

# YMCA OF THE NORTH SHORE SHARKS

## 3<sup>rd</sup> Annual Breast Swim Meet Ever

To Benefit the Avon Walk for Breast Cancer

Sterling YMCA, Beverly, MA 01915

March 8, 2015 **(Warm-Ups: 12:30pm, Meet Start: 1:30pm)**

Approved by NE Swimming# NE-15-xxx

**Meet Director:** John Brennan (JohnBrennan@comcast.net, 978-852-1847)

**Meet Referee:** Bob Seltzer (seltzer@metasoft.com, 617-510-0746)

**Entry Chairperson:** John Brennan (JohnBrennan@comcast.net, 978-852-1847)

**MEET FORMAT:** The meet will be swum as timed-finals. The session will be seeded by computer based on positive check-in at the beginning of the session. Heat sheets will be posted around the pool deck.

**SITE:** The Sterling YMCA Pool is an 8-lane, 25-yard pool with seven-foot-wide lanes and non-turbulent lane lines. There is a fully-automatic Colorado Time Systems electronic timing system. There are touch pads at the finish end of the pool with eight-line electronic display. There are touch pads at the turn end of the pool. Attached to the main pool is an area that is available for warm-up and warm down, approximately 20x20 feet in size. The finish end of the pool is 5 feet deep; the turn end of the pool is 4 feet deep. Spectator seating is for 300. The pool is located inside the Sterling YMCA, 254 Essex Street, Beverly, MA 01915. Please enter through the main entrance. Directions may be found later in this document.

**COURSE:** Short course yards (25 yards).

**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 USA-S swimmers intending to have their results entered in the SWIMS database must be 2015 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 on the first day of the meet. 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 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 will not have official times.

**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 INFORMATION:**

Entries will be accepted from both individuals and teams.

Teams should submit their entries electronically.

Individuals should use the Individual Entry Form/Cover Sheet. It is strongly encouraged for those entering the meet to register earlier by mail.

**On-site registration will be available at 11:30 am. For those wishing to register on site please arrive earlier and prior to warm ups in order to process your registration for meet entry.**

The final date of entry acceptance: **Monday, March 2, 2015**

Payment due date for all entries: **Friday, March 6, 2015**

**All USA registered swimmers wishing to have their times count for entry into the SWIMS database must submit their entries by March 2, 2015.**

**USMS registered swimmers wishing to have their times inputted for entry info to USMS must submit their USMS ID on the entry sheet.**

Make checks payable to "YMCA of the North Shore".

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

YNS Swim Team – Breast Swim Meet Ever  
John Brennan  
23 Roderick Avenue  
Beverly, MA 01915

Payment due date for all entries: **Friday, March 6, 2015**. Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

Entries may be accepted after the Entry Due Date at the discretion of the Entry Chairperson.

**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 johnbrennan@comcast.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 by: **Friday, March 6, 2015**.

**ENTRY LIMITS:** Athletes may enter and swim in all events.

**ENTRY TIME UPDATES:** Entry times may be updated until 7 days prior to the first day of the meet. No new entries will be accepted after the Monday, March 2, 2015 entry deadline. Entry time updates should be sent via email to the entry chairperson at johnbrennan@comcast.net. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

## **ENTRY FEES:**

\$10.00 for individual events

\$40.00 for relay entries

**ENTRY TIMES:** All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times. (Coach's times should be used instead of NT's)

**ADMISSION:** No charge.

**PROGRAMS/HEAT SHEETS:** No Charge.

**WARMUPS:** The pool will open for warm-ups one-hour before the beginning of each session at **12:30pm**. The pool will close ten minutes before the beginning of the meet. Teams will be assigned warm-up lanes after all entries are received. The warm-up area will be available during the meet for warm up and warm down. .

**OFFICIALS:** If you know that you will be attending this meet, please email the meet referee and let him 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. Official meetings will be held one hour prior to the start of the session.

**SAFETY:**

1. 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
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
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 or on deck.
6. No swimmer is allowed to use the adult locker rooms, fitness areas or any other areas of the YMCA not specified. Swimmers found to be in violation are subject to removal from the rest of the meet.
7. No balls, Frisbees or other propulsion devices are allowed in the gym.
8. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**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 New England 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 New England Swimming policy, professional photographers contracted by YMCA of the North Shore Sharks 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

**TIME TRIALS:** No time trials will be offered.

**LEGAL SPLITS:** legal splits must be requested before the event using a legal split form, and the requesting party must supply additional timers, if necessary, to meet the three times needed.

**DECK ACCESS:** Only participating athletes, coaches, officials and meet personnel are allowed on deck.

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

**AWARDS:** There will no awards. All swimmers will receive a Breast Swim Meet Bathing Cap.

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

**EQUIPMENT VENDOR:** There will be no equipment vendor at the meet.

**MISCELLANEOUS:** YMCA of the North Shore assumes no responsibility for lost or stolen property. A swimmer attending the meet without a coach must report to the meet referee. The Sterling YMCA is open to YMCA members during the meet. Swimmers are not permitted to use adult locker rooms or areas not designated for use during the meet. Failure to comply may result in a swimmer being removed from the remainder of the meet. Pets of any kind and smoking are not permitted within the facility.

**PARKING:** There will be off-site parking. Swimmers may be dropped off at the entrance to the Sterling but **all** cars will be directed to one of the nearby off-site lots. Directions to lots will be available daily at the entrance to the Sterling YMCA and may change from day to day during the meet **Your cooperation is vital in order to run future meets at this facility!**

**DIRECTIONS:** The Sterling YMCA is located on 254 Essex Street, Beverly MA 01915. 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 or west, take 128 North to exit 18. Turn right off the exit and proceed 1 mile. The Sterling YMCA is on the right. Telephone # is 978-927-6855.

**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