Breast	36

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## CONTACT INFORMATION

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Unattached Swimmers: \_\_\_\_\_

## ENTRY FEES

_____ Individual Electronic Entries	@ \$4.00	=	\$ _____
_____ Individual Non-Electronic Entries	@ \$4.50	=	\$ _____
_____ Distance Event Electronic Entries	@ \$5.00	=	\$ _____
_____ Distance Non-Electronic Entries	@ \$5.50	=	\$ _____
_____ Swimmer Participation Fee	@ \$10.00	=	\$ _____
			Total: \$ _____

Make check payable to: YNS  
Mail entries and check to:  
YNS SHARKS  
c/o Jane Powers, Entry Chairperson  
16 Burnham Road  
Wenham, MA 01984  
978-618-1283

Entry Deadline: May 11, 2012  
*For e-mailed entries, this form and payment  
must be received within four business days  
of your entry e-mail.*

## 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, New England Swimming, YNS Swim Team and the YMCA 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