



NSSC
Specialty Meet at Springfield College
Art Linkletter Natatorium
June 24-25, 2023

Held under the sanction of USA Swimming/New England: NE23-0624NSSC



Meet Director	Mathew O'Brien	Mobrien8146@gmail.com	(781) 264-1017
Meet Referee	Manny Martines	MartinesM3@gmail.com	(781) 775-9344
Entry Chair	Mathew O'Brien	Mobrien8146@gmail.com	(781) 264-1017
Admin Official	Amy Boyden	Aim61278@me.com	(617) 212-3859
Safety Monitor	Dave Martin	djdemartin@yahoo.com	(978) 866-3387

SESSIONS:

Date	Session Name	Warm up	Start
Saturday 6/24/23	13 and Over	8:00 AM	8:45 AM
Saturday 6/24/23	12 and Under	TBD	TBD
Sunday 6/25/23	13 and Over	8:00 AM	8:45 AM
Sunday 6/25/23	12 and Under	TBD	TBD

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.**

IMPORTANT DEADLINES	First date of entry: 5/12/23 Final date of entry: 6/9/23 Payment deadline: 6/9/23
SITE	The Art Linkletter Natatorium is a 6-lane, 50-meter pool with seven-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully automatic Daktronics Timing system with touchpads at the start end, in addition to a multi-color LED scoreboard. There are no touchpads in the shallow end, but timing for 50- meter events will be semi-automatic, with timers using two buttons to determine the swimmers' time. The start end of the pool is 12 feet deep, and the turn end is 4 feet deep. Spectator seating is for 500. The pool is located at 263 Alden St, Springfield, MA, 01109, and refer to the attached Campus Map for appropriate parking locations. Please enter the pool through the front entrance facing Alden St. Directions can be found later in this document. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
COURSE	LCM
FORMAT:	<ul style="list-style-type: none"> The meet will be swum as timed finals. Meet will be seeded before each session and heat sheets will be distributed to coaches. ALL EVENTS: All events will be swum fast to slow.

	<ul style="list-style-type: none"> ● DISTANCE EVENTS: All swimmers must provide their own timers. ● No events will swim with more than one swimmer per lane
ELIGIBILITY	<ul style="list-style-type: none"> ● All swimmers must be currently registered as athlete members of United States Swimming before 5:00 pm on the day before the first day of the meet. New England swimmers must have a proof of age on file by the above deadline in order to compete ● 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 without the use of the backstroke ledge. 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. ● New England teams are required to check their entries with the online registration check tool on the New England Swimming website to verify registration status. Coaches must be registered before the start of the meet. ● 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 the entry. ● Deck registrations will NOT be accepted.
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.
ENTRY POLICY	<p>75%/25%,</p> <ul style="list-style-type: none"> ● Teams that are included in the 75% of guaranteed entries must submit their entry no later than 7 calendar days before the first date of entry and payment made to the host team by the first date of entry acceptance, or the host team may remove them from the 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. ● Teams accepted in the 25% or the lottery must send payment for their entry within 4 calendar days of the notification. Accepted teams that do not send payment within 4 calendar days may forfeit their entry but will still be liable for payment of the entry fee, unless the host team is able to fill the meet with entries from other teams. No refunds will be given for entries that are accepted or for entries that are rejected due to improper entry.
ENTRIES	<ul style="list-style-type: none"> ● Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's 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: June 9, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet. ● Mail completed signed entry cover page and waiver, and payment to the entry chairperson: NSSC PO BOX 2032 Methuen, MA 01844

	<p>Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to NSSC. Late payment of entry fees may result in future exclusion from meets hosted by our club.</p> <ul style="list-style-type: none"> ● IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery. ● Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. <i>Your entry is considered received only if you receive an acknowledgement.</i> ● All unattached swimmers must be declared as unattached, on the entry cover sheet, before the meet begins. ● All entry times must be entered in the specified meet course. (Coach's times may be used instead of NT's) ● Swimmers may enter a maximum of 6 individual events per day. Time trials count in the per day event count. ● ENTRY TIME UPDATES: Entry times may be updated until the Monday prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chair. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.) ● No deck entries will be accepted.
SCRATCHES	<ul style="list-style-type: none"> ● All scratches must be given to the meet director 15 minutes into the first warm-up session.
CUT PROTOCOL	<p>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:</p> <p>For teams in the 75% policy:</p> <p>(a.) May be asked to cut each athlete to one less event than maximum allowed per day.</p> <p>For teams in the 25% of the 75/25:</p> <p>(a.) May be asked to cut each athlete to two less events per day than the maximum allowed. (b.) Entries may be cut by time or to a specific number of heats for specified events (c.) May be asked to cut relay events.</p> <p>If deck scratches allow a reasonable timeline, swimmers may be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet</p>
TIME TRIALS	Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows.
FEES	<ul style="list-style-type: none"> ● Timed final individual events 200 yards and under: \$5.00 ● Distance events (events 400 yards and over). \$10.00 ● Time Trials \$10.00 for IE, \$40 for relays ● Swimmer Participation Fee is \$25.00 per swimmer ● NES Travel Fee: \$1.00 per swimmer (to be included in the check and the host team will send to NESwimming). ● Non-electronic entries: \$5.50 for individual, \$10.50 for distance and \$25.00 for relays.
ADMISSIONS	<ul style="list-style-type: none"> ● No admissions fee
MEET MOBILE	MEET MOBILE: Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may

	not always be accurate.
WARM-UP	The pool will open for warm-ups as designated on the event list. The pool will close five minutes before the beginning of each session. Teams will be assigned warm-up lanes after all entries are received. See “Safety” for Warm-up safety guidelines. See “Safety” for Warm-up safety guidelines.
AWARDS	No Awards will be available.
SCORING	The meet will not be scored.
LEGAL SPLITS	Individual Events: Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course. Optionally, a legal split may be requested after the event using a legal split form when using a fully automatic timing system. The Admin Official has discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish.
SWIMWEAR	Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under Tech Suit Restriction for 12-and-Under Swimmers .
RULES	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. ● 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>. ● PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the North Shore Swim Club, 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. ● VIDEO STREAMING: All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE. ● Deck 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. ● According to New England Swimming Best Practices, all athletes should shower before entering the pool. <p>In accordance with New England 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.</p>
SAFETY	<ul style="list-style-type: none"> ● No Shaving is permitted at the competition site ● No glass containers are permitted within the facility.

	<ul style="list-style-type: none"> 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. <p>WARM UP SAFETY:</p> <ul style="list-style-type: none"> 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 For all sessions with 12 & Under events, swimmers must utilize a “sit and slide”/“threepoint” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool. If the session includes both 12 & Under events and 13 & Over/Senior events, two warm-up sessions must be utilized, or the “sit and slide”/“three-point” entry will be required for all swimmers.”
SAFE SPORT	<p>The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. All infractions must be reported to the Meet Referee or Meet Director.</p> <p>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.</p> <p>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, Susan Pascale-Frechette: safesportne@gmail.com (401-965-0813), or through the USA-S online reportable form.</p>
CHANGES TO MEET	Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Patrick Johnstone . Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.
MEET 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 Meet Jury but not vote. When possible, 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.
WEATHER/ FACILITY 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 a session, is the decision of the Meet Director, Meet Referee and the Meet Jury.
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 fined by New England Swimming of \$100 to the coach, and \$200 to the coach’s club.
OFFICIALS	Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. Walk-on officials may not be accepted to limit the number of people on the deck
GENERAL	Teams will be asked to provide volunteer timers for this meet.
DIRECTIONS	Directions can be found at Northshoreswimclub.com
HOTELS	N/A
EVENTS	See Below
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., and NSSC cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

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ORDER OF EVENTS

June 24-25, 2023						
Saturday AM 13 and Over Session Warm-up: 8:00 AM; Start: 8:45 AM			Saturday PM 12 and Under Session Warm-up: TBD; Start: TBD			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>		<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	200 freestyle	2		16	12 and Under 100 freestyle	17
3	100 backstroke	4		18	9-12 200 IM	19
5	100 butterfly	6		20	12 and Under 50 backstroke	21
7	200 breaststroke	8		22	12 and Under 50 butterfly	23
9	50 freestyle	10		24	9-12 200 breaststroke	25
11	50 breaststroke	12		26	12 and Under 100 butterfly	27
13	200 IM	14		28	9-12 200 backstroke	29
15	Mixed 400 freestyle					

Sunday AM 13 and Over Session Warm-up: 8:00 AM; Start: 8:45 AM			Sunday PM 12 and Under Session Warm-up: TBD; Start: TBD			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>		<u>Girls</u>	<u>Event</u>	<u>Boys</u>
30	100 freestyle	31		43	12 and Under 200 freestyle	44
32	200 backstroke	33		45	12 and Under 100 Breaststroke	46
34	100 breaststroke	35		47	9-12 200 Butterfly	48
36	200 butterfly	37		49	12 and Under 100 backstroke	50
38	50 backstroke	39		51	12 and Under 50 breaststroke	52
40	50 butterfly	41		53	12 and Under 50 freestyle	54
42	Mixed 400 IM			55	9-12 Mixed 400 freestyle	

ENTRY PAYMENT AND LIABILITY RELEASE FORM

NSSC

Specialty Meet

Springfield College, May June 24-25, 2023

Held under the sanction of USA Swimming/New England: NE23-0624NSSC

CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL _____ CONTACT CELL PHONE: _____ LIST UNATTACHED SWIMMERS:
ENTRY FEES	Individual Entries (less than 200) @ \$5.00 _____ = \$ _____ Distance events @ \$10.00 _____ = \$ _____ Swimmer Participation Fee: # athletes _____ @ \$ 25.00 = \$ _____ NE Travel Surcharge: # athletes _____ @ \$1.00 each = \$ _____ TOTAL DUE: \$ _____
PAYMENT	Make checks payable to: North Shore Swim Club PO Box 2032 Methuen, MA 01844 Payment deadline: 6/9/2023
WAIVER:	<p style="text-align: center;">LIABILITY RELEASE</p> <p>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 Inc, NSSC or St. John's Prep for any and all injuries suffered by him/her at said meet, including Covid 19. 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.</p> <p>_____</p> <p>Signature of Authorized Team Official _____ Date</p>